



PARTICIPANT'S GUIDE



INTRODUCTION

Welcome to Ride Across Portugal, in the fourth edition of this event that crosses Portugal from North to South, challenging not only the fitness of the participants, but also their senses, as they discover the diversity and history of a whole country, in a week full of emotions, conviviality, and cycling.

As the start date approaches, all athletes will naturally be focused on some final details of the preparation for their participation.

In the following pages we will share some information and advices to help you prepare for your trip and participation in the 2022 edition of the Ride Across Portugal.

For our part, we will do everything we can to give everyone a magnificent experience.



BEFORE YOU COME

EXAMINATION AND MEDICAL CERTIFICATE

As stated in the Regulations, it is mandatory that each participant send the organization a medical certificate attesting to their physical ability to participate in the Event.

Alternatively, participants can present a UCI license, valid for the year 2022, certifying their physical ability to participate in this type of event.

BICYCLE PREPARATION

Like the athlete, the bicycle must be prepared and special attention must be paid to ensure that it is in condition to complete the challenge of riding the six long stages of the Ride Across Portugal.

Despite the presence of a mechanical assistance team throughout the course, participants must ensure that parts are maintained and repaired during the stages.

Athletes must be able to solve basic problems during the stages, such as repairing punctures, including dismounting tires and changing the inner tube and chain fixing.

They should also carry some basic parts and repair tools throughout the stages, such as:

- Set of hex keys
- Chain repair link
- Small chain tool
- Tire levers
- Spare tube(s)
- Tire / tube patch
- Air pump and mini cartridge of CO2

GPS

GPS use is increasingly widespread in cycling, however, not all cyclists use these devices as a bicycle navigation tool.

In the Ride Across Portugal, GPS is one of the tools used to guide the athletes during the stages.

There will be signage along the road, especially when crossing towns and villages, to ensure easier progression for athletes.



Despite the signs along the route, the use of GPS is an additional safety factor for all participants.

In addition to its use for guidance and navigation, the GPS will be the exclusive tool to record the time made by the athlete in each timed STRAVA segment. So, the use of a GPS device is a mandatory condition to participate in the RAP Strava Challenge.

In addition to the features described above, the GPS model used by each participant must have a battery life that guarantees its operation during all the stages, taking into account the long duration of most stages.

CLOTHING AND EQUIPMENT

At the end of May, the weather in Portugal is generally mild, with temperature variations between 15 and 25° C. In the southern stages, it is natural that there is an increase in these temperatures. Despite these values, the colder mornings and the possibility of rain during the stages require the use of accessories that ensure greater comfort in case of cold or rain (gillet, arm warmers and raincoats).

As stated in the event rules, if weather conditions justify it, the organization may require athletes to bring some of this equipment on one or more stages.

NUTRITION - SPORTS SUPPLEMENTS

Ride Across Portugal is partnered with sports supplement brand **GOLD NUTRITION** <https://goldnutrition.pt/>

Gold Nutrition supports Ride Across Portugal by providing the Gold Drink in all the feed stations and offering each athlete several products included in the participant kit.

In addition to the products offered, participants will also be able to purchase other products at the Official RAP Store, which will be open at the end of each stage.

FOOD - SPECIAL NEEDS

The organization and the partner hotels will make every effort to guarantee any special needs of the athletes in the main meals (breakfast, refueling, recovery meal at the end of each stage, and dinner). However, it may not be possible to respond to very specific requests, related to types of food that are not normally available on the market.

It is therefore recommended that participants who can identify with this type of requests should bring this type of food with them.



SUN PROTECTION AND CHAMOIS CREAM

Sun protection is essential in outdoor activities, especially in endurance races with long stages. In the official RAP store, athletes will be able to buy normal sunscreens. However, if the athlete has a special preference in this area, they should bring their own sunscreen.

Another really sensitive area when participating in a multi-stage event is the protection of the skin from prolonged contact with the saddle. If the athlete is not prepared for this, it can lead to situations of great discomfort and suffering.

The preventive use of creams based on zinc oxide or other products is essential to prevent these situations. At the official RAP store you can find one of the most used creams in these situations.

BICYCLE TRANSPORT

Transporting bicycles during flights requires special attention from participants. Remember to partially deflate the tires and pack the bicycle to protect the more delicate components such as gears, levers, and discs.

Ride Across Portugal has a partnership with THULE, which offers some of the best solutions for transporting bicycles, as well as bags and other sports accessories.

ARRIVAL - "DAY ZERO" (May 15)

TRANSFER LISBON - PESO DA RÉGUA

Location:

LISBON INTERNATIONAL AIRPORT

Meeting Place: Next to Starbucks, in the arrival's hall

<https://goo.gl/maps/mZUNNQdjs7c5j38w5>

On site there will be staff members with the Ride Across Portugal identification.

Schedule:

- Participants meeting: 10:00 am - 11:15 am
- Collection of luggage and bicycles for transfer: 11:15 am - 11:30 am
- Transfer departure: 11:30 am



Passenger's Naming List:

If you subscribed the transfer from Lisbon to Peso da Régua, confirm [HERE](#) if your name is in the passenger's list.

TRANSFER PORTO - PESO DA RÉGUA

PICK UP 1

Location:

PORTO AIRPORT

<https://goo.gl/maps/wP3wENWyHsa94gXc9>

Meeting Place: Near the exit (right side), in the arrivals hall

On site there will be staff members with the Ride Across Portugal identification.

Schedule:

- Reception of participants: 11:30 am - 1:00 pm
- Collection of luggage and bicycles for transfer: 1:00 pm - 1:30 pm
- Transfer departure: 1:30 pm

PICK UP 2

Location:

CUSTOMS PARK

Alfândega Park,

4050-430 Porto

<https://goo.gl/maps/178YXBvPPbUw5FA29>

Schedule:

- Reception of participants: 2:30 pm - 3:00 pm
- Collection of luggage and bicycles for transfer: 2:30 pm - 3:30 pm
- Transfer departure: 3:30 pm

Passenger's Naming List:

If you subscribed the transfer from Porto to Peso da Régua, confirm [HERE](#) if your name is in the passenger's list.



Estimated travel times for the two transfers:

Lisbon - Peso da Régua: 5 hours (including a 1-hour stop for a light meal - not included in the registration or transfer price)

Porto - Peso da Régua: 2 h

Participants whose flights do not arrive on time or for any other reason do not allow them to meet these schedules should contact the organization as soon as possible.

Contact Number: + 351 924 046 861

OFFICIAL HOTELS

On day 0 the RAP works in two official hotels:

HOTEL RÉGUA DOURO

<https://www.hotelreguadouro.pt/pt/Home>

Location:

<https://goo.gl/maps/dC9A7MykpsbUpSYR6>

HOTEL DELFIM DOURO

<https://www.delfimdourohotel.com/pt/Homepage.aspx>

Location:

<https://goo.gl/maps/KNsHzhGLenUhTHPS6>

DISTRIBUTION OF ATHLETES BY THE TWO OFFICIAL HOTELS

Check your name in the list of athletes staying at each of the two Official Hotels:

- Athletes staying at the Hotel Régua Douro:

https://drive.google.com/file/d/10ginBVP6QvoEKZ4IB17QdontxfLLtK_Y/view?usp=sharing

- Athletes staying at the Hotel Delfim Douro:

<https://drive.google.com/file/d/1bnefdjJgQ4rKlhKrs1WfxIAsaHBU5N7/view?usp=sharing>

ACCREDITATION OFFICE

The Accreditation Office will work in the two official hotels of the Ride Across Portugal:

HOTEL RÉGUA DOURO

<https://goo.gl/maps/dC9A7MykpsbUpSYR6>

Schedule:

10:00 am - 1:00 pm / 2:00 pm - 6:30 pm

HOTEL DELFIM DOURO

<https://goo.gl/maps/KNsHzhGLenUhTHPS6>

Schedule:

2:00 pm - 6:30 pm

At the accreditation, each athlete will pick up his (her) participant kit.

The participant kit includes:

- Front plate with participant number for the bicycle handlebar
- Official RAP jersey
- Official RAP Polo Shirt
- Changing bag
- Luggage Tags
- Gifts from sponsors



Official Jersey



Official Polo Jersey



BIKE ASSEMBLY (OFFICIAL HOTELS)

In both official hotels there will be an area dedicated to unpacking and assembling the bikes.

In these areas there will be a team of mechanics who can provide help in this process. However, each participant is responsible for unpacking and assembling their bike.

Each athlete must therefore come equipped with the necessary tools to assemble his or her bicycle.

BICYCLE CASES AND PERSONAL TRAVEL BAGS (OFFICIAL HOTELS)

All participants must choose only one suitcase or duffel bag (capacity up to 100 Liters) to carry their luggage throughout the stages. The remaining luggage must be left together with the boxes / bike bags with the organization's team members after accreditation.

The organization will carry only one bag or suitcase per participant throughout the 6 stages. The remaining luggage is returned to the participants after the last stage.

OFFICIAL RAP STORE

In both official hotels, during the accreditation working hours, there will be an Official RAP Store, where participants can buy some products used during and after the stages.

BRIEFING

Douro Museum

<https://goo.gl/maps/k3siCLuG4LL7jruD6>

The first briefing will be held at 7:00 pm, where the main information about the event in general and about the 1st stage in particular will be presented.

It will be an opportunity for the participants to ask some questions and clarify their doubts.

PORT WINE RECEPTION

Douro Museum

Celebrating the departure of the Ride Across Portugal in the Douro Valley, following the briefing a Port Wine Reception will be served to all Ride Across Portugal participants.

WELCOME DINNER

Douro Museum

At 8:00 pm, the welcome dinner will be served to all attendees and staff members



TRANSFERS

Participants staying at the Hotel Delfim Douro will have at their disposal transfers to go to and return from the Douro Museum (estimated time - 10 minutes).

DURING THE STAGES - 16.05 TO 21.05

CHECK OUT AT THE HOTELS

Participants should ensure that they have enough time before the start of the stage to check out of the hotel.

Please note that registration includes only accommodation, breakfast, recovery meal at the end of each stage, and dinner.

All other expenses incurred at the hotels throughout the event must be paid as soon as requested. In order to speed up the check-out process in the morning before the start of each stage, no expense will be assigned to the room number.

OFFICIAL LUGGAGE TRANSPORTATION

After check-out, each athlete must leave his or her bag or suitcase in the proper identified area of the hotel, to be transported to the next hotel by the organization.

REGULATION

Once again, it is very important that all participants read the regulations carefully, in order to fully understand the dynamics of the event and the particularity of each stage.

It is extremely important that the athletes always keep in mind that the event will be held on public roads and that at all times they must follow the traffic rules and respect all safety measures.

START TIME

The start time for each stage varies on each day. Each athlete should consult the schedule for the next day's stage. This schedule is confirmed at the briefing of the previous day.

RAP STRAVA CHALLENGE

- Each stage has timed segments that will be previously announced to the athletes at the stage briefing and identified on the road with the RAP signs.



- In each stage there are timed segments, recorded through each participant's GPS, on the STRAVA platform.

- Participants who wish to participate in the RAP STRAVA Challenge must have an active account on this platform, and must also comply two more requirements:

1 - Follow the Ride Across Portugal profile on this platform:

<https://www.strava.com/athletes/22499895>

2 - Join the 2022 RAP Club

<https://www.strava.com/clubs/1042795>

- Participants are responsible for the process of registering their stage (activity) and uploading it from the GPS device to their account on the STRAVA platform.

In all hotels, after the end of each stage, there is wifi available so that each participant has access to his or her STRAVA account.

- The timed segments are identified and communicated to the participants before each stage. They are preferably located in sections, where the road, due to its characteristics, does not present any danger, such as towns, dangerous curves or junctions.

- The start and end of the timed segments are identified by a waypoint, included in the GPX files provided to the Participants. In addition, there may also be a sign on the road, indicating the start and end of the timed section.

- Participants who fail to pass one of these timed segments will be penalized on that section, with the worst time recorded on this section plus a 15-minute penalty being awarded.

- If the Participant fails to complete one of the stages within the limited time, they will be penalized with a 15-minute penalty, added to the total sum of their recorded times in the timed segments in the stage.

After each stage, a table is published indicating the athletes' time in the various timed segments, as well as an accumulated time, resulting from the sum of the times of the various segments of the stage.

PIT STOPS / FEED STATIONS

Athletes will find feed stations along each stage, approximately every 50 - 60 km, where they can get solid and liquid refueling.



These areas coincide with the Pit Stops, where all participants must stop for a minimum of 1 minute and use this time to refuel.

These areas are always located outside of the timed segments.

TIME CUTS

For safety reasons, each stage has a time limit to be completed.

There are also time limits for the Pit Stops

These times are confirmed before each stage and can be changed if the organization has valid reasons to do so.

AFTER CROSSING THE FINISH LINE

GPS

After crossing the finish line, each athlete should check that their GPS has registered and transmitted the data to the STRAVA platform.

After downloading the data from the tracked stage into STRAVA, the participant must ensure that he has loaded the next day's track on his device.

TRACKER DELIVERY

Upon arrival at the hotel, after each stage, each athlete must return to the organization the geopositioning device they carry throughout the stage for safety reasons.

The next day this device is returned to the participant to carry during the stage.

BICYCLE PARK

At the end of each stage, each participant should go to the reserved space in each hotel to store their bicycles.

MASSAGES

After each stage, athletes who have subscribed to this service, should make it a priority to schedule their massage time with the massage team.



RECOVERY MEAL

A recovery meal will be available at the end of each stage.

DAILY BRIEFING

At the end of each day, there is a briefing with all participants, with the most important information about the next day's stage, especially the characteristics of the course, expected difficulties, and the timed segments.

STAFF AND SUPPORT

The athletes will be supported by 22 staff members and 10 vehicles that will follow the caravan throughout each stage.

One of these team members will ride with the peloton every day, supporting and encouraging the athletes.

MECHANICAL SUPPORT

A dynamic mechanics team will follow the race route during the stages to provide assistance and help solve problems that may occur with the bikes.

This service is included in the registration fee and only spare parts will be charged for.

In case of bike breakdown, the cyclist should contact the organization so that the mechanical team can arrive on site as soon as possible.

In some situations, this support may take some time to arrive.

Although the organization will have this mechanical support during the stages, all participants should make sure that the bike is in perfect condition and prepared for an event with the characteristics of the Ride Across Portugal.

HEALTH CARE

A medical team provides emergency support during the event.



SOS Contact

00351 924 046 861

This is the SOS number that all participants should keep on their cell phones, and contact in case there is a medical or mechanical emergency during each stage.

PHOTOGRAPHY AND VIDEO

The entire event is covered by a photography and video team, who will capture images that will then be published on social networks and on the official Ride Across Portugal website.

FOLLOW ME

For safety reasons, during the stages, each participant carries a small ge positioning device that allows the organization to track his or her position and progress in real time.

In addition to security, this system allows the visualization of the route of each participant through an online platform, which can be followed in real time anywhere in the world, by family and friends of the athletes.

STAGES

GPX FILES WITH WAYPOINTS

<https://drive.google.com/drive/folders/1LDIPBIRvoh9lhAplbwvAE8zJSF6QS7RY?usp=sharing>

STRAVA

Etapa 1 / Stage 1

<https://www.strava.com/activities/7116233627>

Etapa 2 / Stage 2

<https://www.strava.com/activities/7116398494>

Etapa 3 / Stage 3

<https://www.strava.com/activities/7122597251>



Etapa 4 / Stage 4

<https://www.strava.com/activities/7110533049>

Etapa 5 / Stage 5

<https://www.strava.com/activities/2393359076>

Etapa 6 / Stage 6

<https://www.strava.com/activities/7121747181>

PROFILES

<https://drive.google.com/drive/folders/1Bc2KNBWIR3AV3eyJwXLM0Inyf7FStWpb?usp=sharing>

HOTELS

DAY 0 - Peso da Régua

[Régua Douro Hotel](#)

[Hotel Delfim Douro](#)

STAGE 1 - Longroiva

[Longroiva Rural Hotel](#)

STAGE 2 - Covilhã

[Serra da Estrela Inn](#)

STAGE 3 - Alter do Chão

[Vila Galé Collection Alter Real](#)

STAGE 4 - Évora

[Mar D'Ar Hotel](#)

STAGE 5 - Monchique

[Monchique Spa Resort](#)



STAGE 6 - Porches (Lagoa)

[Hotel Pestana Viking](#)

ORGANIZATION

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The entire staff team wishes you a fantastic Ride Across Portugal, hoping that you can enjoy the best that our country has to offer.

See you next Sunday at Peso da Régua