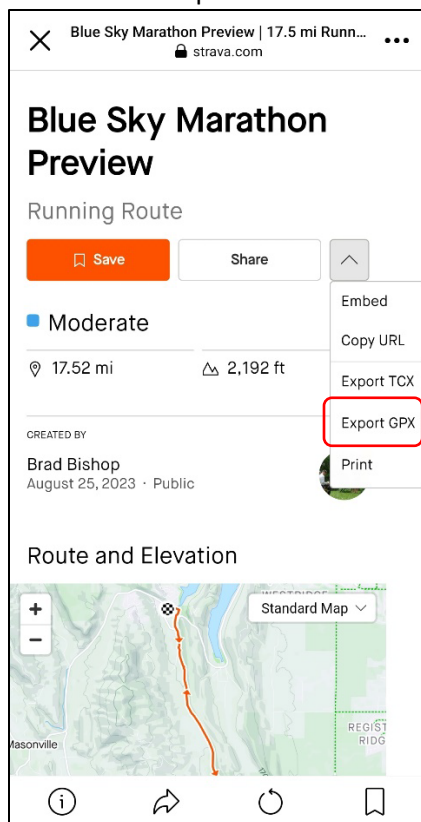


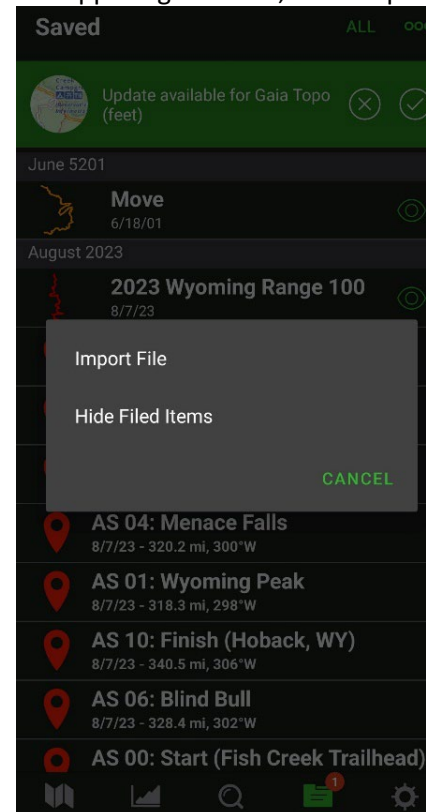
## Download Route Files from Strava to Your Phone

- 1) On your phone, click the Strava Link, then the arrow next to “Share” and “Export GPX”



- 2) Open (or install) the free [GaiaGPS App](#) on your phone

- 3) Go to “Saved” on the bottom menu, click the three dots in the upper right corner, and “Import File”



- 4) Locate the GPX file where it saved on your phone, then return to “Map” in the Gaia app and voilà!