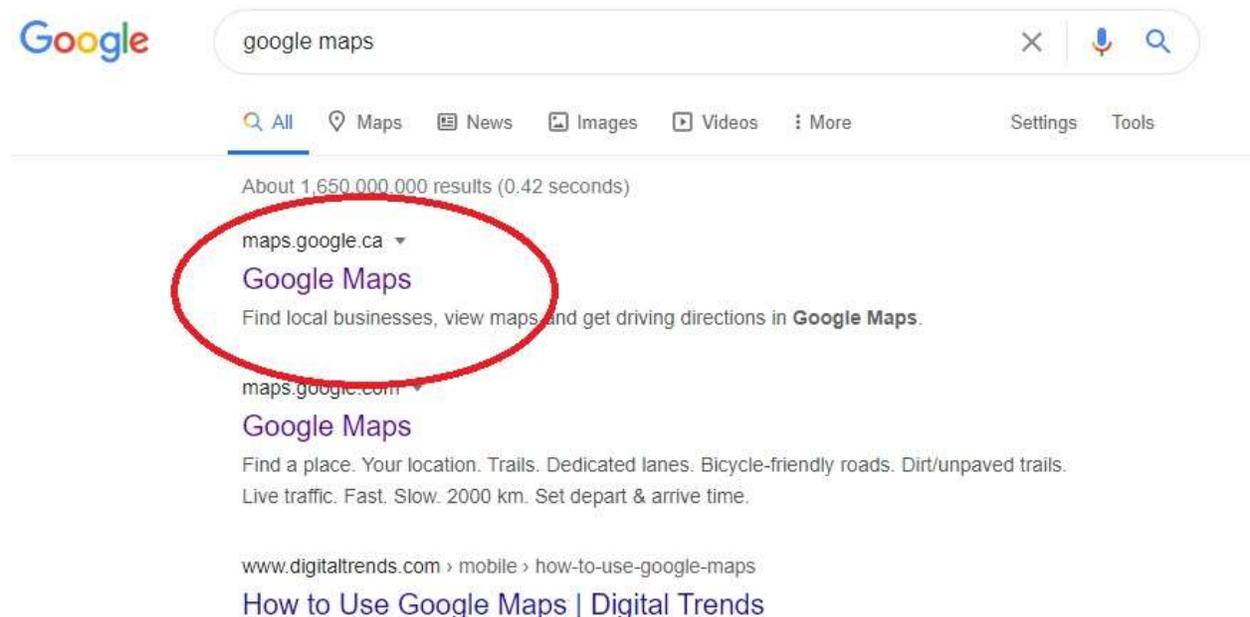


## BBT – Week 8

With the arrival of the warm weather along with some relaxing of the lockdown restrictions there is no better time to go out for a walk or a jog. It's good for the body, it's good for the mind.

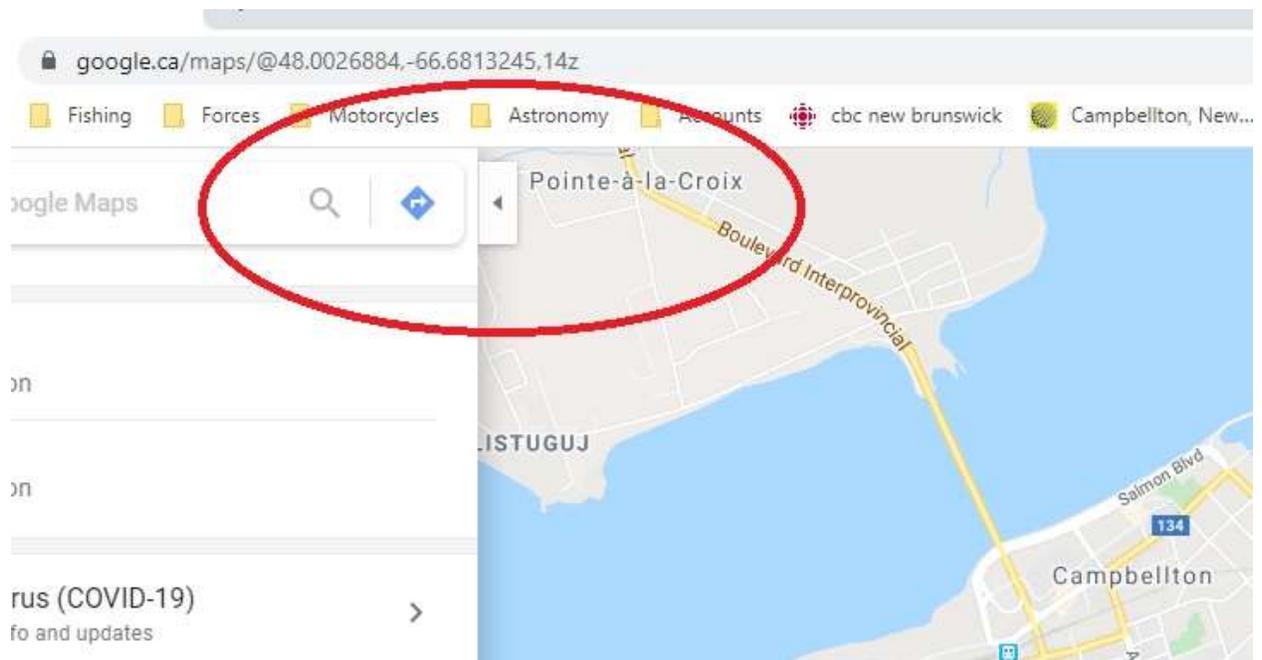
This week we will look at an easy way to plan a short excursion. This can be used to plan walks, runs and cycle adventures. This works on macOS and windows, maybe even work iOS and Android devices, I haven't tried.

Open your favorite browser and look for maps.google.ca

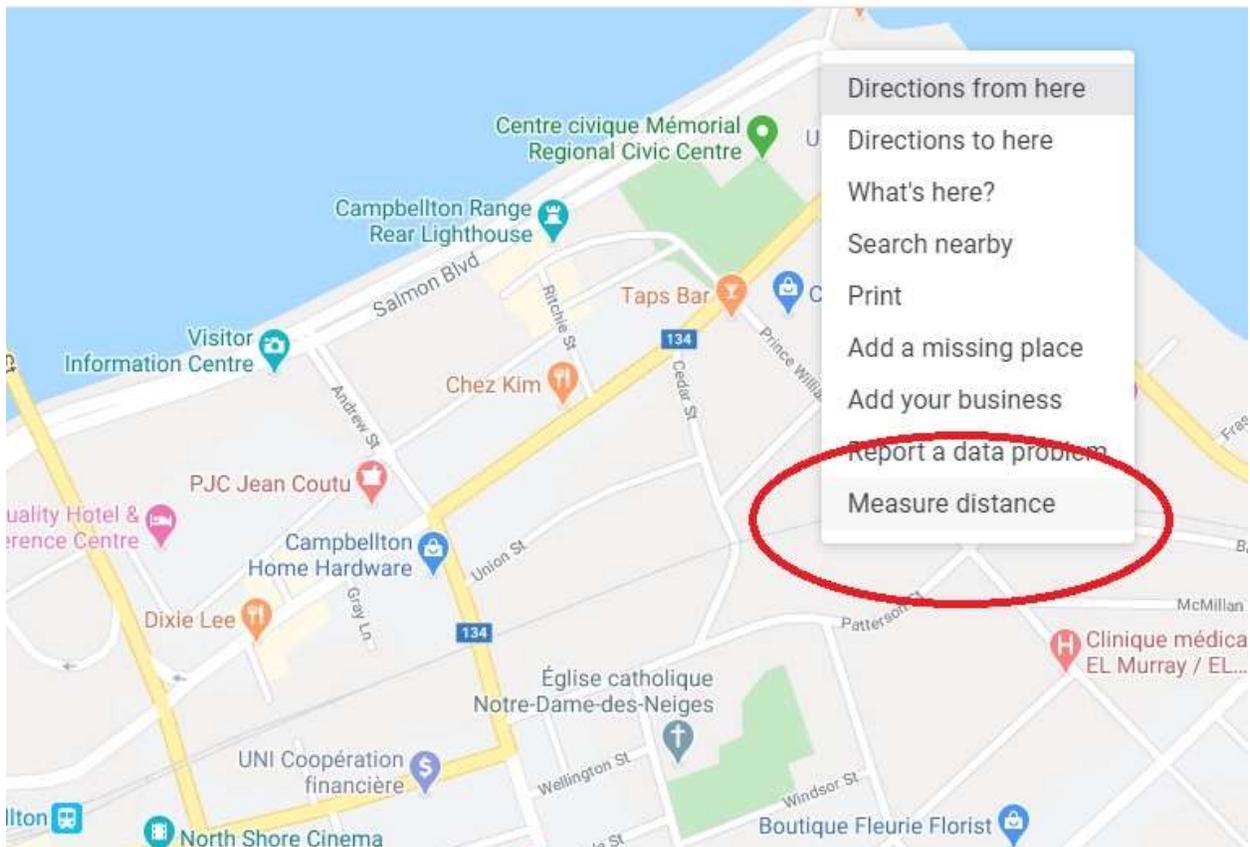


The image shows a Google search interface. The search bar contains the text "google maps". Below the search bar, there are navigation links for "All", "Maps", "News", "Images", "Videos", and "More". The search results are displayed below, showing "About 1,650,000,000 results (0.42 seconds)". The first result is "maps.google.ca" with a dropdown arrow, followed by "Google Maps" in purple text. Below this, there is a description: "Find local businesses, view maps, and get driving directions in **Google Maps**." The second result is "maps.google.com" with a dropdown arrow, followed by "Google Maps" in purple text. Below this, there is a description: "Find a place. Your location. Trails. Dedicated lanes. Bicycle-friendly roads. Dirt/unpaved trails. Live traffic. Fast. Slow. 2000 km. Set depart & arrive time." The third result is "www.digitaltrends.com > mobile > how-to-use-google-maps" followed by "How to Use Google Maps | Digital Trends". A red oval highlights the first result, "maps.google.ca" and "Google Maps".

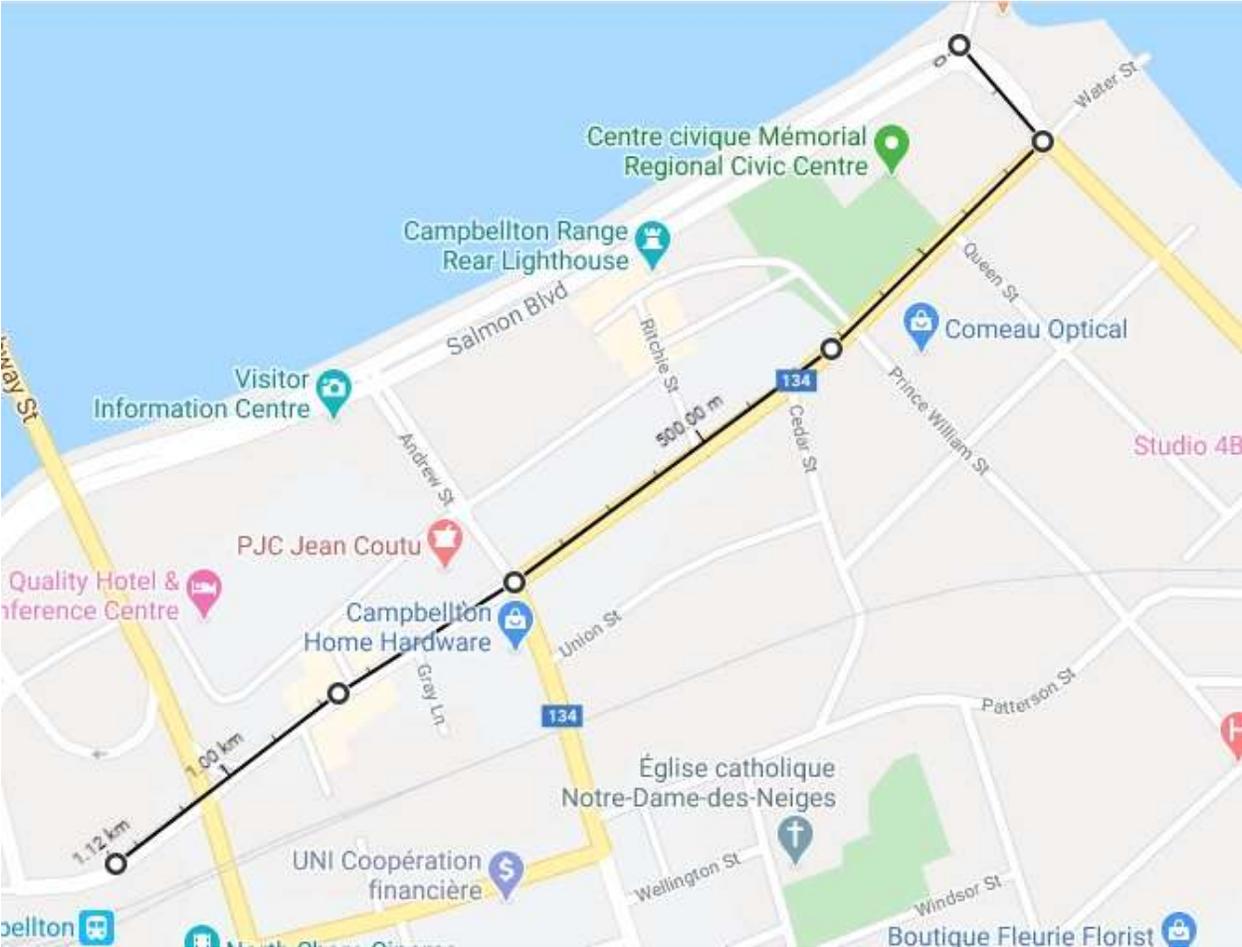
With the left mouse key pressed drag the map to the area you are interested in. The plus and minus signs on the bottom right of the screen will change the scale of the map. This can also be done with the scroll wheel if your mouse has one. Then press the arrow tab shown below to push the search drop down out of the way to clear up the screen.



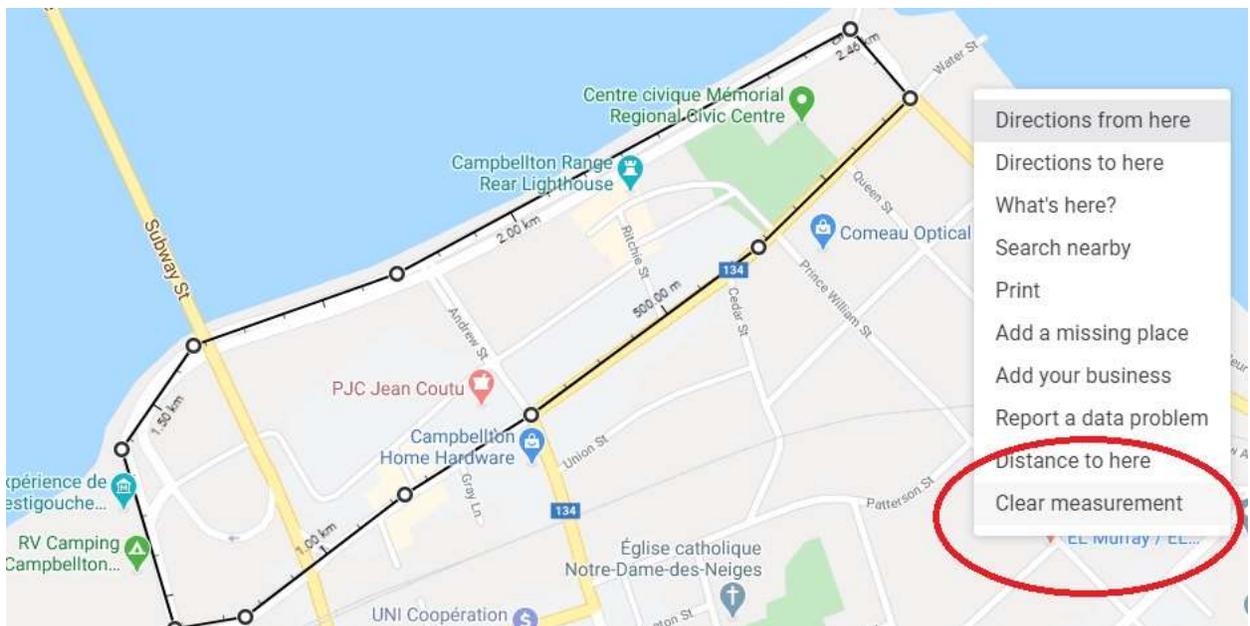
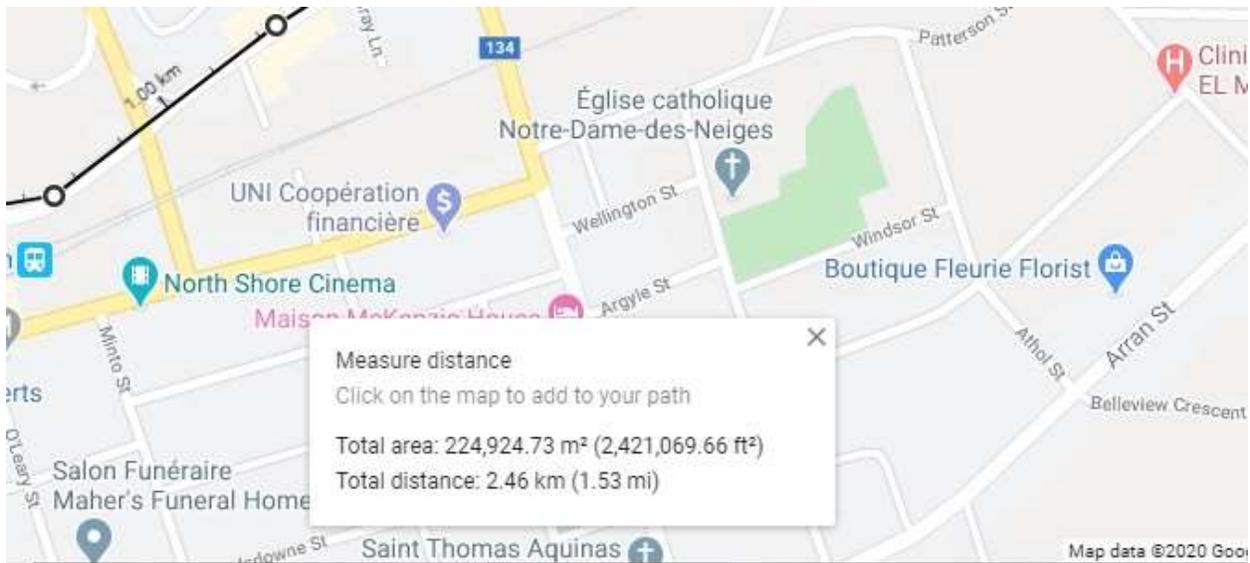
To start your route plan, place the cursor at your selected start point and press the right mouse button. This will open a drop-down menu from which you will select “Measure distance”.



You can now use your mouse to left click on points along your selected route. The route is highlighted in black as you add points. The distance covered is also incremented as you keep adding points.



Once you have clicked your way back to your start point, look to the bottom of the screen where you will see an information window detailing your total distance. To clear the screen, either to do another plan, or to go out and do the walk, right click to open a drop down window where you select “Clear Measurement”.



Let me know where you decided to plan a route. Is it a walk, a run, or a cycle excursion?

I'm looking forward to seeing your results. Use the print screen to send me an image of your result. Have fun, get out and get your body moving.