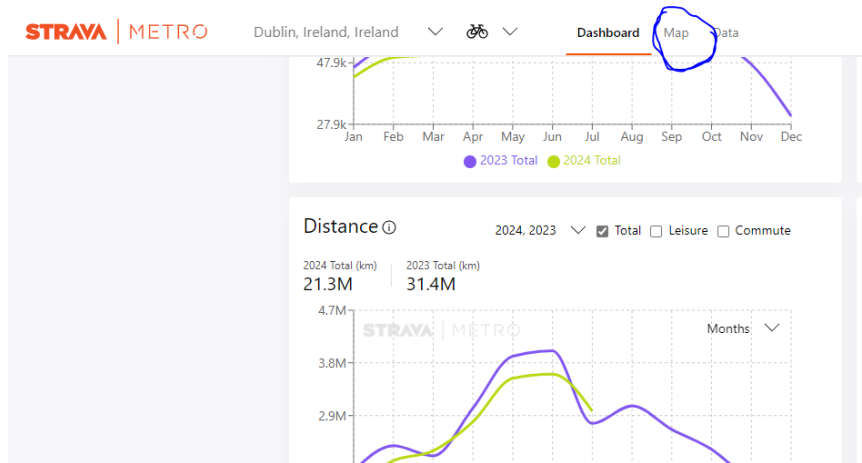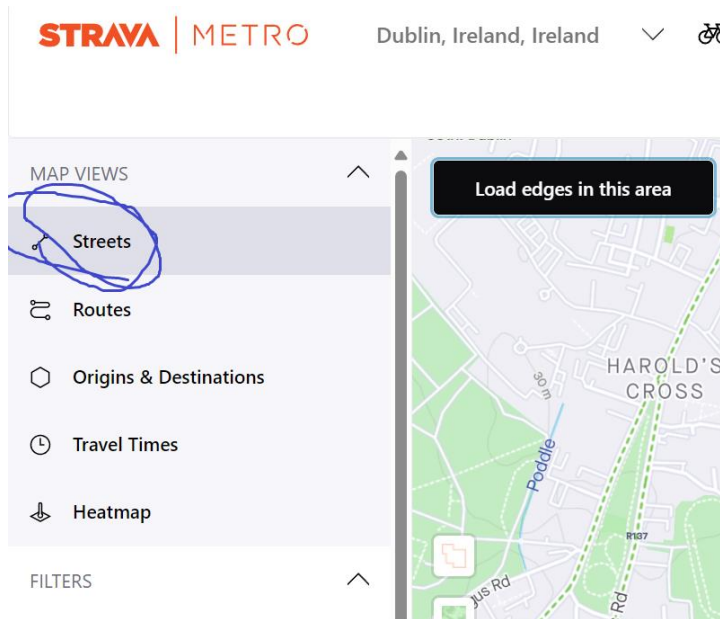# How to download Strava Metro route data and prepare the data for the Strava Cycling Model?
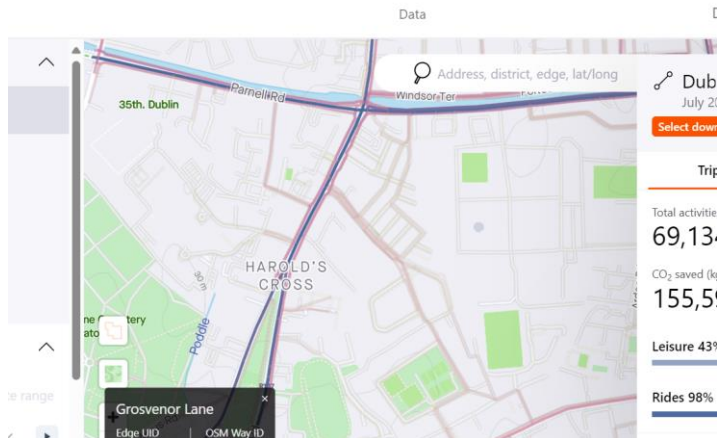
1. Log on to Strava Metro
2. Select 'Map'' on the top

3. Choose 'Streets'

4. Zoom the map to the area of interest, then click 'load edge in this area'.

5. When the edges are loaded, you can start to select the relevant edges on the route for analysis. You can multiselect.

6. If the area on the screen does not cover the whole route, you can also go to other areas and repeat step 4-5. Previously selected edges will be kept.

7. After selecting the edges, click 'download edge data', then you could choose the time-period and the frequency of the data. After that your data will go to the processing stage.
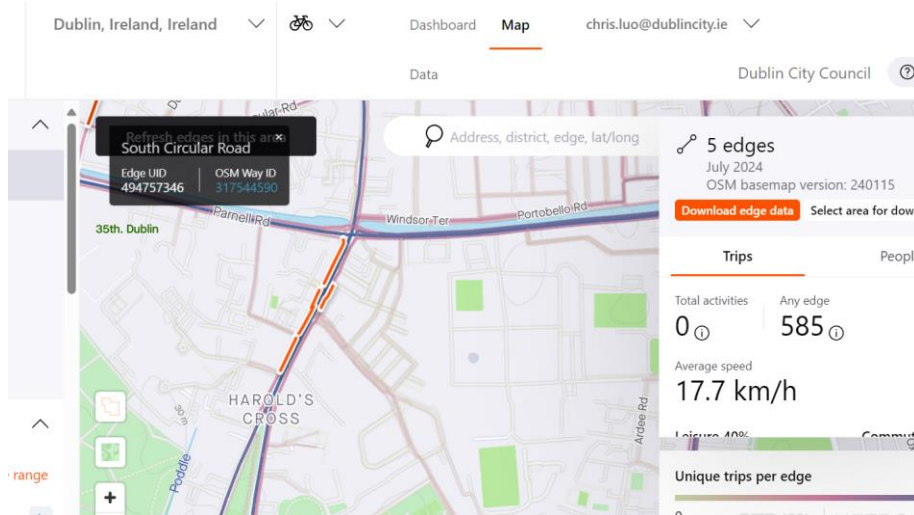
8. Select 'Data' on the top, and you see if your data is ready.
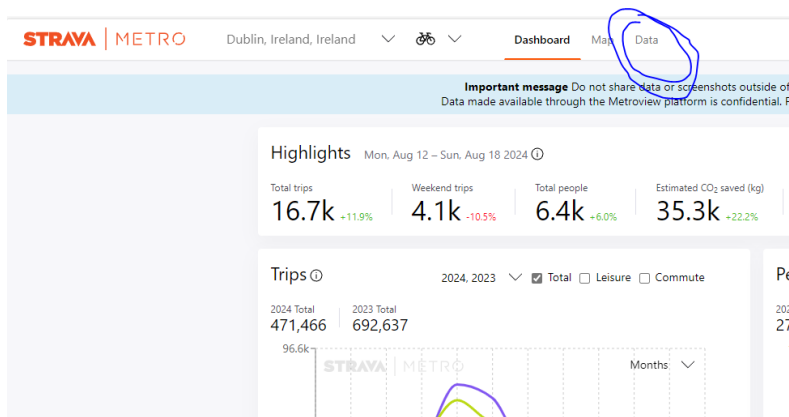
Trip purpose: Commute + Leisure
OSM basemap version: 230123

Small Exports

FILENAME	USER	DESCRIPTION	SIZE	CREATED ▾	
bays ide_r ide	chris.luo@dublincity.ie	Download contents: .shp + .csv (.zip) Area: Dublin, Ireland, Ireland Extent: Selected Edges (21) Edge UIDs: 494850023, 494850096, 494850320, 494850376, 494850463, 494850572, 494850585, 494850701, 494850707, 494850711, 494850745, 494851774, 494851794, 494851870, 494851938, 494851949, 494852223, 494852240, 494852245, 494852266, 494852276 Time frame: Daily Time period: Jan 1, 2021 - Jul 31, 2024 Activity types: Rides, E-Bike Rides	849.4 KB	2024-08-30	**Download**

9. Click 'Download' to download the data. One of the downloaded files is a csv file. You need to manually aggregate all the edges for the whole route. A weekly resampling is needed to run the Strava Cycling Model. For more info on the model click here.