

# How to Download a Route from our Website

When you look at the details of the rides advertised on our website, you will often see the planned route for the ride posted as a link to a route planning app such as Strava (as in the example below):

**Chester to Wrenbury to Whitchurch to Marbury to Chester**

**53 miles**

**Grade B**

**Meet at Chester Railway Station at 1000am.**

Strava: <https://strava.app.link/8HoOT0VKupb>

The route follows the National Cycle Route 45 (with a few tweaks) from Chester to Whitchurch expect to arrive at 0926am, but will wait for the next train, 0956am, to arrive.

Clicking on the link (highlighted in blue) will load the route planning app and display the route, but if you use a different app for your rides, you will need to transfer the route from the original app to the one that you plan to use.

To do that you should download the route from the route planning app to your computer as a GPX file. Then load that GPX file from your computer onto the app that you want to use.

That process can be a trite awkward if you are not familiar with all the apps. The following instructions will help you to export the route/GPX file from one app and import it into another.

There are many route planning apps, but the four most popular (and free to use) are:

1. Strava
2. Komoot
3. Garmin Connect
4. Ride with GPS

Instructions for downloading a GPX file from each of those apps are shown on the following pages.

The two most popular apps that our riders use on a ride are:

- A. Komoot
- B. Garmin Connect

Instructions for loading the GPX file into each of those two apps are also shown on the following pages.

# 1. Download a GPX file from Strava

Log onto our website and click on the link (highlighted in blue)

**Chester to Wrenbury to Whitchurch to Marbury to Chester**

**53 miles**

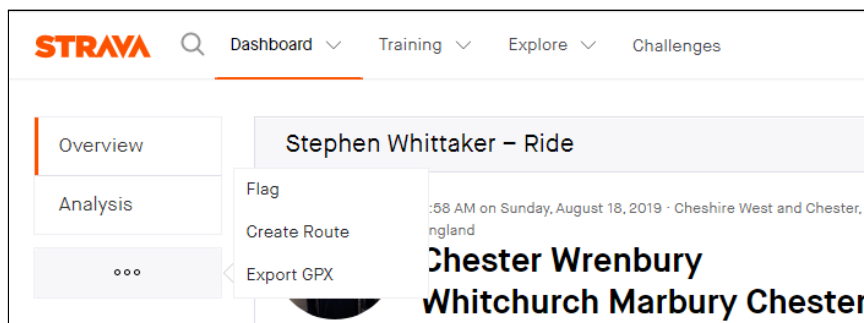
**Grade B**

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Strava: <https://strava.app.link/8HoOT0VKupb>

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When Strava opens, click on the line of three horizontal dots in the menu on the left side of the screen; this brings up a sub menu. Click on “**Export GPX**”



The screenshot shows the Strava website interface. At the top, there is a navigation bar with the Strava logo, a search icon, and menu items: Dashboard, Training, Explore, and Challenges. On the left, a sidebar menu is open, showing options: Overview, Analysis, and a sub-menu with three dots. The sub-menu is open, showing options: Flag, Create Route, and Export GPX. The main content area displays a ride page for 'Stephen Whittaker - Ride'. The ride title is 'Chester Wrenbury Whitchurch Marbury Chester'. Below the title, there is a date and time: '09:58 AM on Sunday, August 18, 2019 - Cheshire West and Chester, England'. The route title is repeated in a larger font: 'Chester Wrenbury Whitchurch Marbury Chester'.

That's it. The GPX file has been downloaded onto your computer. Now go to Step A or B.

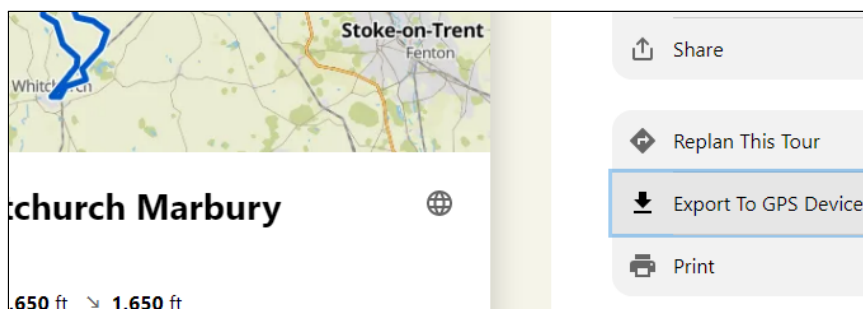
**NOTE:** Downloading a GPX file from Strava is possible on a PC or an Apple computer, but the facility is not available on a smartphone.

## 2. Download a GPX file from Komoot

Log onto our website and click on the link (highlighted in blue)

**Return Route** the return route is a steady climb out of Kinnerton through Neston to Heswall. If you really want to test your low g  
**Route** is available on Komoot: [Red Rooms to Higher Kinnerton](#)

When Komoot opens, select “**Export to GPS Device**”.

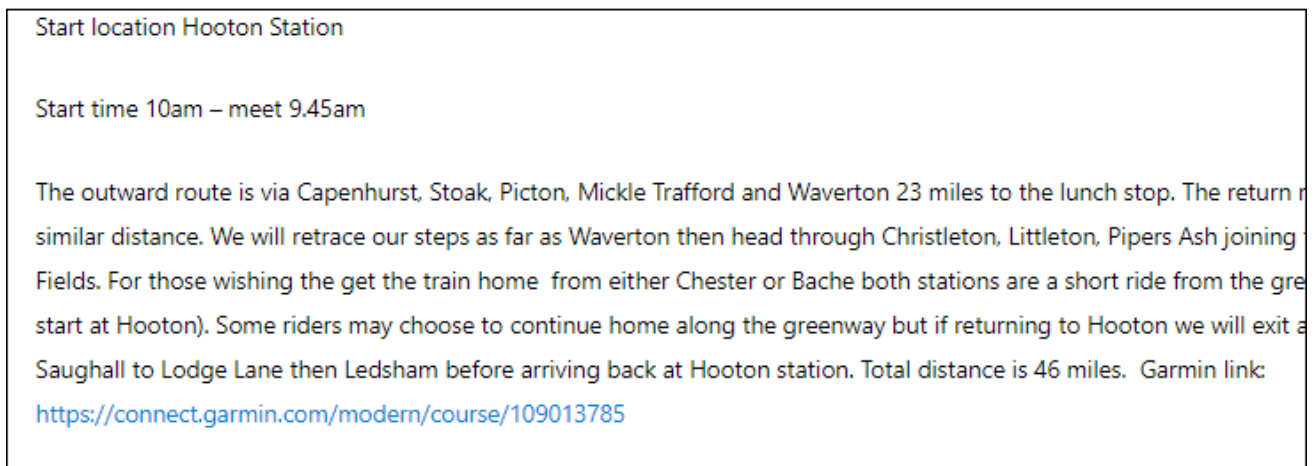


That's it. The GPX file has been downloaded onto your computer. Go to Step A or B.

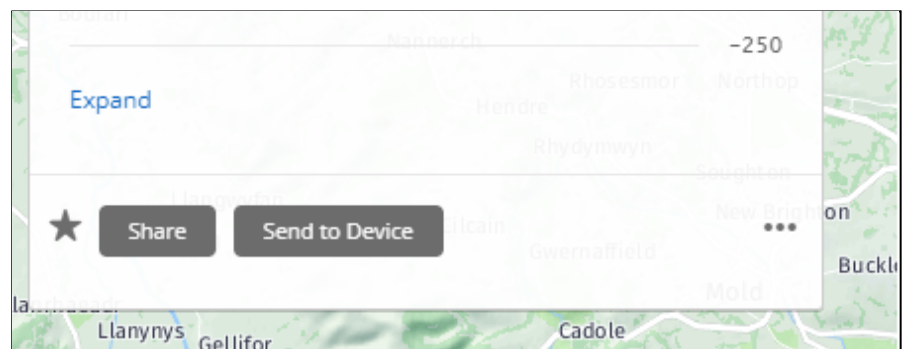
### 3. Download a GPX file from Garmin Connect

The Garmin Connect app uses two different interfaces for holding routes. One is when the author has plotted the route using Garmin Connect and is called a Course. The other is where the author has ridden the route and stored it on their Garmin and is called an Activity.

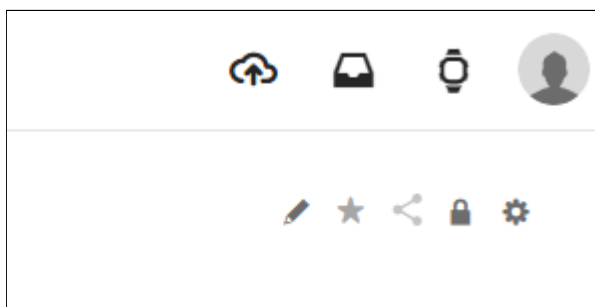
So when you click on the route (highlighted in blue) you will get one or the other. You can tell the difference, because the word “course” or the word “activity” will be in the URL.



For a “course”, click on the line of three horizontal dots.



Then click on “**Download (GPX)**”



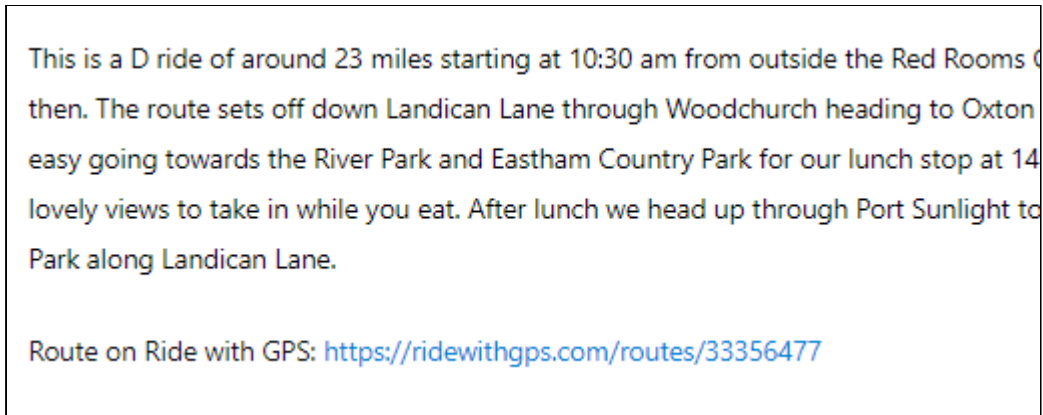
Or, for an “activity”, click on the cogwheel symbol (at the top right-hand side of the screen). It brings up a sub menu.

Then click on “**Export to GPS**”.

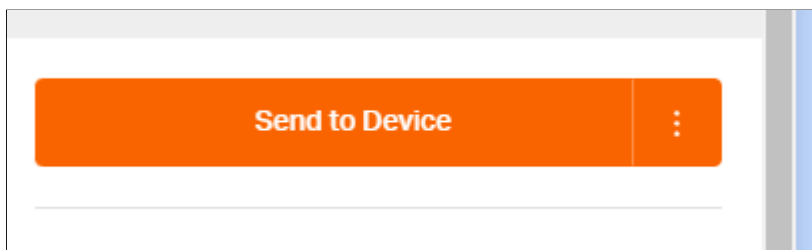
That’s it. The GPX file has been downloaded onto your computer. Go to Step A or B.

## 4. Download a GPX file from 'Ride with GPS'

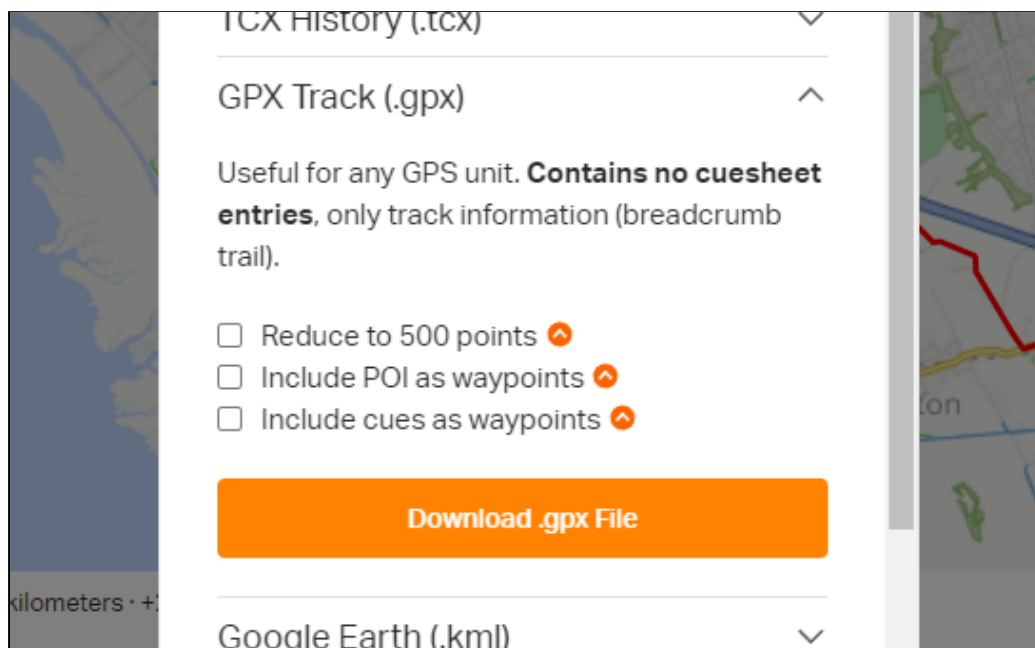
Log onto our website and click on the link (highlighted in blue)



In 'Ride with GPS' click on the line of three vertical dots (just to the right of the orange-coloured Send to Device button),



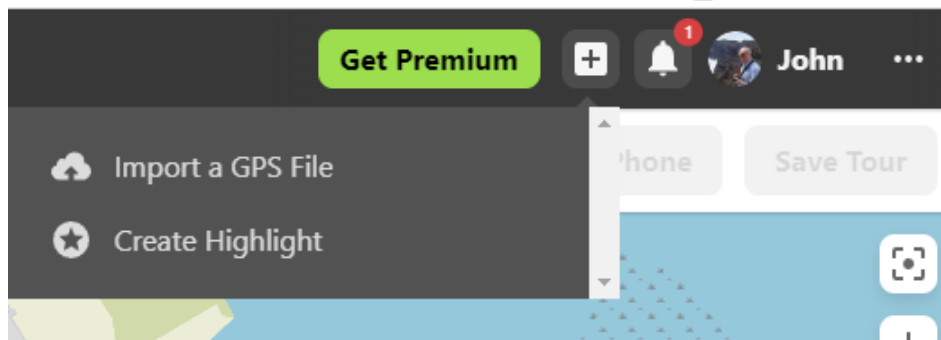
then click on "**More Export Options**" and select "**GPX Track (.gpx)**" using the downward-facing arrowhead. Finally press the "**Download .gpx File**" button.



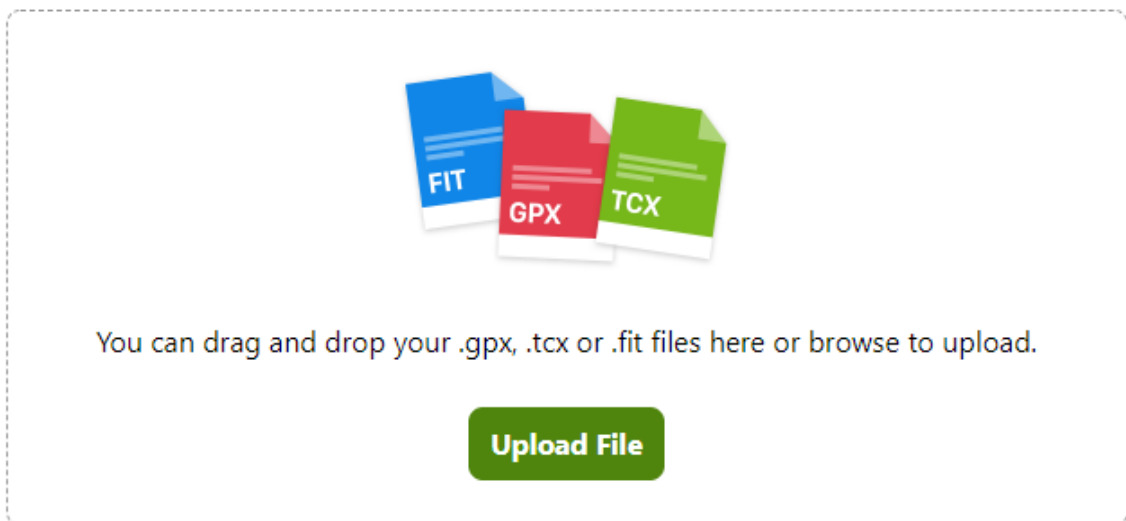
That's it. The GPX file has been downloaded onto your computer. Go to Step A or B.

## A. Load the GPX file into Komoot

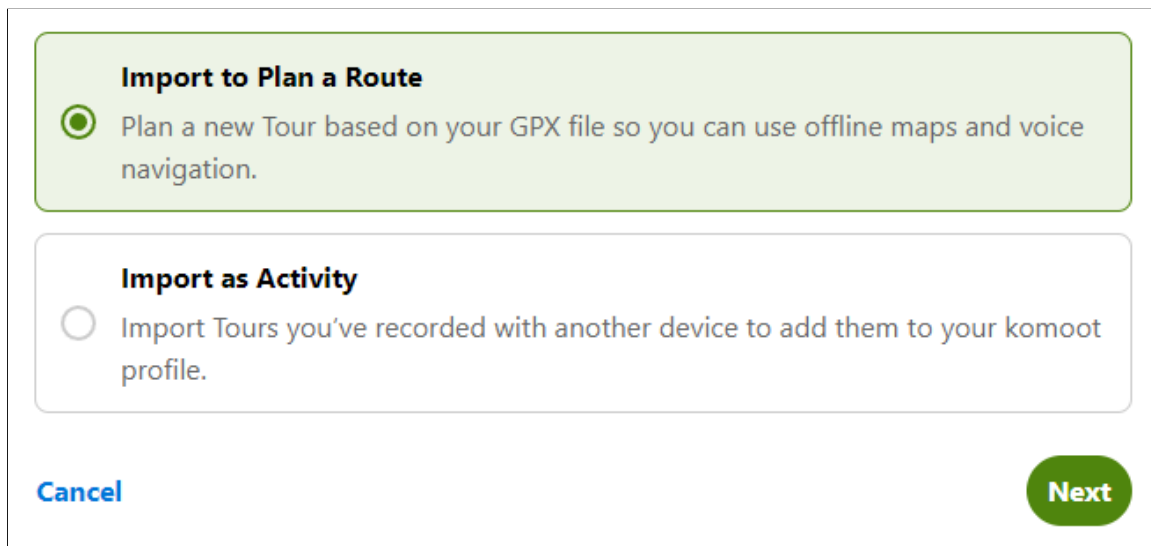
Open Komoot and click on the “+” symbol near the top right-hand side of the page, then select “**Import a GPS File**”.



Press the “**Upload File**” button




This will open your file folder. Open the GPX file that you have just downloaded, and then press the “**Next**” button to Import to Plan a Route.



Check that the Sport Type is right (usually Road Cycling or Bike Touring), then press “Next”.

### Import to Plan a Route

**Sport Type**

 Road cycling Change

[Cancel](#) Next

If Komoot thinks the route being loaded doesn't match known roads and paths, it will ask if you want to “Stick to original route” or change the route to match known roads and paths. We usually stick to the original route. Then press the “Save Tour” button.

### Resolve Routing Issues

Parts of your route deviate from known ways. How would you like to proceed?

**Stick to original route**  
Komoot will plot off-grid segments where your route deviates from known ways. Your navigation experience may suffer as a result.

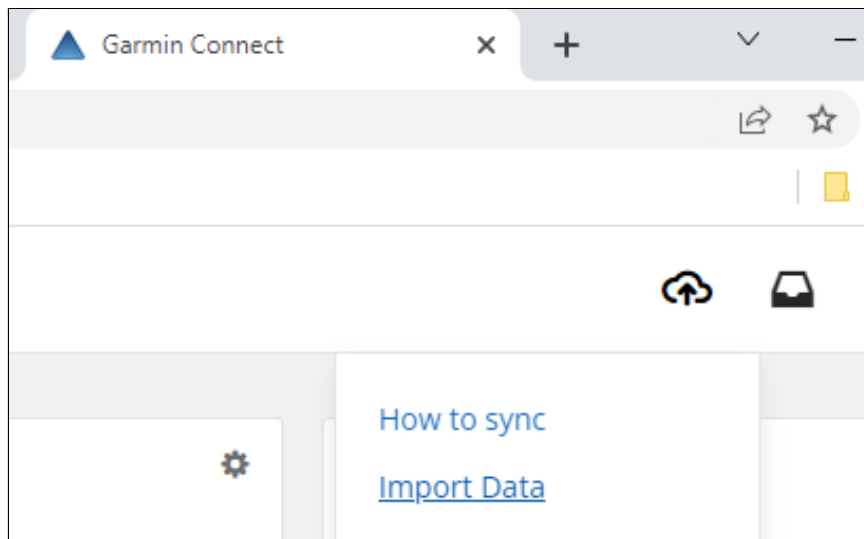
**Match route to known ways**  
Komoot will replan parts of your route along best alternative ways. The route won't be matched exactly, but navigation may be more reliable.

[Cancel](#) Review Route Save Tour

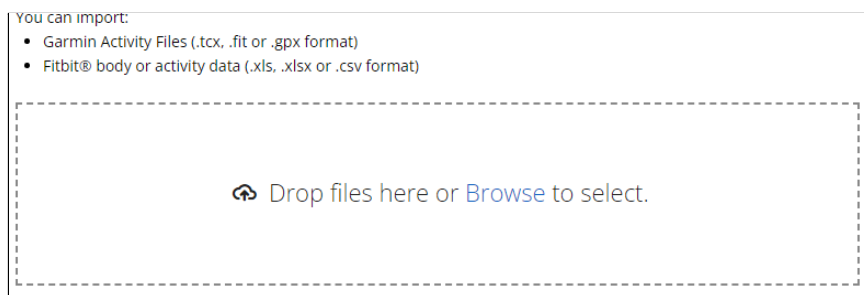
And the route is now saved on Komoot.

## B. Load the GPX file into Garmin Connect

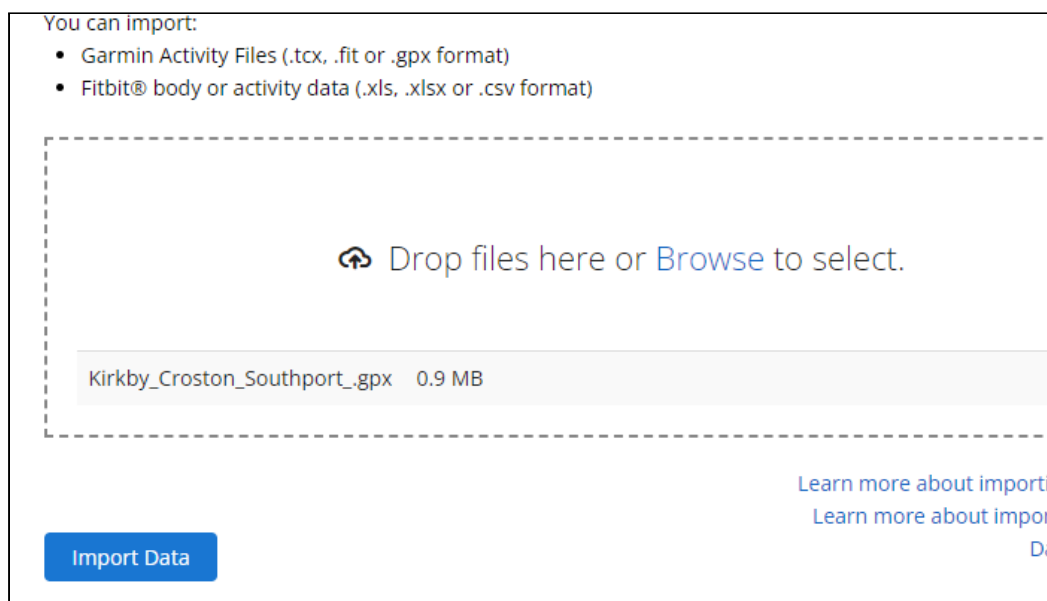
Open Garmin Connect - Click on the cloud symbol with the arrow in it and this brings up a sub menu. Select **“Import Data”**.



Click on **“Browse”**



This will open your file folder. Find and Open the .GPX file that you have just downloaded. You will be returned to your Garmin screen. Click on the **“Import Data”** button






The screen will change to show “Import is Complete”; the route is now on Garmin Connect.

Press the “**View Details**” link to see the route.

You can import:

- Garmin Activity Files (.tcx, .fit or .gpx format)
- Fitbit® body or activity data (.xls, .xlsx or .csv format)



 Drop files here or [Browse](#) to select.

2021-09-09_483124360_Chester to Northwich.gpx	0.1 MB	<a href="#">Import Complete</a> <a href="#">View Details</a>
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[Learn more about](#)

**Note:** Garmin will assign a random title based on the counties which the route covers.

OTHER ▼ BY JOHN HAMPSON ON SEPTEMBER 9, 2021 @ 8:55 PM

 Cheshire West and Chester Other 

Event Type: Uncategorized ▼ Course: -- ▼ Gear: [Add](#)

44.39 mi Distance	4:29:49 Time	9.9 mph Avg Speed
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Press the pencil icon next to the title so you can type a more appropriate title for the route.