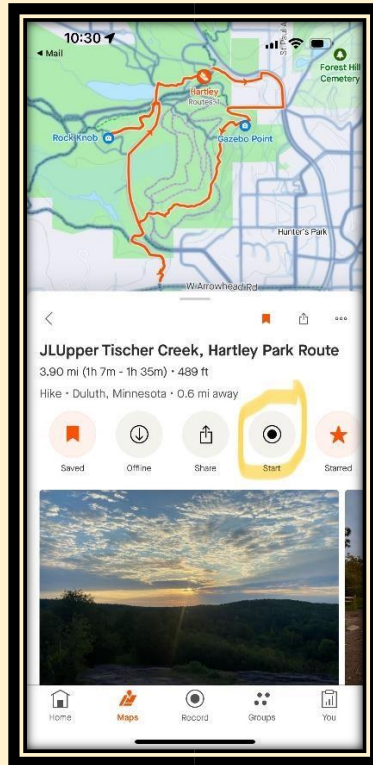


1. Downloading route info and **Strava** route map (using **Wifi**)
  - a. Click on the route name in the **Guide Web Site**.
  - b. At the bottom of the route info pages, you will find the **Strava link**
  - c. Click on the Strava Link to open the corresponding **Strava map**.
  - d. When you reach the start of the route press the **start button** to follow the route.
  - e. If you get the Timer screen instead of the map, click on the orange location button on the bottom right of the screen.
  - f. The Strava app will follow you with a **blue line** so if you go off the orange route map you will see your blue line by itself.
  - g. If the Strava map closes, just double click it back on and it will be on track with you.
  - h. **Don't forget to have the Strava route downloaded before leaving home and be sure your phone is fully charged.**

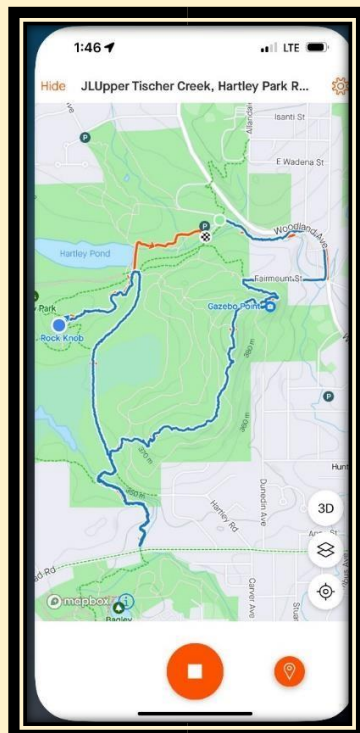
#### Downloaded Route file



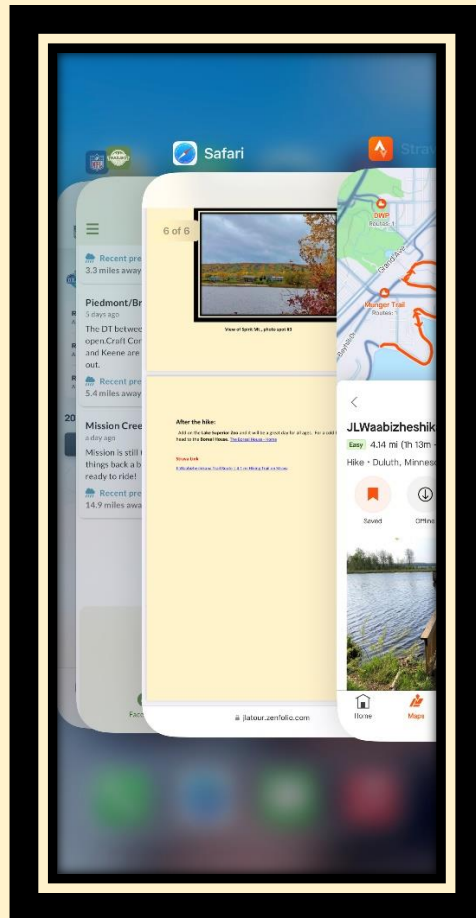
Strava Link



Strava file with start button



Partially completed Strava map with orange location button



**Hint: Slowly move your finger from the bottom left corner of your phone and it will open both the description page and Strava map. You can then switch from one to the other as needed.**