



After two years that will remain in our memory as one of the biggest challenges we had to face, we are finally recovering our lives, as we have always known it and working harder than ever to offer you an excellent Ride Across Portugal, celebrating the return to the adventures and challenges that mark our lives.

This is the first of a series of emails that we'll send you, with some of the most important information that you should have in mind in order to enjoy RAP at its most! Today's message focuses on some important topics that you should consider before your trip:

TOPICS FOR TODAY

1 - BEFORE YOU COME

1.1 - YOUR PREPARATION

Ride Across Portugal is a multi-stage bike challenge, that includes some long distance days, where recovery after each stage is an important issue.

In your training plan you should include some endurance training, with long training sessions, in order to be prepared to spend a considerable amount of time on the saddle. When possible, go out and ride your bike a few consecutive days in order to simulate a stage event like RAP and start improving your capacity to recover from the effort.

Also, include some climbing in your training. Although Ride Across Portugal is not a true mountain race for climbers, you'll be grateful for having your body used to some uphill, once you've done the first three stages. Especially after stage 2, where you will conquer

the highest point in mainland Portugal. It's not the Tourmalet, but with its 1,993 m of altitude and the HC category climb will certainly make you feel the legs. However, if for some reason you can't complete one of the stages, fear not! We'll make sure our staff will take you comfortably and safely to the end, so you can relax and be at the starting line the next day.

And don't forget the about the most important rule about training : rest days are so important (or more), than workout ones !

1.2 – GETTING YOUR BIKE READY

In order to finish and enjoy a 6 day challenge like RAP, a reliable, comfortable and well maintained bicycle, is crucial.

During the event, our team of specialized mechanics will provide mechanical assistance after and during the stages.

However, some major problems may be hard or even impossible to solve during a multi-day event.³ So, before you come, please make sure you take your bike to do a full service at your local bike shop and replace any worn parts in order for you to enjoy and perform well during the 6 days you'll be riding it.

Please bear in mind that some exquisite components may be hard, if not impossible, to find on time in case things go wrong. When possible, opt for more common components that are easy to source on the international bike industry or that we can get our hands on during the event.

José Carlos, our mechanical coordinator, will get in touch soon to ask for information about your bikes in order to get the spare parts needed to make sure our team is prepared to solve most problems that may occur.

1.2.1 - RENTAL BIKE

It's possible to hire a bicycle to participate at RAP. If you really wish to do so, please get in touch and let us know as soon as possible what specs you would like that bike to have.

Our partner for Bike Rental is Europcar. You can choose to hire a bike directly with them.

Just check their website at the following link:

If you prefer, we can take care of the whole process in order for you to have the bike at the start in Peso da Régua and return it to us at the end of the last stage.

Once again, If you want this service, please contact us by email.

IMPORTANT

Due to the global crisis we're going through and the current difficulty in supplies to the bicycle market, it may be difficult to get you the desired bike. If you're considering this option, the sooner you'll let us know, the better. In any case, always have your own bike ready

1.3 - YOUR TRIP

Now that travelling uncertainty seems to be getting back on track, it's time to prepare your trip, if you haven't done it yet.

A good planning your trip is essential to be able to arrive and depart on time and meeting the event schedule without any stress, enjoying the most of Ride Across Portugal.

1.3.1 - FLIGHTS

Although we do not offer a flights booking option, please feel free to share with us your flights schedule, so we can help you to arrange the transfers to and from the designated places.

1.3.2 - TRANSFERS

If you are planning to join us at the start town (Peso da Régua) and leave from the finish place (Porches – Algarve) by your own, please let us know that so we don't have to worry about your transfers.

However, if you'll be requiring our transfers to the start and from the finish, please check the times and locations in the "Program" menu of the official website, select the transfers you need, make sure they meet your flight schedules, and send us this information so that

you need, make sure they meet your night schedules, and send us the information so that we can make your reservation as soon as possible.

1.3.3 - EXTRA NIGHTS

If you require some extra nights, at any of the hotels, specially at the last one in the Algarve, in order to enjoy a few sunny days at the beach and enjoy your well deserved recovery, please send us your reservation request as soon as possible, as the number of rooms might be limited that time of year.

1.4 - YOUR MEDICAL CERTIFICATE

According to the RAP regulations, all participants in the event, must present a medical certificate issued by a doctor, within a maximum period of 6 months before the start of the event.

If you still don't have this document, make sure you get it on time and email it to us.

That's one less thing to worry about when preparing and on your trip.

If you have a sports license valid by date of the event, you do not need the medical certificate, as long as you have already done the necessary medical tests to obtain this license.

1.5 - DOCUMENTS REQUIRED AND MEASURES IN FORCE RELATED TO COVID 19

Fortunately, it seems that the restrictions imposed by the pandemic situation are slowing down, hoping that by the date of your trip, things will be even better

Nevertheless, it is important that you stay updated about the safety measures required by your country of origin and also Portugal by the time of your trip, in order to make sure that you can safely travel and participate at RAP.

At the moment, in Portugal, it is only required the presentation of the vaccination or recovery certificate on arrival in our country. Testing is required only in case of suspected infection.

However, the situation should evolve until May, and we will send updated information on this topic.

We appreciate your attention and hope you find this information useful.

Despite these emails, if you have any questions or need any additional information, do not hesitate to contact us.

We look forward to meeting you or seeing you again next May.

Until then, have a good preparation.

Best Regards,

The Ride Across Portugal Team

