



Portimão
Câmara Municipal



PORTIMÃO TROPHY
Iberian Cup 2010
Campeonato Nacional / Copa
de Espanha de Formula
Windsurfing



01 a 04 de Abril, Praia da Rocha
Portimão

EVENT PRESENTATION

The **PORTIMÃO TROPHY** for Windsurfing of the class of Formula Windsurfing will be held in the Praia da Rocha, Portimão, from 01 to 04 of April, 2010.

The Organising Authority will be the CLUBE NAVAL PORTIMÃO with the collaboration of the Portuguese Federation, the Real Spanish Federation, the Portuguese Association and the Spanish Formula Association.

Prize money to be confirmed (TBC)

Level of International event to be confirmed (for now is level 3)

Praia da Rocha is the best place in Portugal to do Formula Windsurfing (Racing, training and only enjoy to play with Formula Windsurfing)

The Wind normally goes from 10 knots to 25 knots, good weather with sun and in April the temperature reach to 25 degrees, the water temperature in April is 19 degrees.

The Event will be held in the fine golden sands as far as the eye can see. Calm turquoise waters. Ochre cliffs and rocks sculpted into fantastical shapes. Such is the natural beauty of Praia da Rocha, a place which inspires visitors today as It has always done.

Discovered by tourism at the end of the 19th century, it was for decades the favored resort of well-to-do families from Portimão, the Algarve and Andalusia in summer, and of the English in winter. The Hotel da Bela Vista, with its Belle Epoque architecture and decoration, dates from this period.

In the 50s and 60s Praia da Rocha began to draw an increasingly international clientele and these days it is a cosmopolitan tourism centre and a byword throughout Europe for sun, sea and sand.



Situated on the extreme South of Portugal, this part of the territory was the last to be conquered from the Moors by the Portuguese king in 1292. Traces of the Moorish presence are still seen in its unique architecture - terraces, chimneys and whitewashed houses.



However, the distance that was difficult to cover back in the 13th century is no longer an obstacle thanks to the modern Lisbon-Albufeira High way (A2) and the modern Hight Way that cover all Algarve Between Lagos and Vila Real de Santo Antonio (A22) or Faro international airport. So why not visit this charming region, with its idyllic temperatures which are ideal for playing golf and other sports.

In the northern part of the Algarve, the hills of Espinhação de Cão, Monchique and Caldeirão shelter the coast from strong winds. This brightly-coloured region, with its fig trees, orange groves and almond-trees in blossom, is also the most verdant and fertile. The southern coastline consists of a long stretch of fabulous sandy beaches, broken up by extraordinary rugged cliffs and fantastic grottoes

Visiting Portimão

The white contour of a church on a hilltop. Narrow streets of the old fishermen and tradesmen quarter. Some aspects that identify the character of this city, old of many centuries. The presence of the sea, the immense beach known by the name of Praia da Rocha.

The pleasures of Algarvean cuisine

A land of fishermen lapped by the waters of the Atlantic Ocean, the Algarve is a paradise for everyone who enjoys fish and sea food. Because every day, as morning breaks, the fishing boats return to harbour laden with the night's catch. And also because the people of the Algarve have centuries of experience in cooking the fruits harvested from the sea.



The simplest method - grilling the fish, be it sardine, sea bream or mullet, over the slow heat of glowing charcoals - is also one of the most delicious. For more complex flavour combinations nothing beats the old fishermen's recipes, which range from wholesome soups made with razor clam, prawn and fish of all kinds to conger, clam and octopus risottos, and from cuttlefish and baby squid in their ink to whelk and bean stew, fish stew and seafood in a thick bread soup known as "açorda". The cuisine of the interior is redolent of fertile fields and vegetable plots, of flocks grazed on hills fragrant with wild herbs. From filed chicken to braised leg of lamb, accompanied by chick peas or cabbage, to the simple but tasty carrot preserve that is served with fish and meat, or snails cooked with herbs, all the local dishes are rich in the flavours of the countryside.

But the piece de resistance of Algarvean cuisine is the delicious dish of clams cooked in a cataplana casually with tomatoes, onions, cream and pieces of bacon or sausage. The secret is in the cataplana, a broad copper vessel with a hinged lid that is Moorish in origin. The lid is closed while the ingredients simmer together and the flavours develop. And when it is opened - what a treat!

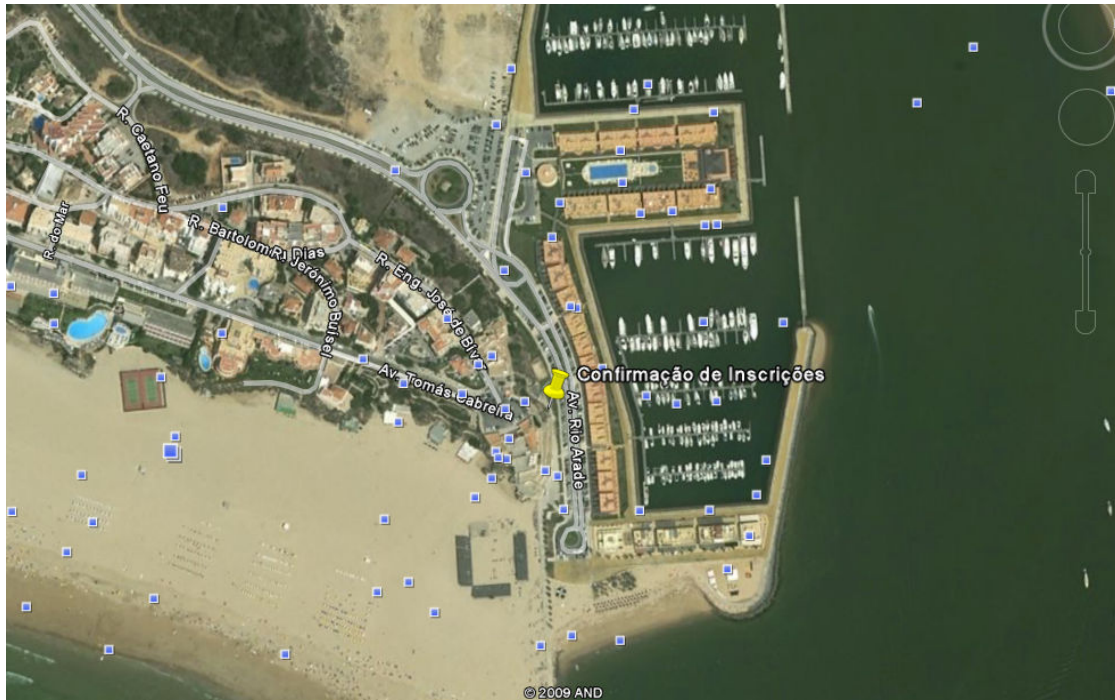
The Algarve has some tempting cakes and pastries too. Made with the almonds, figs and oranges that are grown throughout the area and plenty of eggs and sugar, they bear such exotic names as "Dom Rodrigues", "morgados" and "morgadinhos". Stuffed figs, fig cake and figs with almonds and chocolate are among the many traditional desserts.

The grapes of the Algarve get plenty of sunshine and yield heady wines with lots of fruit that go well with the region's cuisine. And to round off a meal, the arbutus brandy known as "medronho" and other traditional liqueurs made with fruit and honey are well worth a try.

Event Reception and Secretary

Latitude 37° 7'0.65"N

Longitude 8°31'45.39"W



Racing Zone

