









ONMEST2 PROJECT

MEDITERRANEAN NETWORK OF SUSTAINABLE TOURISM

PERFORMANCES IN THE FRAMEWORK OF ONMEST2 PROJECT



TRAINNING PROGRAMME

The Project ONMEST2 provides to the entrepreneurs of the Valey of Ricote with a training programme which includes

LICET evaluation of the sustainability in the project ONMEST2

Evaluation of the customer satisfaction

LICET how to evaluate the sustainability of a hotel and a restaurant

Experiences of presentation of the local kitchen and culture

The culture of the objects

Community based trends

Methodology of dances & songs

Trekking Italia How to design sustainable itineraries _ONMEST2 in practice what is sustainability_itineraries HANDBOOK FOR GUIDING A GROUP IN TERRITORIES

Four Processes to Reduce Fear in Tourism

AWARENESS ABOUT SUSTAINABLE TOURISM IN SCHOOL CENTRES

Meet up of the main aim of the ONMEST2 Project:

The contribution, through a Project about sustainable tourism, in which SME, craftmen, populations and administrations were bonded alongside a cooperation network with groups or similar outside clusters to Foster the economic development, providing to this groups, the young and old ones a participative immersion in the local cultural inheritance.

For that reason we keep on working on the awareness about Sustainable Tourism for students. The last meeting was carried out in the primary and infant school Villa de Ulea, the last November the 6th, for students of 5 and 6 year of the primary schools

The presentation is backed with an specially designed for kids power point, made pro bono by Cristina Mata, an entrepreneur and teacher of the zone. In addition, many leaflets which contained, according with our criteria, the "10 principles of the Culture of Tourism" were handed. Those leaflets are a helping material to keep on working about the issue in the class. One mote time, this initiavtive had a great welcome from all the participants.



THE SPACE OF...OUR ENTREPRENEURS, PARTNERS, etc.

GUIDED TOURS AROUND THE VALLEY OF RICOTE

Saturdays

"Discover Blanca"

(Landscape, historical, cultural and gastronomical route)

Includes: Guided panoramical and historical route, with the legends of their Moorish past to be told (FREE)

Guided visit to the Centre of Interpretation of Wather and Light (First municipality of Murcia with Street lighthing, in 1893)

Sample of artisan baking made with citrus from the Valley

Tasting of the Grandma' stew from Blanca and wine from Ricote.

Very low difficulty (Oldmen and children could do the activity) Duration 1:45h Price: $4 \in$ Adults y $2 \in$ children younger than 12 years.

Sundays

Our Orchard"

(Route around the orchard and landscapes thar are full of stories, colours and smells of our murcian land.)

Includes: A guided tour across our traditional orchard, where we could discover the fruits of the season and to taste them at that mo

where are know to exist in the The lemons of Blanca had a long history, they are from 1498 and its the first municipality in murcian market.

Sample of artisan baking made with citrus from the Valley

Tasting of the Grandma' stew from Blanca and wine from Ricote. Very low difficulty (Oldmen and children could do the activity) Duration 2:30h

Price: 5€ Adults y 2€ children younger than 12 years.

Sundays

"Cultural - Gastronomical"

(last sunday of the month)

Includes: Guided visit to the Foundation Pedro Cano, the cultural space "Centro Negra" and the centre of interpretation of the water and light

Sample of artisan baking made with citrus from the Valley

Cata de variadas tapas tipicas de la abuela Blanqueña con una cervecica o vinico del Valle.

Tasting of the Grandma' tapas from Blanca and wine from the valley or beer.

Very low difficulty (Oldmen and children could do the activity) duration 3:00h Price: 10€ Adults and minors who are costumers

Info:

VALLE DE RICOTE INAGOTABLE.

Antonio Molina 649928851





MUSEOS DEL VALLE DE RICOTE









FUNDACIÓN PEDRO CANO

Avenida del Río Segura, s/n Blanca-Murcia

T/F: 968 77 84 46 www.fundacionpedrocano.es

Timetable | WED-FR 10-13 y 17-19// SAT 11-14 y 17-19// SUND-Public Holidays 11-14

EL OFICIO DEL GESTO

From 8th october until 10th december.

"El oficio del gesto" meets a selection of the most important Works of the ICA collection. This are Works that have views which lead from an expanded conception of painting, which colonizes several formats, frees itself form the two-dimensional world and becomes fluid. The gesture (el gesto) in this Works is a declaration of intent, we could also talk about an incarnated picture which is intimately related to the movements of the hand, with the weigh and the strength of the body a: a picture that seems to beat and vibrate, which belongs to the dance and to the gesture of stopping. We could see in this pictures de traces of several ways and directions like the one who sees the footprints in the sand of a beach and imagine the bodies of those who passed over there. Because maybe painting it's that at its core, to show the absence, a sigth... the pass of somebody that is not here anymore or who is just in the traces that he leaved.



ACTIVIDADES Y SALIDAS GUIADAS

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Domingo 25 de octubre

Ruta de la Huerta de Ricote y subida al castillo Municipio: Ricote

Sábado 31 de octubre

Sierra del Oro. Loma del Hierro y Umbría del Cuchillo

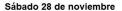


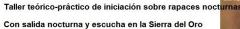
Domingo 15 de noviembre



Parque Regional Sierra de la Pila Umbría de Los Pardiñales y subida al Caramucel (1.025 m.)

Muncipio: Abarán









Domingo 13 de diciembre

Sierra de Ricote Pozo de la Nieve y cumbre de los Almeces (1.122 m)

Municipio: Ricote

Domingo 27 diciembre: IV Marcha Ganadera por las Vías Pecuarias de Abarán



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INFORMACIÓN: www.caramucel.blogspot.com CUOTA: 5 €









WWW.CHARATE.COM - BLOG.CHARATE.COM - ACTIVIDADES@CHARATE.COM - TLF. 647 605 905

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