CAPRA INSTRUCTIONS

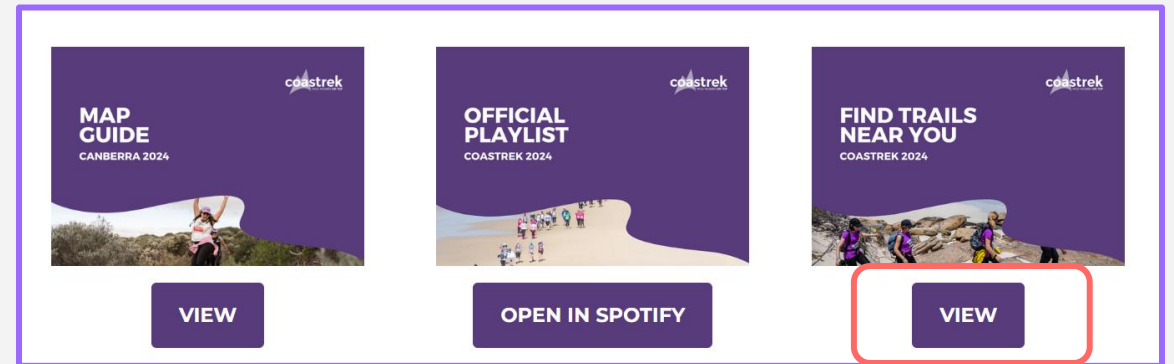## TREK WITH CONFIDENCE

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STEP 1.

**Download the Capra app on your phone via [App Store](#) or [Google Play](#)**
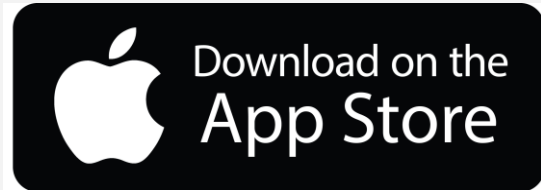
STEP 2. (if you're on PC)

- **Head to your Coastrek dashboard, click Plan & prep, then scroll down to 'Find trails near you'**

- **Choose the area you would like to train in i.e. Ku-ring-gai Chase National Park and click the link.**

- **Using your phone, scan the QR code at the bottom-right of screen. This will direct you to the Capra app and the Ku-ring-gai Chase NP trail collection**
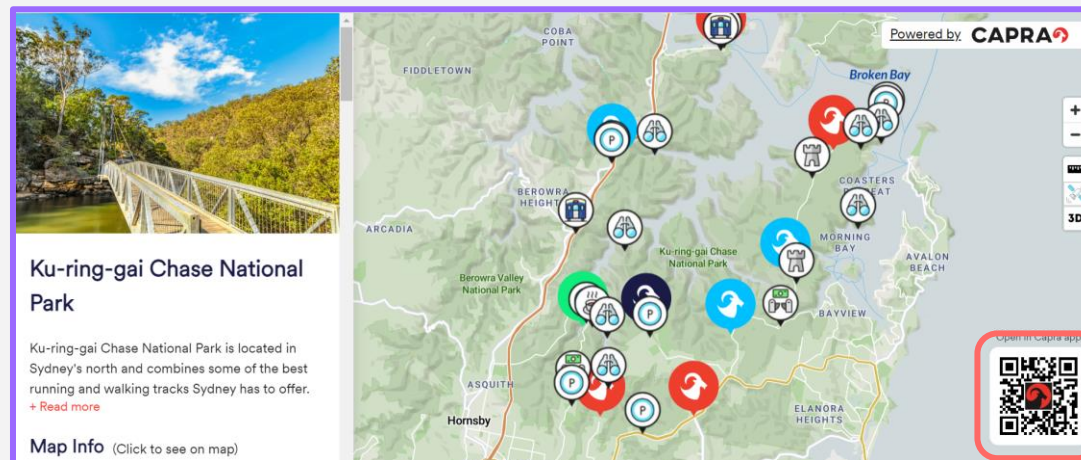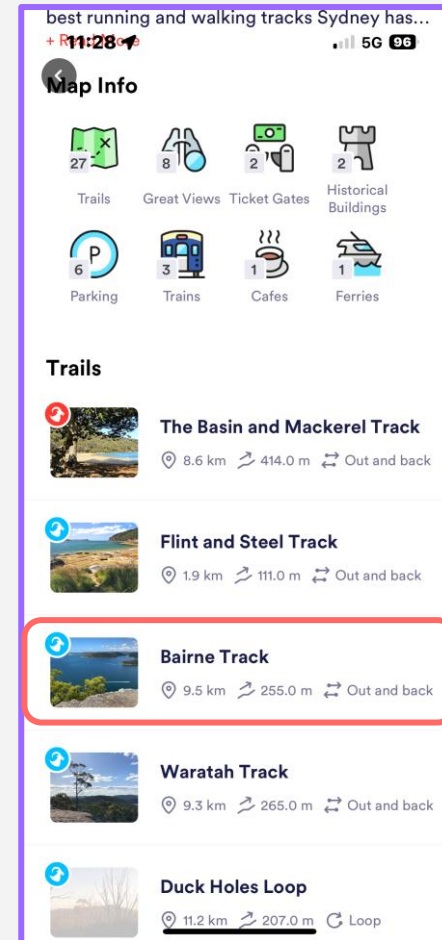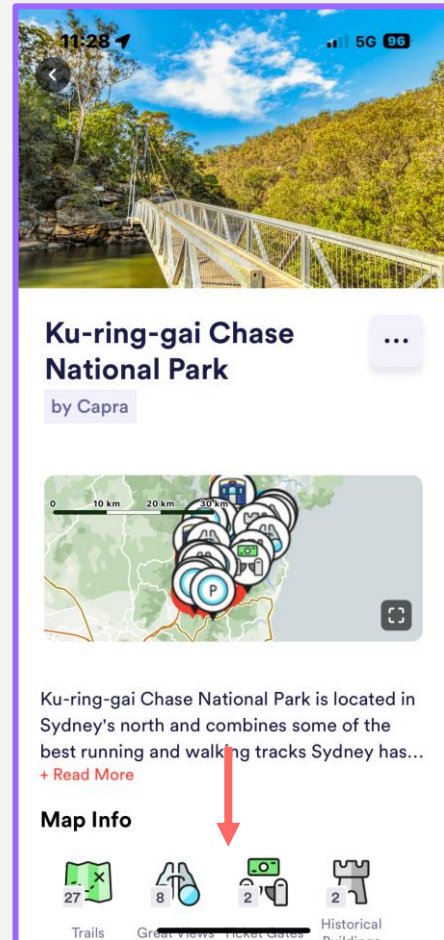
STEP 2. (if you're on your phone)

- **In the Capra app, go to the search button and search for the area you'd like to train in i.e. "Ku-ring-gai Chase National Park".**
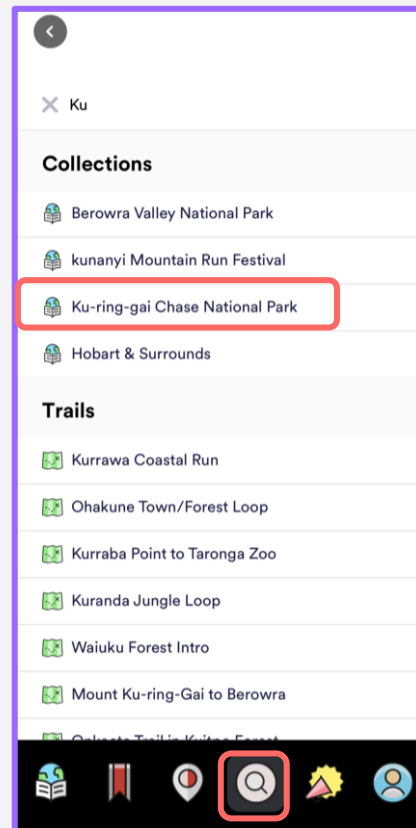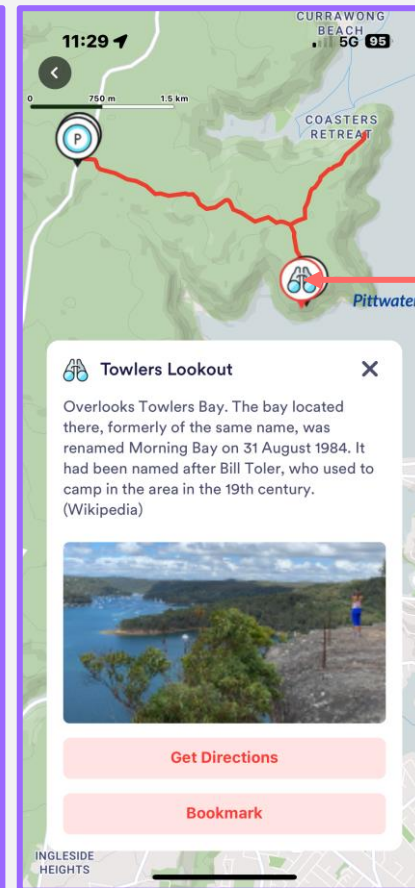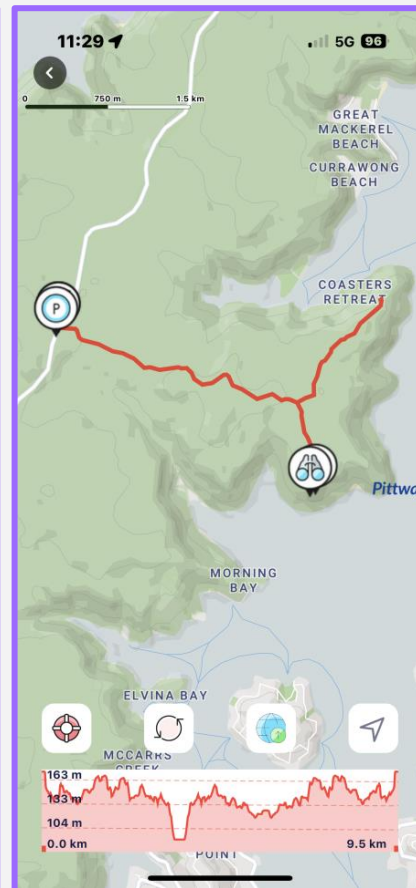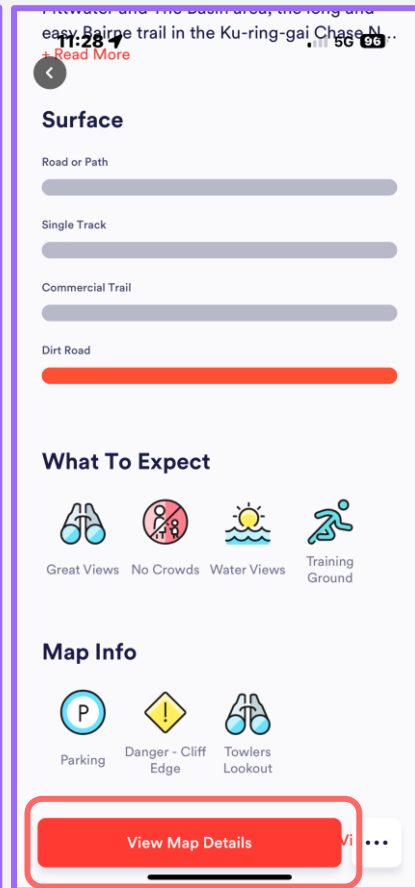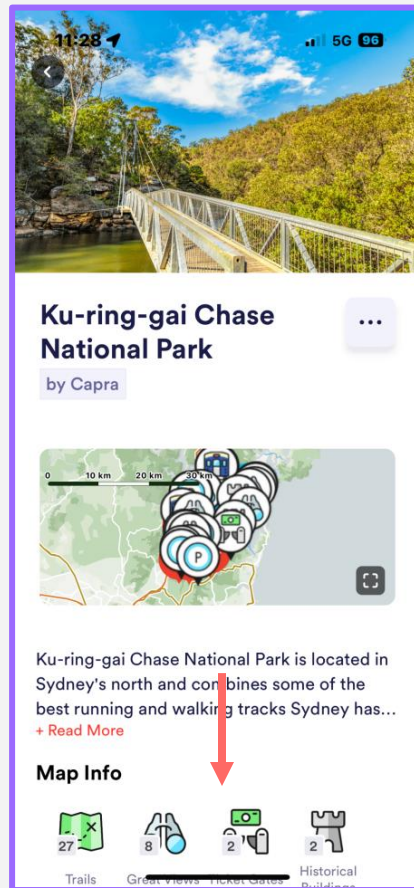
STEP 3.

Scroll down and choose your desired trail.

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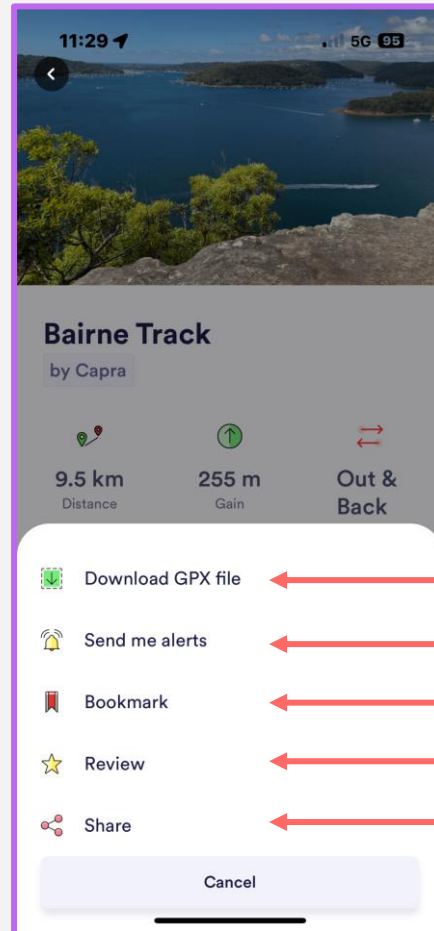WILD WOMEN ON TOP

STEP 4.

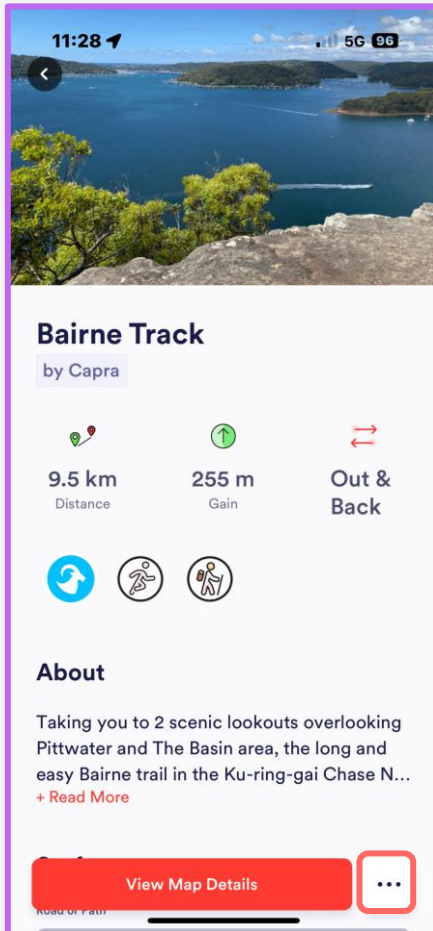Scroll, click and explore! Browse trail specific info, the elevation profile and additional information about the trail. Click View Map Details.

Click on the pins to view additional info

STEP 5.

Try out the other features by clicking the 3 dots.

Load route to devices inc. Smart watch
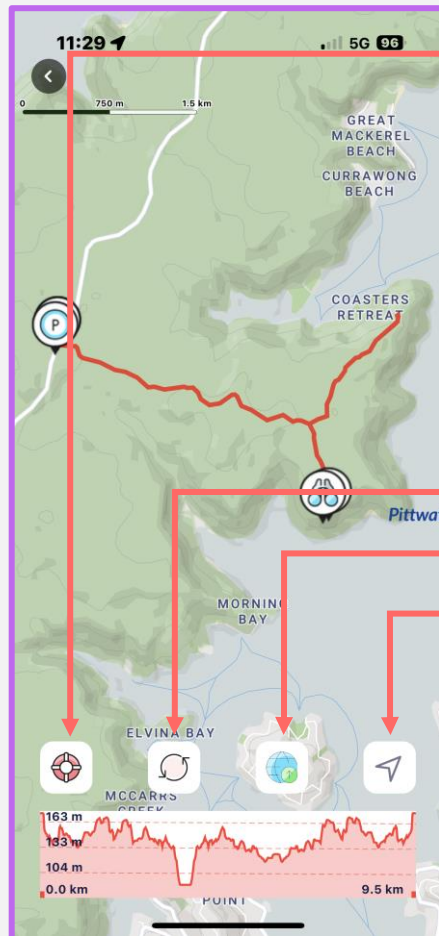
Trail specific notifications

For quick access in future. Recommended!

Share feedback

Share with family & crew

STEP 5 cont...

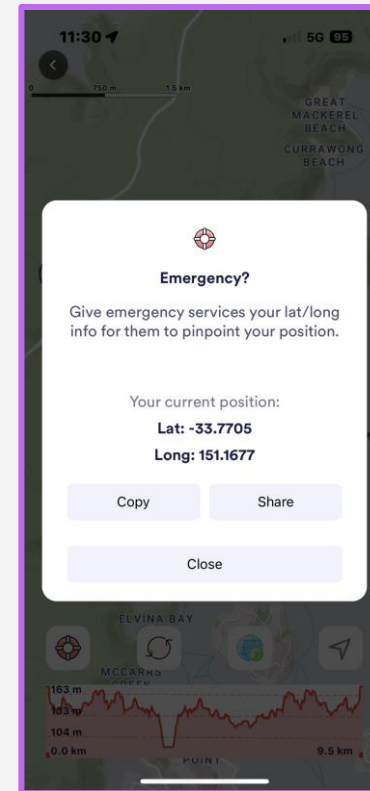**Try out the other features by clicking the buttons on the map.**

Emergency location info in case you get into trouble

Refresh the map

Save the map offline. Recommended!

Find your location

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STEP 5 cont...

Try out the other features by clicking the buttons on the bottom of the page.
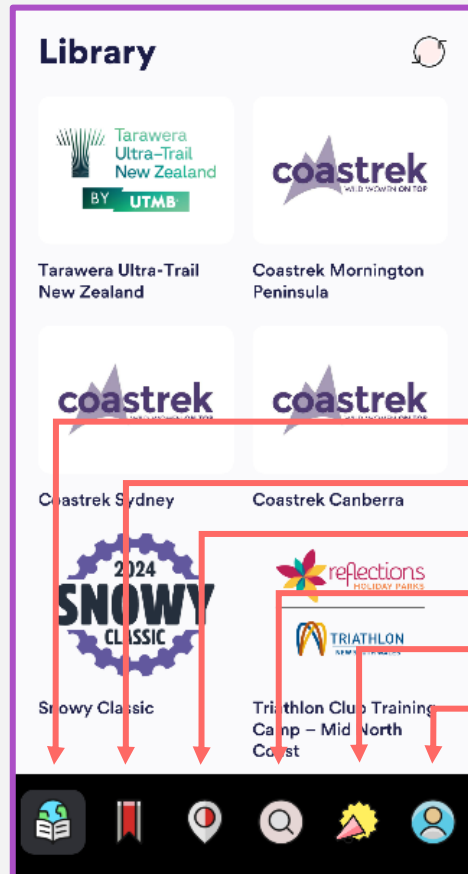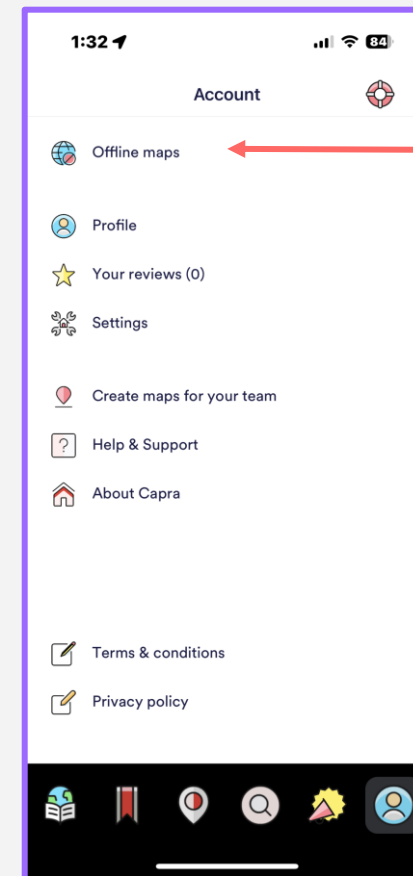

Visit the library

View your bookmarked trails

Find your location

Search for another trail

View your messages

View your profile

View your offline maps

What else do I need to know?

1. When you look at a map, the trail info and info pins will automatically be 'cached' for usage in areas with no mobile connection. We recommend saving an offline version of the map, if you know you're heading into zero signal areas.

2. Capra is built to work without mobile connection.

3. Capra maps provide excellent detail even if offline but make sure you've looked at your map before you set off as the app stores the map detail automatically for use offline.

4. You can close the app and put your phone away, e.g. when you're walking, and when you pull it out the app will open to the screen you were on making it battery efficient to use as back up.

5. The app does not record your activity so there is nothing to start or stop.

HAPPY TRAINING! <3

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