



# Route Planning for Cyclists

# What makes a good route?

- ▶ Safe, quiet roads
- ▶ Good paved surface with shoulder
- ▶ Scenic
- ▶ Destination ride
- ▶ Bathrooms, water, nutrition every 20-30 miles
- ▶ Plan right turns when at all possible
- ▶ Reverse a route
- ▶ Prevailing winds?

# Resources for planning your route

## *Free & Subscription based*

- ▶ Strava
- ▶ Ride With GPS
- ▶ Map My Ride
- ▶ RideSpot.org (People for Bikes)
- ▶ BikeMap.net
- ▶ Garmin routes
- ▶ Wahoo ELEMNT routes
- ▶ Adventure Cycling
- ▶ Google Maps
- ▶ Komoot App
- ▶ Trail Forks
- ▶ MTB Project
- ▶ All Trails
- ▶ GaiaGPS
- ▶ Rails to Trails
- ▶ GravelMap.com
- ▶ Bikepacking.com
- ▶ Gravelbikeadventures.com

# Locally or traveling to another state

- ▶ Google Maps
- ▶ Local FB Groups
  - ▶ DPRT Riders
  - ▶ Raceway
  - ▶ Waterfall Glen
- ▶ Local bike shops
- ▶ Local bike clubs (FB page and Web sites)
- ▶ State advocacy groups (Ride Illinois, Wisconsin Bike Fed)
- ▶ AdventureCycling.org
- ▶ Local Meet up groups
- ▶ Invitational routes

# Strava Routes

- ▶ Join/Follow local Strava Clubs, athletes, segments
- ▶ Heatmap to view popular routes
- ▶ Turn on Strava segments
- ▶ Select elevation - a little or a lot
- ▶ Surface type - paved, dirt or any
- ▶ Blog post on [Strava Routes](#)

# Using your route

- ▶ Export your route TCX, GPX or FIT
- ▶ Upload to your device (e.g. smartphone, Garmin, Wahoo ELEMNT, etc)
- ▶ Share your routes with friends
  - ▶ Make sure it is public or available to friends
- ▶ How to install routes on a Garmin Edge [video](#)

# Contact information

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Blog and YouTube Channel: Sunflowers And Pedals

Read my reviews at [RoadBikeRider.com](http://RoadBikeRider.com)

Trek Ambassador: Trek Bicycle Store of Highland Park Women's  
Group on FB



Questions?