

# HOW TO USE THESE MAPS ON YOUR PHONE

## BEFORE YOU START

Don't rely on technology alone. It's always a good idea to take printed maps as a backup and to run with a friend.

The recommended way is to download an app that allows you to view GPX files.

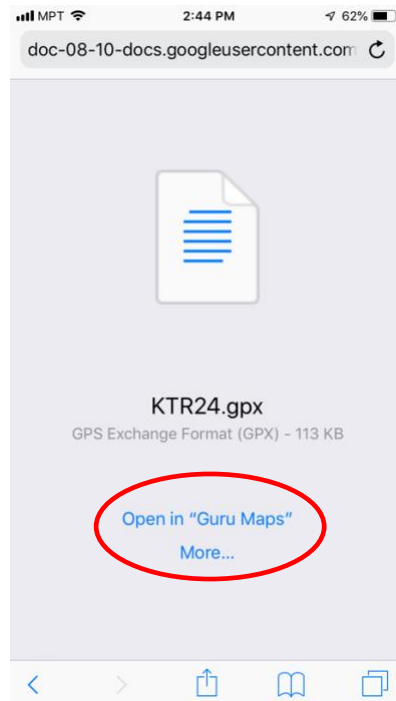
### iPhone

Note: **Android is similar**, but instructions for android are not shown here because each Android phone tends to be different!

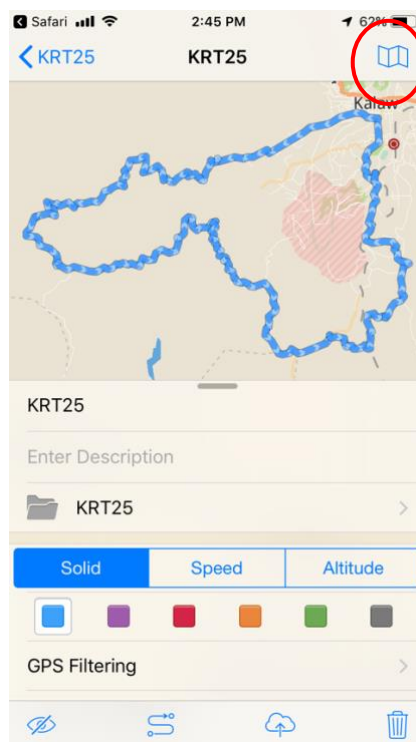
- We recommend downloading the [Guru \(formerly Galileo\) app from the app store](#). This app supports a variety of maps, including OpenStreetMap/HikeBikeMap which has the best trail maps. It also has a “**Vector Map**” (OpenStreetMap) for Myanmar which can be downloaded and used offline when you don't have mobile coverage.
- Once you have the app downloaded, open safari on your phone and go to <https://www.run-myanmar.com/copy-of-race-info-pack-ultra-51k> (don't worry, it is the 25K, 12K & 4K page!)
- You can download the GPX file either from the *info pack 25K, 12K, 4K* OR from the *KTR Ultra Marathon 25K, 2K, 4K Event Handbook* (Course maps).
- **Note: your starting point needs to be the safari app (or other browser) on your phone. If you clicked a link from facebook, downloading the gpx will not work.**



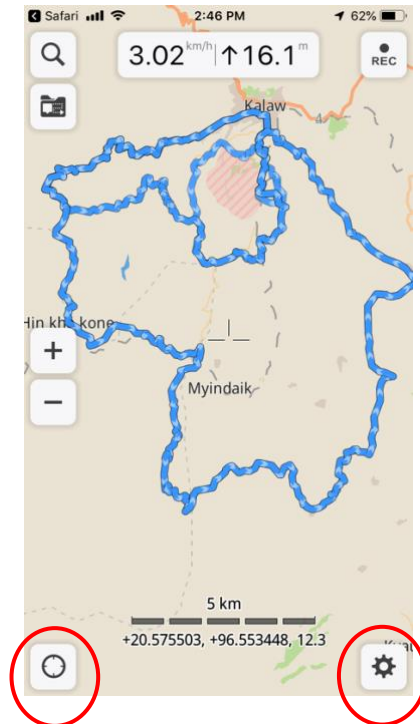
- Visit the page link as above and download the “GPX Route Map for your run: 25K, 12K or 4K” link
- Once downloaded touch “Open in Guru Maps” (formerly known as Galileo)



- The map is now open in the guru app. Touch the map icon to make the map full.



- You can touch the target icon to locate your GPS position and get a “blip”(your position) on the map



- Once you have the Guru app installed you can change the map type by clicking the settings (cog) icon. It is **worth downloading the vector map to use offline when you don't have a strong mobile signal.**

**Please note:** internet and mobile phone connection is very limited on the 51K trail. **We strongly recommend** that you download the Guru app or similar to your phone and download the vector map for Myanmar. This will allow you to use the gps function on your phone without the internet.

If you have a gps watch which has navigation function you can also load the gpx file to your watch via the relevant application – (eg Garmin Connect, Polar Flow etc). Please consult the instructions for your particular device.

**Please be familiar with using the navigation and maps on your device BEFORE the event.** We advise some practice on your local runs before the Kalaw Trail Run.