

How To: Strava Routes

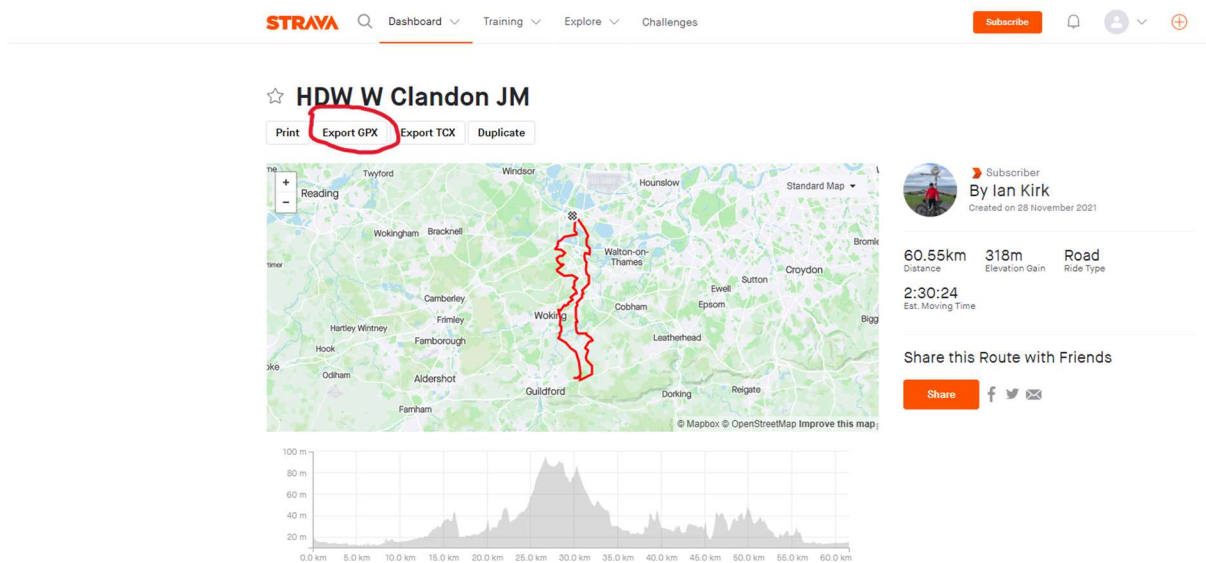
All the Club Runs have Strava Routes published for those using devices such as Garmin bike computers to show you the route. All Route names start with HDW and the location of the Café stop.

The routes all start and finish at Staines Bridge. First click on the Strava Route link you want to use from the club website. This will take you to the map view of the route on Strava site.

There are a few ways to get the Route from Strava to your Device

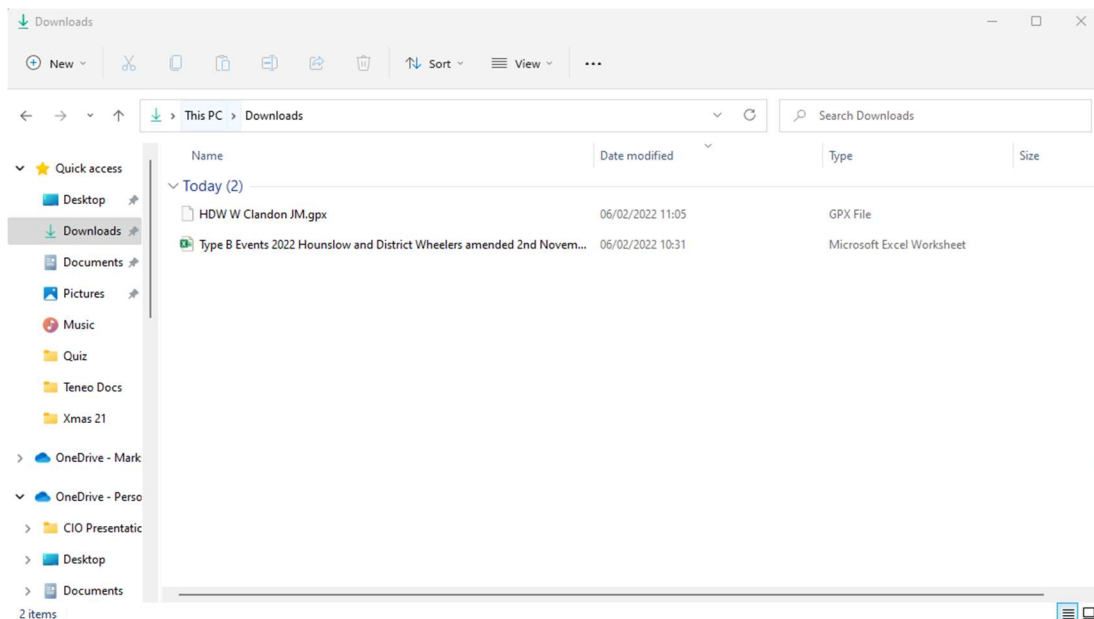
Option 1 – File Copy

From the Strava page choose to export the GPX file so you have a copy of the route on your PC



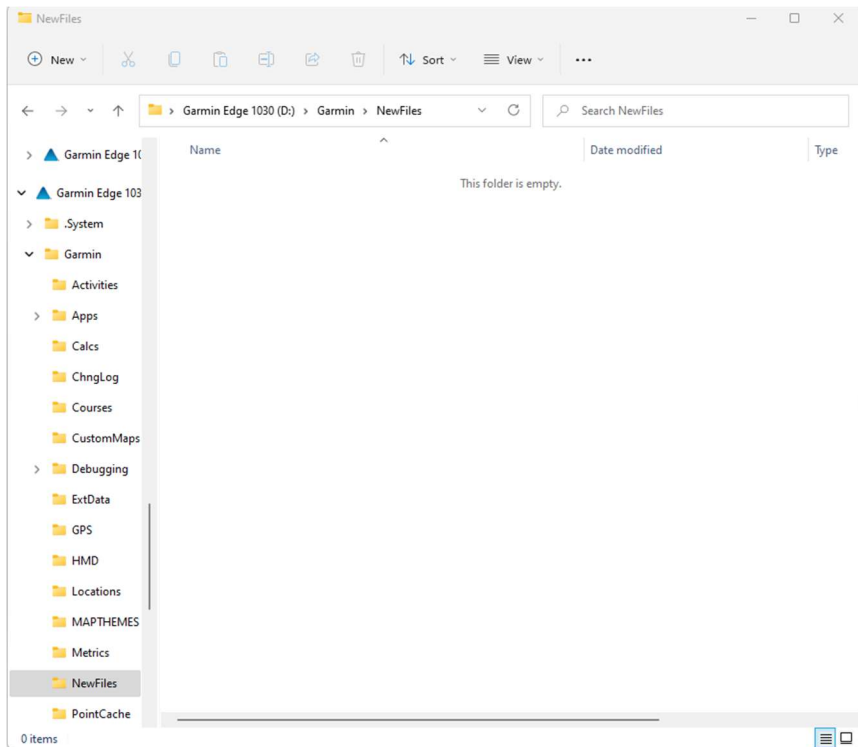
The route file will then download to your PC , by default this is into a Folder called “Downloads”

In this example it is HDW W Clandon JM.gpx. Indicating the route to West Clandon

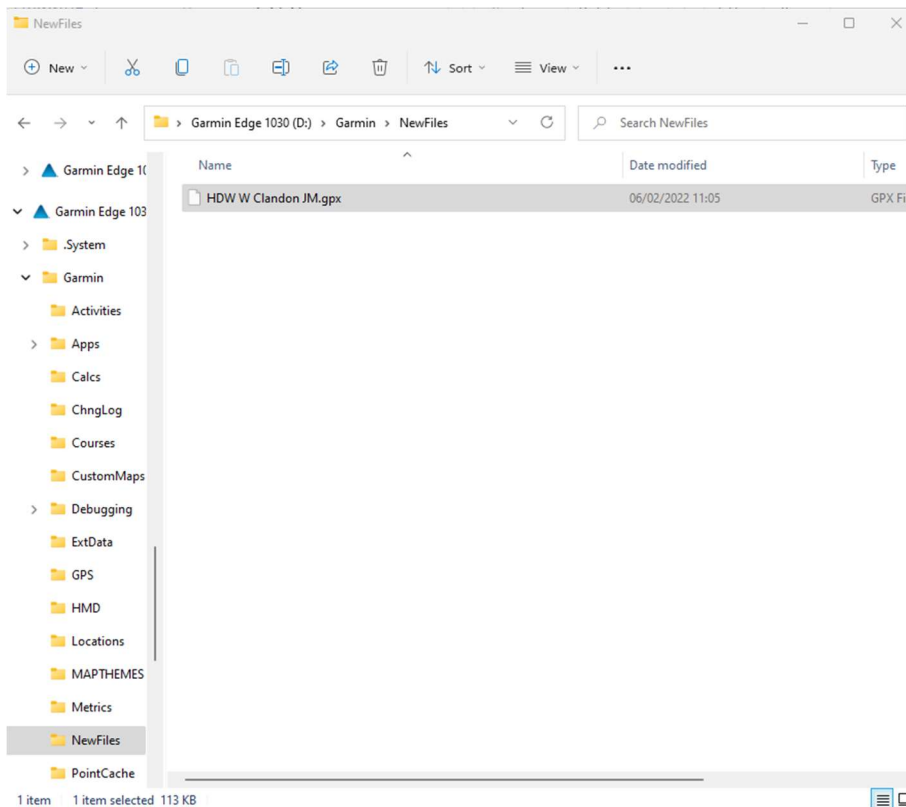


Next you need to connect your Garmin device to your PC with a USB Cable. It will appear as a folder on the PC. Navigate to the Folder called New Files in Garmin.

Screenshot below



You can then drag and drop your route from Downloads into the New Files Folder



Once the file is copied disconnect your Garmin from the PC and USB cable and turn it on. You can now Browse to the Courses on your device and the New Route will now be available for you to Follow.