

RIDE ACROSS PORTUGAL 2022 | COVID-19 AND FOOD INFORMATION

Newsletter 5 May 2022

We follow up with some of the most important information for those preparing for this great challenge.

INFORMATION ABOUT COVID - 19

The positive evolution of the sanitary situation in Portugal has allowed the Portuguese authorities to significantly ease the sanitary regulations in force.

Following the update of these rules, some mandatory measures related to COVID - 19 were removed from the Ride Across Portugal regulations.

Thus, only the need for testing (rapid test) remains for athletes who during the event may have suspicious symptoms of Covid infection.

Participants who will be traveling to Portugal to take part in the RAP will only have to comply with the rules of the Portuguese authorities for those traveling to Portugal. You can check this information [here](#).

WHAT KIND OF FOOD I WILL FIND AT RIDE ACROSS PORTUGAL?

With a few exceptions, meals will be taken in the event's official hotels.

Breakfast

Breakfasts are served buffet style, and hotels are warned about the increased quantities to be consumed by those who are going to do a stage by bicycle.

Basic Breakfast Composition:

- Water
- Juices
- Milk
- Coffee
- Tea
- Yogurt
- Fresh fruit
- Eggs
- Cheese
- Butter
- Smoked meats (ham)
- Jams
- Honey
- Bread
- Cereals
- Cakes

In some hotels, there may be variations, with the addition of other types of food.

Recovery Meal

At the end of each stage a replacement meal is served, based on salads and pasta to replenish carbohydrates and protein.

Base Composition of the Recovery Meal:

- Salads
- Pasta
- Fruit
- Water
- Juices
- Beer
- Coffee

Dinner:

The dinners are served as a buffet, with hot and cold dishes, trying to combine the sportive food with the Portuguese cuisine, with some traditional dishes.

Dinner Base Composition:

- Soup
- Entries
- Salads
- Fish Plate
- Meat Dish
- Vegetarian Dish
- Accompaniments
- Fruit
- Desserts
- Water
- Juices
- Beer
- Wine
- Coffee

In all meals, special dietary needs communicated to the organization by the athletes who have these needs will be guaranteed.

Feed Stations:

At each stage there are refueling with fruit, snacks and drinks, distributed in such a way that each athlete (even the slowest) does not stay more than 2:30 h without food and liquid replenishment.

At the feed stations, which operate at the Pit Stops, participants can find energy and liquid replenishing food and drinks:

- Sandwiches
- Fresh Fruit
- Dried Fruit
- Cakes
- Salty Appetizers
- Water
- Juices
- Coca-Cola
- Gold Drink

Athletes with special dietary needs, who need to find some special food in the refueling, may deliver in advance to the organization some food of their own. The organization will ensure their transportation to the refueling, being at the athlete's disposal.

TOPICS OF UPCOMING NEWSLETTERS

- Sports Dietary Supplements - **Gold Nutrition**

Official Ride Across Portugal Partner.

- The Briefings
- The Stages
- The Pit Stops
- Weather - what equipment to bring
- The Strava RAP Challenge
- Security
- Procedure in hotels
- The RAP support team

Se necessitar de mais alguma informação, não hesite em nos contactar.

Bons treinos.

A equipa Ride Across Portugal