# 2018 Tour Down Under Strava Maps

**Overview**

This guide enables GPS data information to be uploaded to your Strava account so you can:

- Preview each race stage route
- Follow each race stage route when riding
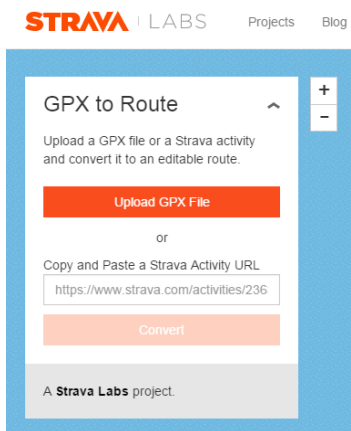- Share each race stage route with friends on Strava

The GPS data files are known as GPX files, which are sourced from the official Tour Down Under website. These files are unable to be uploaded onto Strava using Strava's standard GPX upload feature. They can only be uploaded using the special Strava link provided.
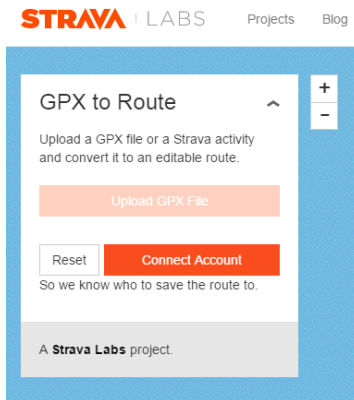
**Download Files to Computer**

1. The download process preferably needs to be performed on a PC or Laptop to make the Strava upload process easier.

2. Click on the following link to access the TDU stage information from the official TDU website http://tourdownunder.com.au/the-race/tour-details/stages

3. Click on the required TDU stage to access the information

4. Click on the button titled "GPS ENABLED MAP" and download the GPX file to your PC desktop or a directory of your choice

**Upload Files to Strava**

1. The upload process needs to be performed on a PC or Laptop to gain access to the web based Strava rather than the Strava App found on your phone

2. Click on the following special link to access Strava's next generation of Route generator that is under development https://labs.strava.com/gpx-to-route/

   (if this link does not work then copy and paste the web address into your browser)

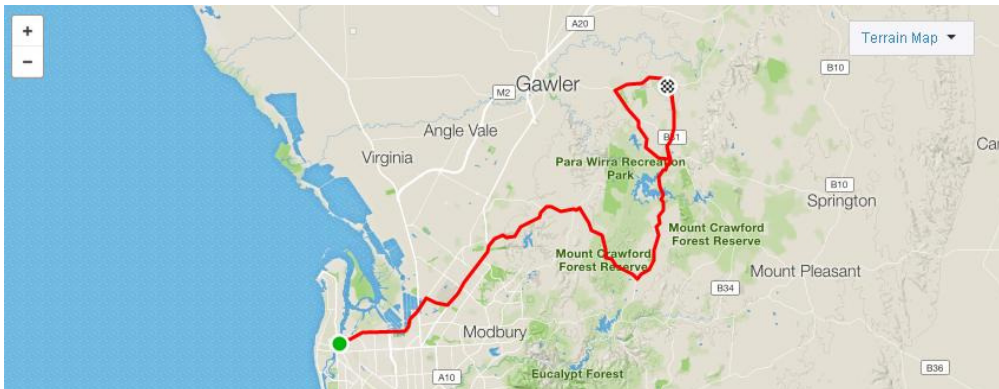3. Click on "Upload GPX File" and locate the GPX file on your computer.

4. After Strava has uploaded and converted the GPX file the following screen will appear. Click on "Connect Account" and log into your Strava account.



5. Once logged in the following screen will appear. Click on "Save and Edit"



6. The Strava Route Builder will appear. Press "Save" and rename the file eg 2018 TDU Stg 01.



7. Follow the steps 1 to 7 for each GPX file.

**View Route**

1. To view the TDU stage routes in your Strava App on your phone, click on your "Profile" section of the Strava App.

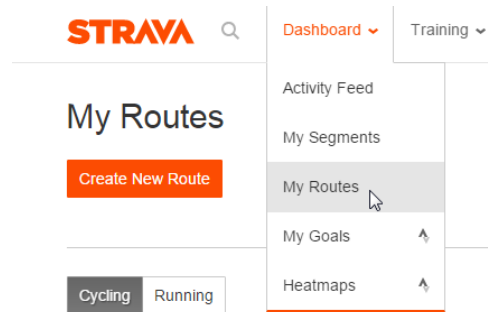2. Scroll to the bottom of your Profile and click on "Routes"

**Follow Route When Riding**

1. To follow the TDU stage routes in your Strava App on your phone, go to the "Record Activity" section of the Strava App.

2. Click on the arrow symbol to bring up all your different routes.

   (Older version Apps had a "Load Route" button at the top of the screen to view routes)

3. Scroll to the specific route required and click on "Use Route"

4. The selected Route will now appear on your "Record Activity" screen for you to follow


**Sharing Route (PC or Laptop)**

1. Sign into your Strava account

2. Go to the "My Routes" section, which is found in the "Dashboard" drop down menu



3. Click on the required TDU Stage Route

4. Click on "Share" and enter the name of your Strava friend you wish to share the Route with

5. Press "Invite"

6. The person receiving the Route invite will be able to view your Route via the web based Strava. They can then save the Route onto their Strava by using the "Clone" or "Duplicate" feature.


**Sharing Route (Strava App)**

1. Click on your "Profile" section of the Strava App.

2. Scroll to the bottom of your Profile and click on "Routes"

3. Scroll to the specific route and click on the share symbol.

4. Select which communication App you wish to send the Strava route link.