# Instructions to download data from Strava

([Exporting your Data and Bulk Export – Strava Support](#))

## TCX Export

Strava also allows you to export .TCX versions of your own activities. TCX files exported from Strava will contain power data. TCX export only works for activities with GPS data, which may exclude indoor activities with no GPS.

- <mark>Simply add "/export_tcx" - without quotes - to the end of your activity page URL.</mark> For example, if your activity page is www.strava.com/activities/2865391236 - just add the text to give you  www.strava.com/activities/2865391236/export_tcx and hit enter.