

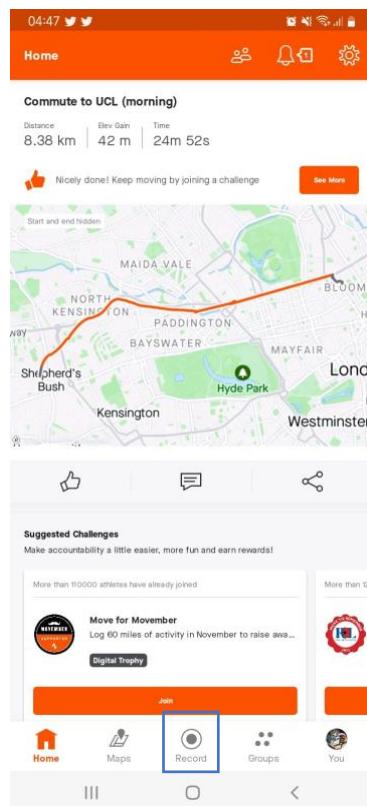
# GEOG0013: Guidance notes for data collection (Urban Geography & GIS)

## How to collect route data with Strava App

This document covers how to track your route using **Strava app** in London or Barcelona. Use the **Strava** application track the route and commutes you've covered in study area. The app can be played in the background of your phone and checked from time to time. But just be weary of your phone's signal or battery life. **Note: make you mobile data is one for the phone to receive network signal to track your location.**



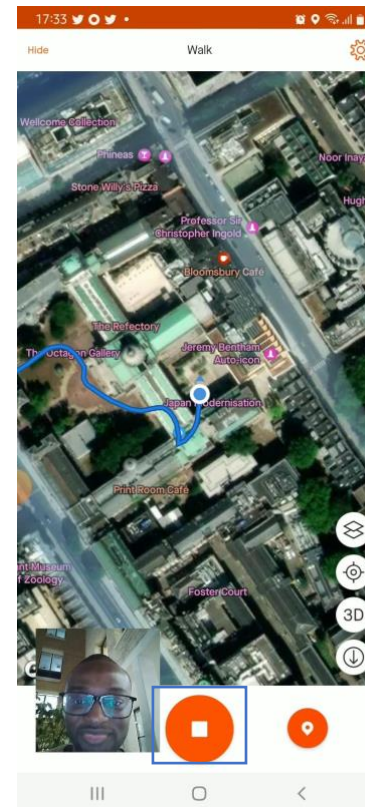
Instructions for route tracking in Strava App [You can watch a video for a guided demonstration ([CLICK HERE](#))]



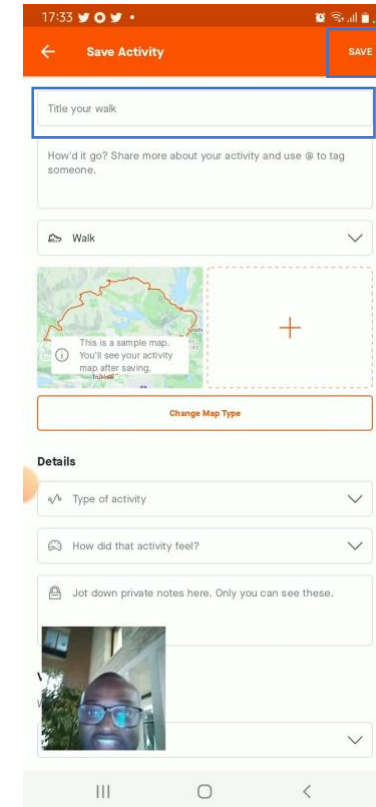
Step 1: Open the Strava app on phone and press the “Record” button to start tracking your movement. Select “walk” as the type of activity if asked.



Step 2: When you are moving, you will see in real-time the route you have covered in Strava. Note: The green dot is the reference starting point, the blue dot is your current location in geographic space. Blue line is the route you have travelled thus far.



Step 3: To complete and start saving your route data in Strava, press the orange “Stop”, and then press “Finish”.



Step 4: Save the activity but giving it a title e.g., “Group A route” etc. Click the “SAVE” button on the top-right panel of the app. Note: you will need to go on Strava's website on [www.strava.com](http://www.strava.com) and sign in with your registered account to download your dataset on to your PC.