

GPX Trails

Technical bit

GPX (GPS eXchange Format) is used to describe waypoints, tracks and routes. The data contained in GPX files can be read by specialist apps designed for walkers and cyclists. The app shows a map with the GPX track overlaid. If the device running the app, typically a smartphone or tablet, has GPS it will show your current position. They may also collect data about your activity in a similar way to fitness trackers.

The accuracy of a GPX file depends on how it was created.

GPS apps

There are many apps on the market, both free and paid for. We do not recommend any particular app but list some to consider. Ask other walkers to see what works for them, and read reviews on the internet.

Some OS maps are free You can download the GPX tracks into the [free version of OS maps](#) which is less detailed than the paid for version but will still show where you are and let you follow the walk.

OS Maps Online, <https://www.ordnancesurvey.co.uk/shop/os-maps-online.html> is a subscription service giving access to all OS maps. GPX files can be imported and trails displayed on a range of devices including smartphones and PCs. The most recent paper OS maps include a free download of the map for use on any device, allowing GPX files to be imported.

MapMyWalk, <https://www.mapmywalk.com> is a free app with lots of added functionality for monitoring fitness.

GPX Viewer is available in free and premium versions from the Android and Apple stores. It reads a variety of file formats.

View Ranger, <https://www.viewranger.com> includes a wide range of walks throughout the world.