

Festival Gastronómico Vegetariano Vegano de Tijuana Sana

Dates: July 1st - 2nd, Saturday & Sunday

Location: **Centro Cultural CECUT**, Zona Urbana Río, 9350 Paseo de los Heroes

Hours: 11:00 - 9:00 for the festival and entertainment free admission
Workshops and lectures begin early (see the schedule, tickets required)

*This is my second time attending a VegFest in Tijuana, and my first with the Festival Gastronómico. This event promises to be lots of great food and entertainment, it focuses on healthy living and it's alcohol-free! Some of the proceeds will benefit Baja's **Be Animal Heroes** organization. Meet Tijuana's growing population of plant-based foods enthusiasts and enjoy Baja's amazing vegan cuisine.*



Workshops and lectures (in Spanish). Everyone's going vegan!



CONFERENCIAS Y TALLERES

QUE INCLUYE TU PASE ALL-ACCESS



SÁBADO

1
DE JULIO

CONFERENCIAS

10:30AM **Trofología, el arte de combinar los alimentos**
Con el Maestro Taicista JOSÉ LUIS CABRERA

12:00PM **Super foods. Alimentos medicinales**
con MONICA PRIETO, Fundadora de Moré Health coach

1:30PM **Importancia y mitos de la Proteína**
Con el DR. SILVINO DIAZ, Fundador de Vida Sana

3:00PM **Aprendiendo a elegir la mejor opción para nutrirme**
Impartido por KARLA ESCOBAR, Fundadora del programa Vive Bien

4:30PM **Nutrición Vegetariana. Ética y Conexión con la naturaleza**
Con NIDIA HERNANDEZ, Nutrióloga, Residente y fundadora de la Asociación Internacional de Nutrición para el bienestar humano

6:00PM **"Mi transformación al Veganismo"** *Raivana* **Blogger**

7:30PM **"De carnívoro a vegano"** *Marco Antonio Regil*

TALLERES

10:30AM **Tizanas**
Con Salvador Sosa, Tea Consultant

12:00PM **Aprendiendo recetas divertidas y saludables**
con MARY TERE SANCHEZ, Life Designer + Mindfulness+ Yoga Coach, fundadora de Little Yogis

1:30PM **Aprendiendo a usar super foods en nuestra vida diaria**
Con MONICA PRIETO, Health Coach, fundadora del Programa Diseñando tu Salud

3:00PM **Como realizar Pan Pita, Hummus y Tabule de Granos Ancestrales**
Con Gris Betts, Instructora de Talleres de pan Artesanal y saludable



DOMINGO

2
DE JULIO

CONFERENCIAS

10:30AM **Gastronomía Ayurvedica Occidental**
Con LAULITA DEVI DAS, Especialista en Medicina y nutrición Ayurveda
Miembro de Iyengar Yoga

12:00PM **Estar Fit y Happy Eating**
Con JIMENA PARRIDO, Health Coach, locutora y Fundadora de Jimena es mi Coach

1:30PM **Mindful eating, Transformando mi relación con los alimentos**
Con MARY TERE SANCHEZ, Life Designer + Mindfulness+ Yoga Coach, fundadora de Little Yogis

2:00PM **Ser veganos que cambian al mundo**
Con ANTONIO FRANYUTI, Director de Animal Heroes

4:30PM **Estilo de vida detox**
con ANABELL SANTELLANES, Fundadora de Campaña Urbana

6:00PM **Veganismo. Los pequeños cambios hacen la diferencia**
Por ALEJANDRA LOPEZ, Blogger, emprendedora, youtuber de la página Soy Alejandra López

7:30PM **"Crudiveganismo"** *Chef Miguel Bautista*

TALLERES

10:00AM **LIZ GARY, Chef Vegano en San Diego**

11:00AM **La trilogía de la perfecta alimentación**
Con el Maestro Taicista JOSÉ LUIS CABRERA

1:30PM **Que comer antes y después de hacer ejercicio**
Impartido por KARLA ESCOBAR, Fundadora del programa Vive Bien

3:30PM **Como hacer leches veganas, económicas y saludables**
Con el DR. SILVINO DIAZ, Fundador de Vida Sana

5:30PM **CHEF BENJAMÍN MEDTREVKO**



SOLO HABRÁ 300 PASES
BAJO ESTA MODALIDAD

Te recordamos que tu **PASE ALL ACCESS**
INCLUYE TODAS LAS CONFERENCIAS
Y TALLERES DE AMBOS DÍAS. **\$550mx**

Tener en cuenta los cambios

The Music and Entertainment Schedule

ENTRADA AL FESTIVAL GRATIS

ELENCO ARTÍSTICO

DEL FESTIVAL

Gastro

NÚMERO

VEGE

TARIANO VEGANO

1

DE JULIO

SABADO

2

DE JULIO

DOMINGO

Artista	Horario	Artista	Horario
DANIELA FONSECA	11:00-12:00	SHOW	
Mariachi "Monarcas 2000"	12:10-1:10	ZONETTE	
Víctor Bernal	1:20-2:20	Melencías	
SHOW	2:30-3:30	Pachuco Blues	
Tijuana Sound Side	3:40-4:40	LITA RAYGO	
LA CATRINA	4:50-5:50	LA CATRINA	
efecto IGUANA	6:00-7:00	Mistero	
José Luis Mirillo	7:10-8:10	alex borja	
24 Seven	8:20-9:20	Candy	

ESCENARIO 1

Travel Suggestions for getting to the Festival Gastronómico

The Basics: What to Bring

1. Your Valid Passport
2. Cell phone, check with your carrier to be sure you can activate roaming to access your full coverage south of the border. You will lose your signal at the border without roaming.
3. Money for food, fares, and purchases. The current exchange rate is about 18.5 pesos to the US dollar and dollars are accepted everywhere but things can end up costing just a little more when you use dollars.
4. Comfortable clothes, good walking shoes

Be Safe

There is an ongoing travel advisory regarding crime throughout Mexico. Get the details here [Mexico Travel Warning](#). But the good news is Tijuana is experiencing a travel renaissance again, tourism is coming back and you can find all kinds of good things happening in Mexico. Check out [Turista Libre](#), he's an American journalist living in Tijuana who hosts an amazing line up of tours and events making travel fun and easy.

Driving into Mexico

Mexican car insurance if you are driving. You can purchase it online in advance or drive through and pick up a policy at a location near the border. I like the convenience of [Instant Mexico Auto Insurance](#) and they will provide you maps of Tijuana and Baja. It's located near the border with a convenient drive through window, [map to location](#). Mex Insurance runs about \$25.00 - \$30.00 a day

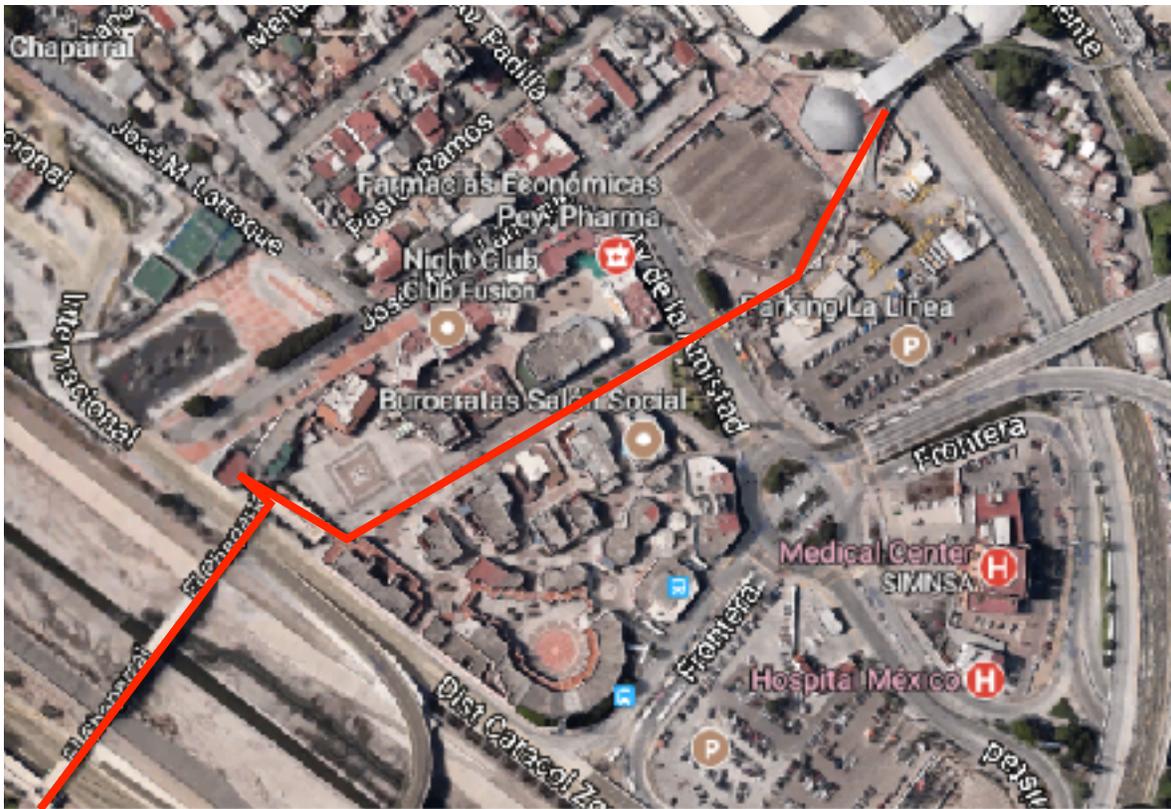
Walking into Mexico and Catching a Cab

You can park at the border and walk across. Parking can run anywhere from \$10.00 - \$25.00 a day and parking lots fill up. An alternative is to park at one of the trolley stops north of the border that offers free parking and take the trolley to the border. Walking into Mexico is easy but can take some time waiting to get through Mexican customs. Cabs are waiting on the other side to offer you a ride, click here to read up on [safe travel by taxi](#). Most people speak some English down there but it's good to have a little Spanish handy when it's time to ask for a ride. *Cuanto cuesta para llegar al Centro Cultural o CECUT?* How much does it cost to get to the Cultural Center or CECUT? The Cultural Center is also called CECUT pronounced *say-coot*. Agree on a price before taking a ride. It's a short ride and shouldn't be more than a few dollars. Cabs are also easy to catch from the Cultural Center back to the border. On the return trip it's *Cuanto cuesta para llegar a la frontera?* How much does it cost to get to the border?

Riding Your Bike Into Mexico

Riding a bike into Mexico can be fun and there will be a bunch of us riding on Saturday morning, July 1st. I've done the ride to Tijuana many times, it's a great adventure and but once you are there you have to navigate carefully, avoid the busier streets, take

your time and be safe. The Centro Cultural is easy to reach by bicycle. You cross the border with pedestrians (which can take some time going through customs) everyone has their passport checked and a visa filled out going into Mexico. Once you get across you follow the pedestrian zone to the foot of Avenida Revolution, from there it's a short ride eight blocks through the center of town then a left that will take you to the Zona Rio and right to Paseo de los Heroes where you ride a lap around one of the Gloriettas and to the finish line at CECUT, the Centro Cultural. To get back you simply go back the way you came. Here are maps of the route south of the border.



This map show the peatonal or pedestrian zone that exists customs and leads to Avenida Revolution. Find the map and study it on google maps, here's the link to this segment that takes you from customs to the bridge over the Tijuana River: [click here](#)

Once you are over the bridge you continue to Calle Primera and follow that to the foot of Avenida Revolution and the big arches. There are always Mariachis waiting to be hired, they charge a lot more in Mexico than they do here. I can drop \$100.00 easy in no time when I'm in the mood for Mariachi music. I always like to stop for a song or two and a photo when I arrive. From the foot of Avenida Revolution the course continues through the center of town past the busy nightclub noise and colorful shops loaded with Mexican crafts and souvenirs.

Here is the crossing again from the bridge to Calle Primera. Click on the link and zoom in to study the map and identify the bridge and street names. [Click Here](#)



Stopping to celebrate my arrival at the arches located at the foot of Avenida Revolución. It's a Tijuana tradition. Find mariachis ready for hire, enjoy a little music, get a picture, and you are on your way.

Getting to the Centro Cultural (CECUT)

Once you've made it to the center of town it's an easy ride down Avenida Revolucion 9 blocks to **Calle Juan Sarabia**. Continue through the intersection at **Rodolfo Sanchez Taboada** and straight to **Paseo de los Heroes**. Click on the link to study the map and identify the streets, [click here](#).



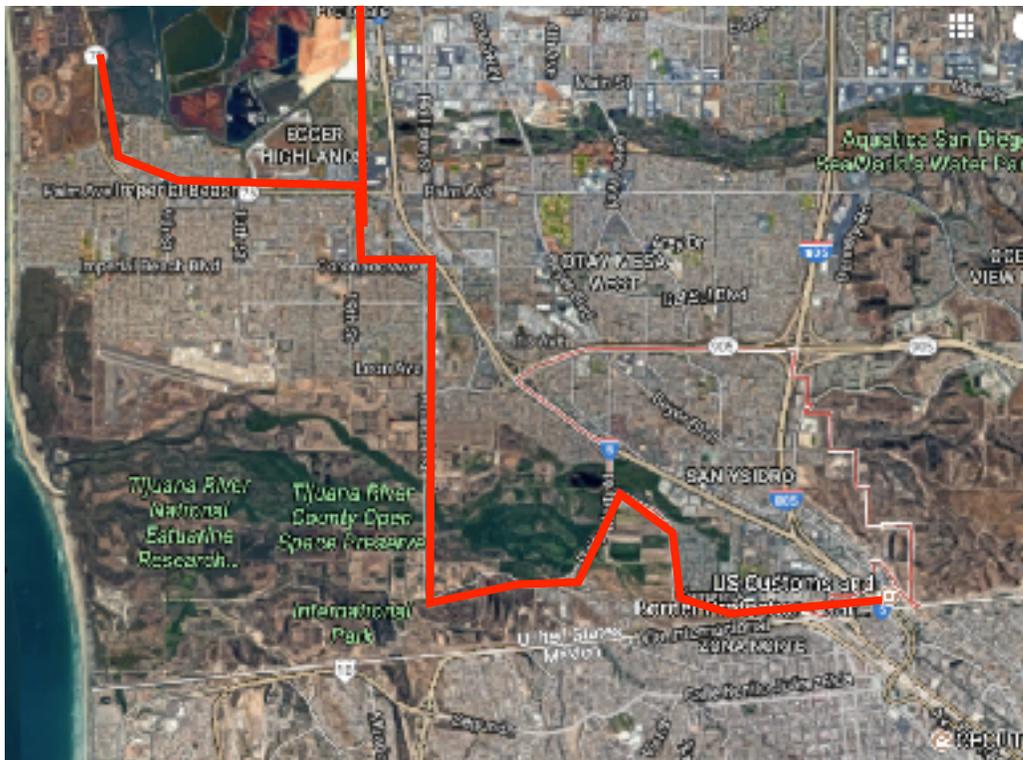
Once you arrive there will food, artesanías and entertainment with the Festival Gastronomico and there are also be exhibits and opportunities to explore the [Centro Cultural](#) and all it has to offer.

The Return Home

The easiest way back is to return the same way you got there. There are now two border crossings for pedestrians. I recommend the crossing that takes you to the San Ysidro crossing and the trolley. The new crossing is great but it goes into the outlet mall area. I am not a seasoned rider with that crossing yet, the wait can be much shorter but if you have a Trusted Traveler document like the [Global Entry or Senti Pass](#) you get to go to the head of the line either way. Once you are back across the border load your bike onto the trolley and head back to your original destination. There is free parking at many of the trolley stations, the Old Town Station is an easy place to start and end the ride. Park for free in Old Town and ride from there or hop on the trolley with your bike and ride to the Santa Fe Station, get off and ride on over to the Coronado Ferry and hop on to cross the bay and enjoy a ride through Coronado and down the Silver Strand. You can also ride the south bay which is more industrial but an easy ride.

How to Arrive at the Border by Bicycle

There are two ways to get there, you can take the Ferry to Coronado with your bike and ride the Silver Strand [check the ferry schedule here](#) or take the South Bay course through National City and Chula Vista. Both rides will take you to Imperial Avenue, then you head south on 19th Street, go left on Coronado, take the last right on Hollister, continue on Hollister until it turns into Dairy Mart Road, follow Dairy Mart Road to Camino de la Plaza continue until you cross over the 5 freeway then take your first right and you are there, headed for the border crossing at Tijuana. [Click here to review the map details.](#)



Whether you drive, walk or ride, just be safe, be smart, and have fun!
More travel ideas ahead with the Tour de Tijuana book launch coming soon.

¡Viva Mexico!

Se habla español
Liz Gary, Founder
New Options Food Group
www.newoptionsfoodgroup.com



The poster features a vibrant collage of fresh produce including a cantaloupe, a bowl of salad, a glass of orange juice, and various vegetables. The background is a bright blue sky with white clouds. The text is arranged in a central, eye-catching layout.

FESTIVAL
Gastro
N O M I C O
VEGE
TARIANO
VEGANO

SÁBADO DOMINGO
1Y2
JULIO
2017

DE **11** AM
A **9** PM

TIJUANA
Sana

CECUT
CONFERENCIAS
MAGISTRALES
TALLERES

La Flor
de la VIDA

COLECCIÓN DE SEMINARIOS
Y CONFERENCIAS
DE TIJUANA