

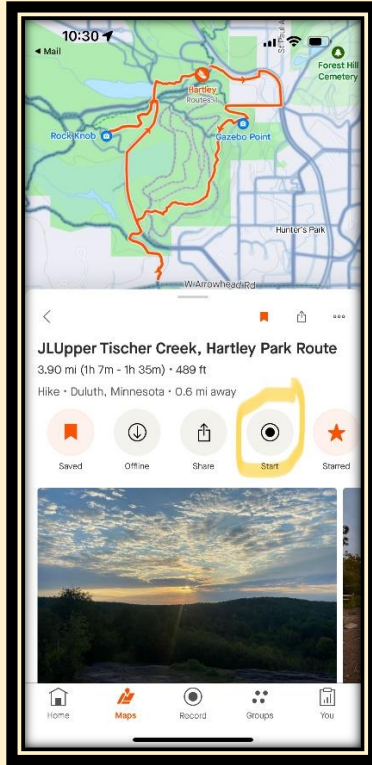
# 1. Downloading route info and **Strava** route map (using **Wifi**)

- 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.**

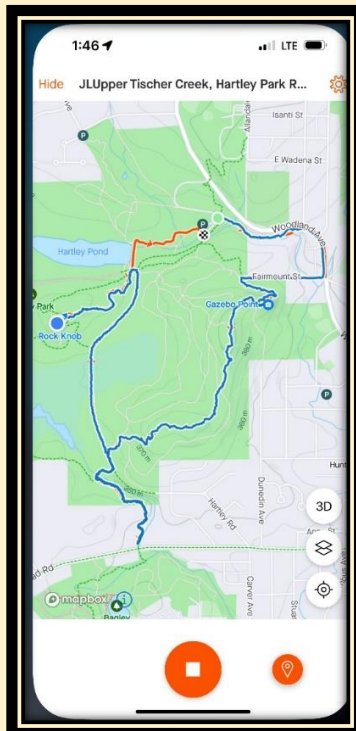
## Downloaded Route file



Strava Link



Strava file with start button



Partially completed Strava map with orange location button