

How to Log Your Rides

How do you log your Rides into Strava?

You can upload your activities to Strava using any of the following methods:

- [Instantly sync from the Strava iPhone or Android app](#)
- [Upload from a GPS device](#)
- [Sync data from other fitness sites to Strava](#)
- [Upload a file from your computer](#)
- [Add an activity manually](#)

Add an activity manually

If you want to record an activity on Strava without a GPS device, you can create a manual upload. Simply input all the information manually, like distance, time, activity type, etc.

To do this:

1. Log into [Strava](#)
2. Click on "Upload" at the top right corner of the page
3. Click on "Manual" as listed on the left side
4. Select your Activity Type, enter the other required fields, and click "Create"

More details on these five ways to get your rides into Strava are explained in this article available at [Strava support](#).

There are currently 30+ articles on the Strava support site on [uploading to Strava](#).

Synch data from your favorite app via third party app

- Tapirik <https://tapiriik.com/> (free to manually synch, or \$2/year to autosynch)
- FitnessSyncer <https://www.fitnessyncer.com/support/national-bike-challenge>
 - Free to automatically synch from one application to Strava
 - Works with MapMyRide
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Instantly sync from the Strava iPhone or Android app

iPhone:

Android:

[Recording and syncing an activity](#) [Recording and syncing an activity](#)

[Troubleshooting uploads](#)

[Troubleshooting Android uploads](#)

Download Strava for [iPhone](#) or [Android](#).

Sync from Strava Supported Smart Watches and Wearables

iPhone:

[Apple Watch](#)

Android:

[Android Wear](#)

[Pebble](#)

[Google Glass](#)

[Motorola 360](#)

Compatible GPS Devices

What does it mean to be compatible with Strava?

If your device can export or record activities in GPX, TCX, or FIT format, and these files contain actual workout data, your device is compatible with Strava. Some devices have an easier process uploading to Strava than others. More information about how each compatible device uploads to Strava can be found in the list below. Select a device to find specific instructions on how to upload to Strava.

Syncing through Device Software

Most popular GPS devices can upload data to Strava through syncing software built by the manufacturer. For information on your device, please choose from the list below.

- [Bkool](#)
- [Bryton: Rider series](#)
- [CATEYE: Stealth series](#)
- CycleOps: Joule
- [Fitbit: Surge](#)
- [Garmin](#)
- [Microsoft Band 1 & 2](#)
- [MIO/Magellan: Cyclo series](#)
- [Pioneer: Cyclocomputer series](#)
- [Polar: V and M series](#)
- Recon: Jet
- [Sigma: Rox 10.0](#)
- [Soleus](#)
- [SRM:PC8](#)
- [Suunto: Ambit series](#)
- [TomTom: Multi-sport, Runner and Spark GPS](#)
- [Wahoo ELEMNT](#)

Uploading Through a Third Party Tool

- [CopyMySports](#)
- [Tapiriik](#)

Manual Export and Upload

- [Garmin Dakota 20](#)
- [Garmin GPS 60Csx](#)
- [Lezyne: GPS](#)
- O-Sync: Navi2Coach
- [Timex: IRONMAN GPS series](#)

Strava Live Segments compatible devices

These devices support the Strava Live Segments feature:

[Garmin Devices:](#)

- Garmin Edge 510
- Garmin Edge 520
- Garmin Edge 810
- Garmin Edge 1000

- [MIO Cyclo devices](#)

If you are looking to pair a biometric sensor to Strava, like a heart rate monitor, cadence sensor or power meter, please refer to either our articles for either [Android](#) or [iPhone](#).

What if my device is not on the compatible list?

If your device is not listed above, it's likely that it does not record or export in one of our supported file formats. Fear not! It's possible that you may be able to convert these files using 3rd party software. Please search our [Knowledge Base](#) for your device to find useful tips that other Athletes are sharing about these devices.

Uploading or syncing from other fitness sites to Strava

Syncing with these sites requires use of a third party website that connect the two accounts.

- [Endomondo](#)
- [Garmin Connect](#)
- [MapMyRun](#)
- [MapMyRide](#)
- [Runkeeper](#)
- [Runtastic](#)

- [S Health App](#)

If your fitness site is not listed, [check here](#) to see whether syncing is possible through Tapiriik.com

Upload a file from your computer

You can upload files directly to Strava via our file uploader found here:

<http://www.strava.com/upload/select>.

You can upload the following file types as long as the file is 25MB or smaller and contains workout data:

- GPX
- TCX
- FIT

You might want to use the file uploader if you have rides on your computer that are no longer on your Garmin or you have rides on [Garmin Connect](#) or another site that you would like to export and upload to Strava.

To upload multiple files to Strava at a time please refer to our instructions on [bulk uploading activities to Strava](#).

Here is some more information about common error messages

Note: Route files cannot be uploaded at this time

Uploading a Garmin file

If you have an Edge device, you'll find that the device mounts to your computer like a hard drive. All you'll have to do to get your rides uploaded to Strava is:

1. Hit Browse
2. Navigate to /Garmin/garmin/activities
3. Select the file - (the end in .fit or .tcx)
4. Press "Open"

