This is a guide relating to Sports and tourism in the Regional Park EL Valle & Carrascoy within the Ermitas of Murcia, aimed at the practice of MB (Mountain Biking) in which a mixture of practical Mountain biking as well as cultural and environmental information about the surrounding area is available. EL Valle (The Valley) south of the city of Murcia is the best possible starting point for the city and its surrounding cultivated fields and orchards. Flying with ecological, historical and cultural values, it presents a rich and contrasted landscape ideal for enjoying nature and cycling, always accompanied by a mild climate allowing for all-year-round rides. We are delighted to offer you 6 routes with a range of difficulty, in two complementary guides, from a route suitable for beginners to others for expert cyclists, highlighting the most delightful and representative areas of these mountain ranges so close to the city and even with views of the Mediterranean Sea.
### CULTURAL ROUTE IN "EL VALLE".

This cultural route, starting from El Valle, involves a visit to the Museum of Prehistory, the archaeological site of La Venta, and the Prehispanic Park. It offers insights into the history and culture of the region through interactive exhibits and educational trails.

**Tourist Information:**
- **Distance:** 15 km
- **Duration:** 3 hours

**Guided Tours Available:**
- Scheduled tours are available at the museum and archaeological site.

**Entry Fee:**
- Varies depending on the site.

**Accessibility:**
- Accessible for all ages, with some sections requiring moderate walking.

**Transport:**
- Public transportation is available, but car rental or a private driver is recommended.

**Sightseeing Tips:**
- Visit the Prehispanic Park in the morning to avoid the heat.
- Tours of the archaeological site are offered in English.

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### EL PUERTO MOUNTAIN RANGE.

This route, starting from the village of El Puerto, offers a scenic drive through the mountains, providing breathtaking views of the surrounding landscape. It includes stops at several viewpoints and natural attractions.

**Tourist Information:**
- **Distance:** 25 km
- **Duration:** 4 hours (including stops)

**Guided Tours Available:**
- Available upon request at the start of the journey.

**Entry Fee:**
- Free entry to designated viewpoints and natural areas.

**Accessibility:**
- Most areas are accessible by car, with some short walking trails.

**Transport:**
- Drive or hire a car for maximum flexibility.

**Sightseeing Tips:**
- Stop at the Parque del Agua to enjoy a refreshing break.
- Enjoy the views from Mirador del Cielo for stunning panoramas.

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### MAJAL BLANCO.

This natural reserve, located near Majal Blanco, offers a unique environment for birdwatching and nature exploration. The diverse flora and fauna make it a perfect destination for nature enthusiasts.

**Tourist Information:**
- **Distance:** 10 km
- **Duration:** 2 hours (walking)

**Guided Tours Available:**
- Guided nature walks are available upon request.

**Entry Fee:**
- Free entry with guided tours.

**Accessibility:**
- Accessible by foot or bike, with some areas requiring a moderate level of fitness.

**Transport:**
- Walk or bike from the nearest town.

**Sightseeing Tips:**
- Look for the rare Majal Blanco Parakeet during your visit.
- Explore the dunes and wetlands for bird sightings.

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**Tourist Information Sheets:**
- All routes include maps and guides.
- Contact local tour operators for more information.

**Contact:**
- Majal Blanco Tourism Office
- Tel.: +55 555 5555
- Email: info@majalblanco.gov.mx

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**Additional Information:**
- Local weather conditions can vary, so check forecasts before planning your trip.
- Always respect the environment and follow local regulations.
- Local businesses may offer additional services and information.

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**Map:**
- Detailed maps are available at the tourist information offices and online platforms.

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**References:**