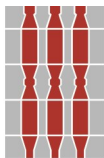


MICRO WORLD CHAMPIONSHIP 2022
23th to 29th July 2022
Castiglione del Lago - Umbria - Italy



Con il patrocinio della Regione Umbria



Regione Umbria



CAMERA DI COMMERCIO
DELL'UMBRIA

Con il contributo di



GIOVANNI
RASPINI



RESIDENCE
CASTIGLIONE

Food & Wine



Visiting Umbria means savouring a lifestyle, as it is a land of flavours where man and nature make the difference.

A long history of passion and experience encapsulates every bottle of olive oil and every glass of wine, its main natural products. Umbria has many D.O.C.G. wines: cities like Montefalco with its *Sagrantino* together with D.O.C. "Colli Del Trasimeno" (produced by a particular vine, Trasimeno Gamay, black berry introduced in Italy since 1400 .C.) have made local wines real stars among Italian red wines.

The Umbrian culinary tradition is based essentially on preparations based on meat or products of the earth .The legumes of Castelluccio di Norcia, the green beans of the lake, the truffle, the cold cuts and cheeses of Norcia are the basis of many local dishes. A note should also be made of the lake fish, typical of the Trasimeno area.

*We only list some of the delicious locals
where you can eat:*

- ◇ **Sailing Club Restaurant**, Via Brigata Garibaldi 5/a, 06061 Castiglione del Lago PG, +39 075 953035, **ONLY RESERVATION ONLINE** on WWW.micro-2022.com
- ◇ **Ristorante L'Acquario** Via Vittorio Emanuele, 69, 06061 Castiglione del Lago PG, +39 075 965 2432
- ◇ **Mesticanza Osteria Contemporanea** Via Bruno Buozzi, 93, 06061 Castiglione del lago PG, +39 370 341 7582
- ◇ **Ristorante La Cantina** Via Vittorio Emanuele, 93, 06061 Castiglione del Lago PG, +39 075 965 2463

- ◇ **Porta Senese** Via Vittorio Emanuele, 2, 06061 Castiglione del Lago PG, +39 075 953331
- ◇ **Le Scalette** Via XXV Aprile, 24, 06061 Castiglione del Lago PG, +39 075 953113
- ◇ **Ristorante Monna Lisa** Via del Forte, 2, 06061 Castiglione del Lago PG, +39 075 951071

For a quick dinner or an aperitif with good wine

- ◇ **Enoteca Battilani** Piazza Giuseppe Mazzini, 06061 Castiglione del Lago PG, +39 075 965 2945
- ◇ **L'Angolo del Buon gusto** Via Vittorio Emanuele, 40, 06061 Castiglione del Lago PG, +39 329 316 8456
- ◇ **Battilani Sapori** Piazza Giuseppe Mazzini, 1, 06061 Castiglione del Lago PG, +39 075 965 2945

**All that remains is to wish you
ENJOY YOUR MEAL!**

*If you want to stock up on norcineria products we recommend
visiting the delicious local shop:*

- ◇ **La Dispensa Del Lago Di Tonietto Alessandra**
Via Vittorio Emanuele, 53, 06061 Castiglione del Lago PG, telephone number: +39 075 951925
- ◇ **Umbria Terra E Sole S.R.L.** Via Vittorio Emanuele, 25,
06061 Castiglione del Lago PG
telephone number : +39 075 952 5229
- ◇ **La Cantina del Trasimeno - Duca della Corgna**, Via Roma
236, 06061 Castiglione del Lago PG

Umbria, green heart of Italy

Located in the northern part of Umbria, on the border with Tuscany **Lake Trasimeno** is a true natural paradise.

The fourth largest lake in Italy, it owes its name to the ancient legend of **Prince Trasimeno** and the nymph **Agilla**.

Surrounded by breathtaking landscapes, ancient stone villages, typical flavors of Nautical Trasimeno it is an ideal destination not only for those who want to practice sports such as windsurfing, kitesurfing, wakeboarding, sailing and water skiing, but also for mountain bikers: there are no prohibitive climbs or technical stretches, but it is 48 kilometers with 1000 meters of altitude difference, making it more suitable for experienced bikers.

There are also walking routes: 160 km that cross the charming villages of the area, including also the islands of the lake.

Art lovers will be able to find a rich basin in this territory, thus being carried away by the beauties of the 15th century paintings of Perugino, from the Stories of St. Francis by Maestro Giotto to the many Medieval Villages.

Umbrian folklore culture is now more alive than ever, the love for cultural traditions has roots in every inhabitant, both young and old the Quintana in Foligno, the Festa dei Ceri in Gubbio, the Palio dei Terzieri in Città della Pieve, are just some of these wonderful shows.

A region, Umbria to discover among ancient traditions, music and great shows.

Castiglione del Lago

Located on a promontory overlooking Lake Trasimeno, Castiglione del Lago is one of the most beautiful villages in the Lake Trasimeno area.

The village of Castiglione del Lago also includes the Polvese Island and owes its medieval imprint to the Lords of Corgna, became masters of the lake in the sixteenth century.

We advise you to start your itinerary from the Doge's Palace (Palazzo della Corgna) its construction took place in 1563 at the behest of Ascanio della Corgna.

The Rocca and the Castle of the Lion are connected to the Palazzo della Corgna through a long and suggestive passage, with a typically feudal character. Made in 1247 at the behest of Frederick II of Swabia.



The entire building is supported by Wi-Fi network.

The whole structure is surrounded by greenery, with large lawns, surrounding it, give it a charm and a unique connotation for members and guests who want to relax, enjoy the sun and the lake Trasimeno.



The Islands of Trasimeno

In Lake Trasimeno there are three islands or, in order of size, the Polvese, the Maggiore and the Minore.

In the Fioretti di San Francesco is reported the episode in which the Saint stays on an island of Lake Perugia to spend Lent here, finding shelter in a hedge and feeding on half a loaf only for all 40 days.

On the same island it is reported that later some houses will be built and later a castle.

Maggiore Island: It has 15 inhabitants (Istat data, 2017) and has an area of 24 hectares, enclosed in a perimeter of 2 km.

The island is connected with the mainland by a ferry service to the villages of Tuoro sul Trasimeno, Passignano sul Trasimeno and Castiglione del Lago.

Minore Island: has an area of 20 meters , enclosed in a perimeter of 0,05 km².

Curenly uninhabited, the island is covered by dense wooded vegetation.

Polvese Island: It has an area of 69,60 hectares, scientific educational

park promoting scientific research, experimentation and environmental teaching activities.

The name of the island probably comes from the word polvento, leeward area.

The territory was certainly occupied by the Romans, as some remains are visible.

The Legend of Agilla and Trasimeno

Legend has it that Agilla and Prince Trasimeno, son of the Tyrrhenian god.

Prince Trasimeno, traveling in the lands of central Italy, arrived on the shore of large lake covered with vegetation.

The summer heat prompted the young man to want to find refreshment in those waters.

The nymph Agilla witnessing the scene was impressed by the beauty of the young man, decided to charm him with his own singing, attracting him to the center of the lake.

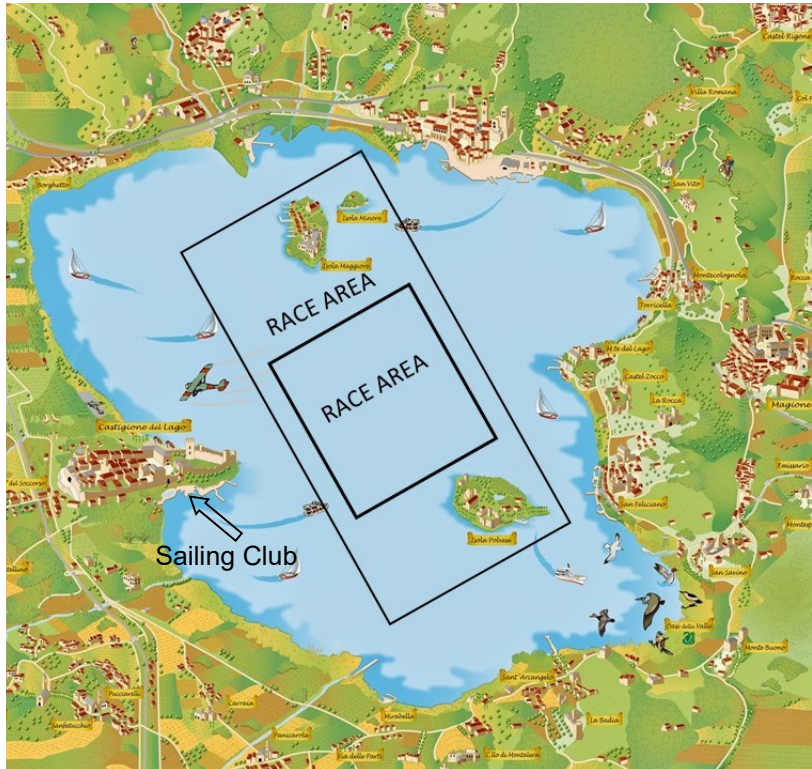
But the beautiful song of the nymph caused such stunning in the young man who was overwhelmed with emotion, drowned.

Since then, on hot summer evenings, when a light breeze ripples the waters of the lake you think may be the lament of the nymph Agilla, still searching for her prince.

In memory of the beautiful prince the lake took the name of Trasimeno.

Location

Welcome to the Lake Trasimeno, the regatta area will be in the deepest part of our lake:



List of judges

International Jury

Bruno Tamburini IJ – the Chairman (Italy)
Dusan Vanicky IJ (Slovakia)
Pierluigi De Luise IJ (Croatia)
Claudio Reynaud LJ (Swiss)
Eugenio Branca LJ I (Italy)

Race Committee

Marcello Montis IJ – the Chairman (Italy)
Pino Cimbalo LJ (Italy)
Mario Forgione LJ (Italy)
Gabriella Matteucci LJ (Italy)
Donatella Ortolani LJ (Italy)

Technical Committee

Manfred Bauendhal - Chief Measurer (Germany)



The Sailing Club

The **Club Velico Castiglione a.s.d.**, it was founded in 1973 and affiliated first, to the FIV in 1975 and then from 1998, to the Regional Sailing School.

And it is precisely with the Sailing School that CVC has trained many sailors and winning athletes, who with their excellent performances have obtained first-rate placements and absolute victories both nationally and internationally.



The names of the winning athletes are many and to give everyone the right importance, please refer to the complete Golden Register.

Since July 2005, the CVC (club velico castiglione) has a new home and comfortable, with excellent facilities, friendly and efficient, expanded in 2016.

The area available to the Club include the Clubhouse and dock with adjoining a large space dedicated to equipment and ground services.



The **CLUBHOUSE** is the heart of the CVC .

Program

Registration and measurement:

Saturday 23/07 from 9:00 to 18:00 Sunday 24/07 from 9:00 to 16:00

Sunday July 24/07 opening ceremony: 18:00

Craning in:

Saturday 23/07 from 9:00 to 18:00

Sunday 24/07 from 9:00 to 18:00

Craning out:

Saturday 30/07 from 09:00 to 18:00

Race, dates of racing:

Monday, 25/07 - 11:00 Practice Race - 13:00 Races

Tuesday, 26/07 - Races

Wednesday, 27/07 - Races

Thursday, 28/07 - Races

Friday, 29/07 - Races, final day

On the last day of the regatta, no warning signal shall be done after 17:00.

NOTE

1 Wednesday 27, there will be a LONG-DISTANCE RACE: 20 or 25 nautical miles, decides the Race Committee.

2 Sailor Dinner on Wednesday 27, at 8:00 pm: the date will be confirmed at the time of registration;

3 Cultural visit to the Rocca of Castiglione del Lago: 26/07 and 28/07, from 9 am to 10:30 am.