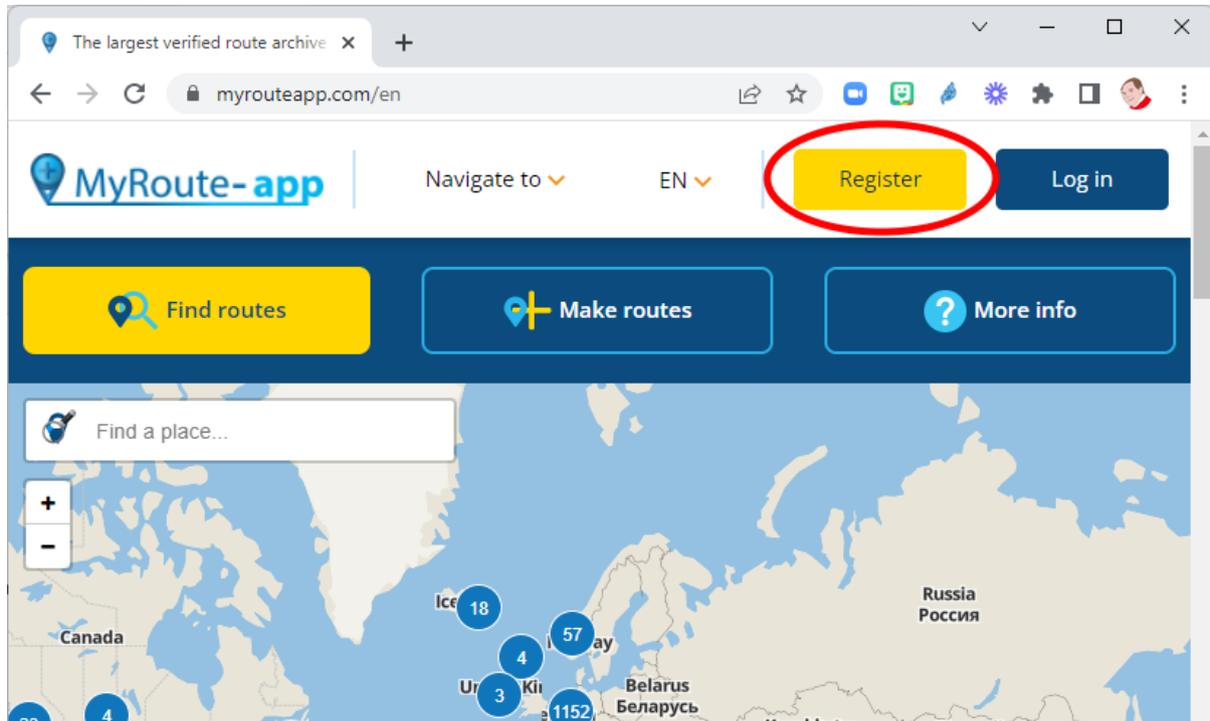# MyRouteApp for NAM Sunday Rides

All NAM Sunday rides are put together using a system called MyRoute. It's free to sign up and use and, whilst the most comprehensive set of tools can be found by going to the website (type myrouteapp.com/en into the address bar of your browser) there is a mobile phone app that provides some access to the information.


If you haven't logged on before, you'll need to register which involves giving them your name, location (country), email address and a password for the site. At the top it talks about a free 14 day trial, but once you're past the first two weeks, you'll be downgraded to basic membership which is all you need and which they say will always be free.

Once you're logged in, click the magnifying glass in the top right, type 'NAM' in the search box and choose the NAM (Sunday Rides) group.

You'll find a join button in the header bar. Click this to send a request and one of the administrators will invite you in (assuming you're a NAM member).

Once you've joined the group, to access the routes first click groups towards the bottom of the bar on the left, select NAM (Sunday Rides) from the selection (this'll probably be the only one unless you've been adventurous and joined a bunch of other groups) then click 'Routes' along the top. This list of routes will start with the route date in yymmdd format (two numbers for each of
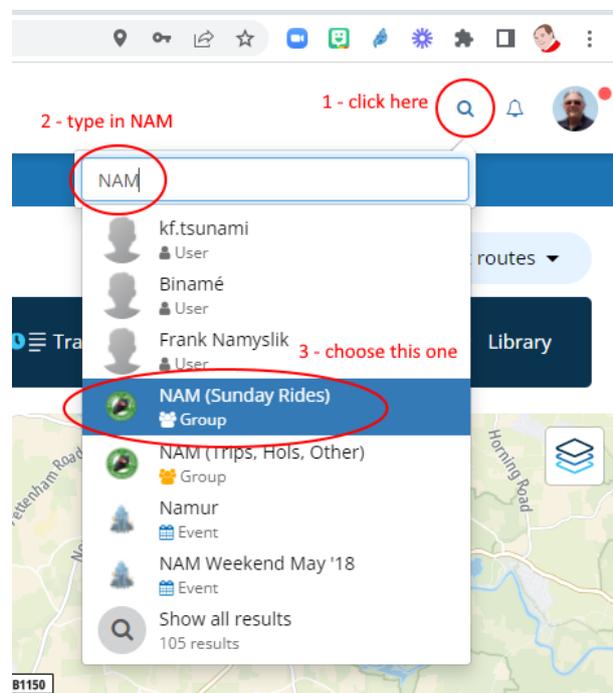
year, month and day), this ensures that the routes appear in date order of when they are next going to be used. Recently ridden routes will occasionally be moved into the archive. If you want to browse all the routes available, click on the archive folder at the top.
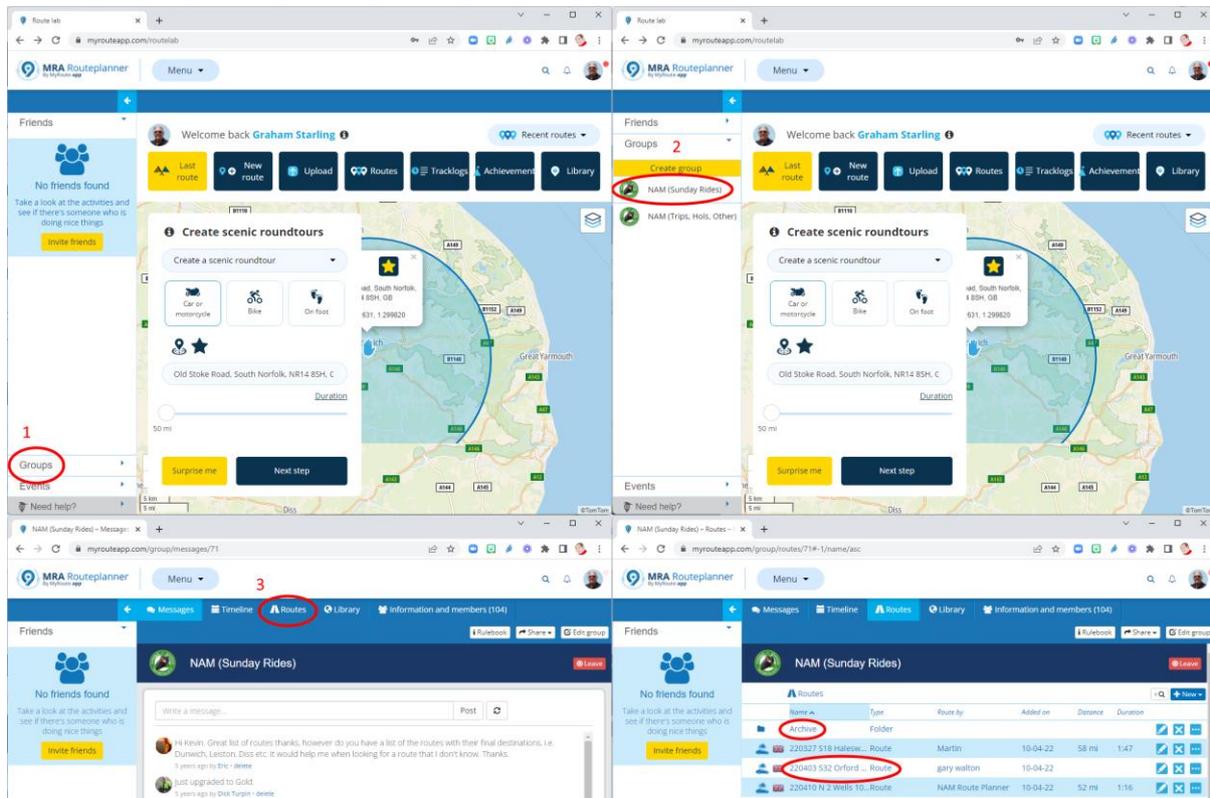
To open a route, simply double click it. You should see a map with a few options in the top right. The important ones are export (if you happen to have a supported satnav, this'll be the simplest way to get it on you machine) or save as which will give you the option to download in a number of formats. The most commonly used ones are .gpx and .trf

If you want a turn by turn printout of the route, you should choose .pdf. This is automatically generated so not as concise as the route information that has previously appeared in the magazine. With small changes being made to up an coming routes we can no longer guarantee that the turn by turn information previously provided will be accurate.

These three formats will continue to appear in the rides section of the website.