How to add a Strava route to the KCC Facebook / Website

There are two common ways to create a route on strava

- **Create a Route**: Using the "Route Builder" within Strava.
- **Route Ridden before**: Use a route which you have ridden before which is saved in your personal Strava activities

Create a Route

This method gives you more options to design the route to suit the particular Run i.e. distance, height, road types etc. It also means that you don't need to have ridden it before. In the process of creating a route which you are not (or less) familiar, google maps is a good method for checking the roads.

Drawing the route is just a series of dots which you have clicked on the map.

1. Log into Strava
2. Select **Dashboard > My Routes.** (Route builder will open)
3. Click **Create New Route**.
4. Drag the Map over to the starting point (usually LLCC) and use the "+ / -" buttons to zoom in & out.
5. Zoom out to a suitable scale and plot the route by clicking a number of points on the map. (see plotting tips below)
6. Once complete click **Save** then give a suitable name example [Bun Run + date]
7. Click **Exit Builder**. The route will now be listed in "your Routes"
8. Click on the Route again.
9. This time The path will have "**routes**" in the path plus the options to download the gpx files (see below)
10. **Copy** the full https address (also known as the URL) **and paste** it into FB

Route plotting tips

- Any of the dots and be dragged to another location using your mouse. To do this hover your mouse over a section of your plotted route, then hold down the left mouse button (don't release yet) then drag the line to the desired new location then release the left mouse button.
- Any of the dots can be deleted by hovering your mouse over the dot, then right clicking the mouse and select the "delete waypoint" Route Ridden before

Please note that it is not enough to simply copy any routes which you have ridden into FB. These types of routes are actually your ACTIVITIES for example check the path to the Bun Run on 23rd June 2018

https://www.strava.com/activities/1657374981

The issues with using a web link like that above which has "activities" in the path is that

1. It opens the personal account of the person who did the route
2. Others need to login into their own strava account just to see the route
3. No-one can download the gpx file to put into their garmins etc

To overcome these issues the ride **MUST be converted** to an actual route so that the path look like this https://www.strava.com/routes/14094831

As you can see the word "activities" has been replaced by "routes".

How to Convert an ACTIVITY into a ROUTE

11. Log into Strava
12. Select **Dashboard > Activities Feed > Your Activities**
13. Search for your previously ridden activity / route.
14. Click on the activity / route name
15. Click on the **Spanner symbol** (left hand side of screen)
16. Click **Create Route**. (Route builder will open)
17. With amending the route click **Save** then give a suitable name example [Bun Run + date]
18. Click **Exit Builder**. The route will now be listed in "your Routes"
19. Click on the Route again.
20. This time The path will have "routes" in the path plus the options to download the gpx files (see below)
21. Copy the full https address (also known as the URL) and paste it into FB

Bun Run 23rd June

| Print | Export GPX | Export TCX | Edit | Duplicate |

https://www.strava.com/routes/14094831

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