GUIDEBOOK FOR THE DISPO PROJECT:

MOBILE APPS PROMOTING OUTDOOR ACTIVITIES

DiSPO
Digital outdoor sports

GuIdebook for the DISPO Project:

MOBILE APPS PROMOTING OUTDOOR ACTIVITIES

2024 January

In a collaborative effort with the consortium, the Zentrum für Innovative Bildung created and led the development of this manual.

The coordinator of the project

Asociatia Scout Society, Romania

Contributing partners

Asociacion Cultural y Deportiva La Hoya, Spain
L'Orma SSD ARL, Italy
Zentrum für Innovative Bildung, Austria
Hodina H ZS, Czechia

Design: Fethiye Arslantaş

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INTRODUCTION

Welcome to the "Guidebook for the DISPO Project: Mobile Apps Promoting Outdoor Activities". This guidebook is an integral part of an ambitious European Union project aimed at fostering motivation and active engagement of young people in outdoor sports through non-formal education (NFE) activities.

The digital age has brought about significant changes in the way young people interact with the world around them. While digital tools offer numerous benefits, they also pose challenges, particularly when it comes to physical activity and connection with nature. The DISPO project seeks to address these challenges head-on, using digital tools not as a barrier, but as a bridge to the great outdoors.

Our goal is to minimize the negative impacts of screen-time on young people aged between 13-19. We aim to re-establish the connection between young people and nature by promoting and motivating them to engage in physical activities outdoors, facilitated by the use of digital tools. In essence, we are harnessing the power of digitalization to reconnect young people with nature.

The COVID-19 pandemic has further highlighted the importance of our mission. With isolation and online schooling becoming the norm, motivation for physical activity has significantly decreased among children and youth. This issue is particularly pronounced among young people with fewer opportunities, who often lack access to sporting facilities. The DISPO project is committed to reaching these young people, developing strategies to adapt outdoor sports activities to their needs, and fostering connections with parents and caregivers.

This guidebook will provide you with a comprehensive overview of the DISPO project, its objectives, strategies, and the digital tools we are developing. We hope that it will serve as a valuable resource for all those interested in promoting outdoor activities among young people and leveraging digital tools for positive impact.

PROJECT OVERVIEW

DISPO aims to utilize digital tools to rekindle the relationship between youth and nature. This chapter provides a comprehensive overview of the project's goals, strategies, and specific objectives.

Project Background
The DISPO Project was conceived as a response to the challenges posed by the surge in digitalization, particularly among young people. The prevalence of screen-time, exacerbated by the COVID-19 pandemic, has led to increased isolation and a decline in outdoor activities. Recognizing the need for a holistic approach, DISPO seeks to not only minimize the negative impacts of digitalization but also enhance its positive aspects by integrating digital tools into outdoor sports and activities.

Project Objectives

1. Engaging Young People in Outdoor Activities
One of the primary objectives of the DISPO Project is to engage 1000 young people in outdoor activities in nature. By utilizing digital tools, we aim to make these activities not only appealing but also tailored to the interests and lifestyles of today's youth.

2. Empowering Sport Practitioners with Digital Tools
To achieve our goals, DISPO will work closely with 50 sport practitioners across 5 local communities. These practitioners will be equipped with digital tools designed to align with the trends and preferences of young people, fostering a deeper connection between youth, nature, and sports.

3. Enhancing Cooperation and Networking
The DISPO Project recognizes the importance of collaboration among stakeholders. We aim to enhance cooperation and networking among different entities in 5 local communities within the European Union. By fostering strong partnerships, we can create a supportive environment for the successful implementation of outdoor sports activities.

4. Redesigning Outdoor Sport Activities with Digital Tools
A key strategy of DISPO involves redesigning 25 outdoor sport activities, integrating digital tools seamlessly into the natural environment. This innovative approach aims to make outdoor activities more accessible and attractive to young people, especially those facing barriers to participation.

The DISPO Project is not merely a response to the challenges posed by digitalization; it is a proactive initiative to reshape the narrative. By combining the allure of digital tools with the beauty of nature, we aim to inspire a generation to embrace outdoor sports, fostering not only physical well-being but also a deeper appreciation for the environment. This guidebook serves as your roadmap to understanding and contributing to the DISPO Project's mission - reconnecting young people with nature through the power of digital outdoor sports.

OTHER DISPO GUIDES

Guide for Youth Workers

This guide is a comprehensive resource, meticulously designed to introduce creative outdoor activities that incorporate digital tools. Developed in collaboration with partners from Austria, Spain, Italy, Czech Republic, and Romania, this initiative is tailored specifically for youth workers.

The exercises in this guide are crafted to foster a dynamic learning environment that seamlessly integrates digital technology with outdoor sports concepts. The primary aim is to engage and educate teenagers, making learning an exciting and interactive process.

Outdoor Sports and Digital Tools

This handbook provides an in-depth exploration of the latest trends and practices in outdoor sports. It encompasses a broad spectrum of activities, including hiking, cycling, climbing, water sports, and more, underscoring their popularity and relevance in the featured countries.

The advent of digital tools has revolutionized outdoor sports, offering numerous benefits and opening up new possibilities. This handbook delves into the advantages these tools offer, such as precise navigation systems, safety features, performance tracking, and enhanced connectivity. By harnessing the power of digital tools, outdoor enthusiasts can enrich their experiences, ensuring safety, boosting performance, and fostering a sense of community among fellow sports enthusiasts.

To gain valuable insights, we conducted an extensive survey with 159 respondents from Austria, Romania, Czech Republic, Italy, and Spain. Their experiences and perspectives illuminate the successful amalgamation of outdoor sports and digital tools in their respective countries. We highlight the best practices that have emerged from these diverse outdoor communities, including innovative apps, gadgets, and effective strategies. This handbook is designed to equip readers with practical knowledge and inspiration for integrating digital tools into outdoor sports. Whether you are a novice or an experienced adventurer, we invite you to delve into the boundless potential that lies in the thrilling world of outdoor sports.

METHODOLOGY OF THE GUIDE

In the pursuit of enhancing outdoor experiences, a systematic approach was employed to identify, test, and adapt mobile apps. This chapter delineates the methodological steps undertaken to ensure the selection of apps aligning with project objectives.

Section 1: Identification, Testing, and Adaptation

- **Step 1: Research and Identification** Conducting extensive online research involved utilizing search engines and referring to reputable sources such as Optimum, RethinkRural, and TomsGuide. The outcome was a compiled list featuring frequently recommended apps.

- **Step 2: Initial Evaluation** Objective evaluation criteria, including user ratings, download statistics, and supported outdoor activities, were applied to each app in the compiled list.

- **Step 3: Testing** Apps were downloaded and subjected to rigorous testing, assessing functionality, navigation, interface design, responsiveness, and overall user experience.

- **Step 4: Adaptation** Adaptations were made based on insights gained through testing, focusing on adjustments such as fine-tuning settings, improving information interpretation, and suggesting enhancements.

- **Step 5: Final Selection** The final selection of apps was made after considering the outcomes of testing and adaptation, ensuring alignment with project goals.

Section 2: Compilation of Mobile Apps Promoting Outdoor Activities

- Step 1: Add Apps to the Master List Apps were systematically added to a MASTER LIST, incorporating all relevant details for easy reference.

- Step 2: Organize the List The MASTER LIST underwent organization, with apps arranged alphabetically by name for user-friendly access.
- Step 3: Double-Check A thorough review addressed any errors or inconsistencies in the MASTER LIST, ensuring its accuracy.
- Step 4: Review and Update Acknowledging the dynamic nature of app landscapes, a commitment to regular reviews and updates was established to maintain accuracy.

Section 3: Production of a Guidebook for Mobile Apps Promoting Outdoor Activities

- **Step 1: Plan the Format of the Guidebook** The format of the guidebook was strategically planned, featuring distinct sections for each app with relevant visuals.
- **Step 2: Incorporate the App Descriptions into the Guidebook** Detailed app descriptions were objectively integrated into the guidebook, ensuring clarity and comprehension without bias.
- **Step 3: Enrichment with Additional Elements** The guidebook was enriched with an introductory section elucidating its purpose and usage. A concluding section and a resource page offered additional information and useful links.

GUIDE TO MOBILE APPS

In our comprehensive guide creation process for mobile apps, we begin by establishing a strong connection between the app and our readers through impactful testimonials. These testimonials serve as real-world endorsements, allowing users to forge an immediate connection with the app.

Moving forward, we conduct thorough research to gather available information about the app's conception and production journey. This includes insights into how the app idea originated and how it was developed. If specific details are found, we present them; otherwise, we provide a general overview to ensure a comprehensive understanding.

To differentiate between various apps, we categorize them based on their types, such as activity training, workout scheduling, and more. Additionally, we highlight the app's classification on IOS App Store or Google Play, using relevant hashtags like #healthandfitness or #reference.

Summarizing the key features of the app using bulleted points helps readers grasp its functionality quickly. We aim to provide a snapshot of what makes each app unique and valuable.

On a separate page, we craft a catchy slogan for each mobile app. This succinct tagline encapsulates the app's essence, leaving a lasting impression on readers.

Delving into further details, we explore the app's features in depth. This section provides a comprehensive understanding of what users can expect from the app in terms of functionality, user interface, and overall experience.

To enhance the visual appeal of our guide, we include screenshots from the IOS App Store or Google Play, showcasing the mobile version visuals. These images provide readers with a firsthand look at the app's interface and design, creating a more immersive and informative experience.

LIST OF APPS

App Name	Category	Focus
Strava	Activiy Tracking App	Health and Fitness
Outdooractive	Outdoor Adventure Apps	Hike, Blke & Si Routes & Maps
GenMove	Movement Based App	Physical Movement & Problem Solving
Golfshot	Activity Tracking Apps	Sport
Cairn	Safety And Survival Apps	Alerts, Maps & Cell Coverage
Nature Cat's Great Outdoors	Educational & Outdoor Adventure App	Education
Runkeeper	Running App And Training Plans	Health & Fitness
Playo	Activiy Tracking App	Health & Fitness
Zuugle	Activiy Tracking App	Health & Fitness
Rockd	Education App	Geology & Earth Science Exploration
Merlin Bird ID	Books & References Apps	Bird Watching
SkyView	Education APPS	Astronomy & Stargazing
Seek App	Books & References Apps	Reference
Komoot	Activiy Tracking App	Hiking Bikes

App Name	Category	Focus
Trailforks	Activiy Tracking App	Hiking & Bikes
Ski Tracker	Activiy Tracking App	SKI
MapMyRun	Activiy Tracking App	Health & Fitness
C25K	Activiy Tracking App	Health & Fitness
Nike	Workout Planning And Training Apps	Health & Fitness
Yoga for Beginners	Activiy Tracking App	Health & Fitness
MySwimPro	Training Plans APP	Health & Fitness
Forest Bathing	Wellness And Nature Connection App	Health & Fitness
Naviki	Route Planning Apps	Health & Fitness
Kaya	Activiy Tracking App	Health & Fitness
WorkOutDoors	Outdoor Fitness Apps	Health & Fitness
7Seven	Workout Planning App	Health & Fitness
Train Effective	Workout Planning App	Sports
Pokémon GO	Ar Game App	Games

STRAVA

"Friendly competition with a like-minded sporting community is a big part of Strava's appeal. More than just a GPS, Strava shares your rides and runs automatically, so it's low maintenance. See your rank on your favorite segment, join distance challenges, and follow your friends, pros, and even foes. As they say, "If it's not on Strava, it didn't happen."

Strava, an American internet service founded in 2009 by Mark Gainey and Michael Horvath and headquartered in San Francisco, California, has evolved into a dynamic platform that transcends traditional exercise tracking. Initially focused on outdoor cycling and running activities utilizing Global Positioning System (GPS) data, Strava now encompasses a diverse array of over several dozen exercise types, including both outdoor and indoor activities.

Features:

- Strava transforms fitness tracking into a social experience, housing your entire active journey in one place.
- Discover popular routes intelligently recommended based on your preferences or create your own.
- Build a supportive network within the Strava community and cheer each other on.
- Gain data insights to understand progress and improvement with the Training Log feature.
- Enhance safety by sharing real-time location with loved ones during outdoor activities.
- Sync Strava with a variety of apps and devices, including Apple Watch, Fitbit, and Garmin.
- Participate in monthly challenges, collect digital badges, and stay accountable in pursuit of new goals.
- Strava's feed showcases real efforts from real people, fostering motivation and a sense of community.

www.strava.com

RECORD.
SWEAT.
SHARE.
KUDOS!

STRAVA
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Activity Tracking and Sharing:

- Strava records a user's activities comprehensively, encompassing runs, rides, hikes, yoga, and over 30 other sport types.
- Users have the option to share their fitness journey with followers or make it public, creating a dynamic and supportive community.
- Publicly shared activities are intelligently grouped based on time and location, facilitating connections among users participating in events like marathons, sportives, or group rides.

Available Languages:

- English, French, German, Italian, Portuguese (Portugal), Portuguese (Brazil), Spanish, Spanish (Latin America), Simplified Chinese, Traditional Chinese, Russian, Dutch, Japanese

Recorded Information:

- Detailed information about each activity is captured, including a route summary, elevation (net and unidirectional), speed metrics (average, minimum, maximum), timing details (total and moving time), power, and heart rate.

Versatile Data Input Options:

- Activities can be recorded using the Strava mobile app or devices manufactured by third parties like Garmin, Google Fit, Suunto, and Wahoo.
- Manual entry of activities is also supported directly through the Strava website.

Subscription Model:

- Strava offers both a free version and a subscription version with premium features, catering to a diverse user base.

Foot Sports
Run, Trail Run, Walk, Hike, Virtual Run

Cycle Sports
Ride, Mountain Bike Ride, Gravel Bike Ride, E-Bike Ride E-Mountain Bike Ride, Velomobile, Virtual Ride

Water Sports
Canoe, Kayak, Kitesurf Session, Row, Stand Up Paddle Surf, Swim, Windsurf Session

Winter Sports
Ice Skate, Alpine Ski, Backcountry Ski, Nordic Ski, Snowboard, Snowshoe

Other Sports
Badminton, Golf, Handcycle, Inline Skate, Rock Climb Roller Ski, Wheelchair, Crossfit, Elliptical, Sailing, Skateboarding, Soccer, Stair Stepper, Weight Training, Yoga, Workout, Tennis, Pickleball, Racquetball, Squash, Badminton, Table Tennis, HIIT, Pilates, Virtual Row
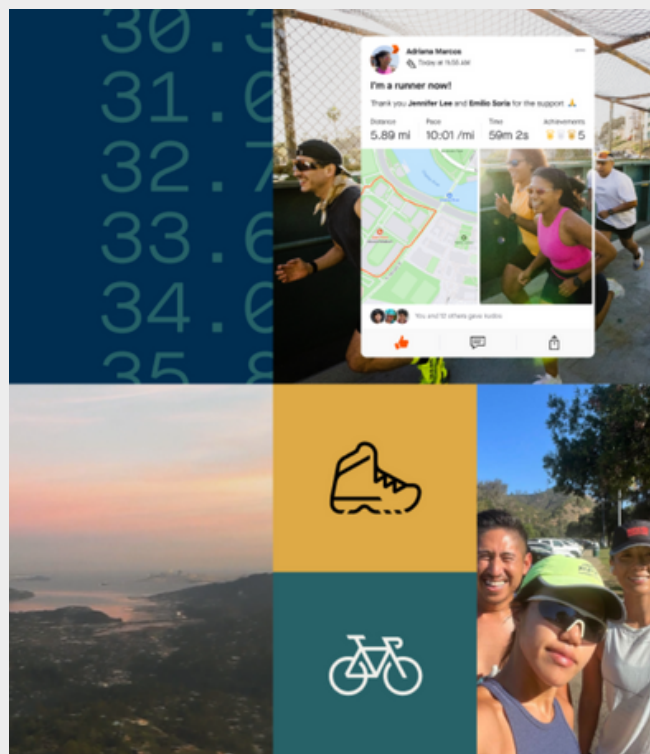
Image source: www.strava.com

outdooractive

Outdooractive, founded in 1994 by CEO Hartmut Wimmer, has transformed from an engineering office into a pioneering force in outdoor tourism. From shaping Nordic-Walking initiatives to receiving prestigious awards like the German Tourism Award, Outdooractive has consistently led the industry. The company's evolution includes international expansions, the introduction of a robust Destination Management System (DMS), and recognition as one of Germany's most innovative companies. As a trailblazer in the digital landscape, Outdooractive continues to redefine outdoor exploration, fostering global growth and community engagement.

Features:

- Access accurate vector maps globally for hiking and cycling trails, as well as protected areas.
- Explore numerous route suggestions for hiking, cycling, and ski touring, complete with detailed information, elevation profiles, photos, and directions.
- Record your own tracks with essential details like duration, distance, altitudes, and an interactive altitude profile. Utilize iPhone motion sensors for enhanced accuracy.
- Engage in challenges to boost activity levels, earn achievement badges, win prizes, and work towards personal fitness goals.
- Use the navigation function with speech output for comfortable route guidance from point A to B.
- Prioritize safety with the BuddyBeacon feature, allowing real-time location sharing with friends and family.
- Utilize helpful filters and robust search functions to discover routes, sights, accommodations, events, and ski resorts globally.
- Access comprehensive information on mountain huts, including opening times, availability, prices, and more, in collaboration with the German Alpine Association (DAV), the Austrian Alpine Association (ÖAV), and the Alpine Association for South Tyrol (AVS).

www.outdooractive.com

Image source: www.outdooractive.com

EXPLORE THE GREAT OUTDOORS WITH CONFIDENCE

OUTDOORACTIVE
OUTDOOR ADVENTURE APPS
#HIKE, BIKE & SKI ROUTES & MAPS

Mapping and Planning:
- Latest Vector Maps: Accurate information about hiking, cycling trails, and protected areas.
- Global Trail Database: Countless route suggestions for hiking, cycling, and ski touring with full details, elevation profiles, photos & directions.
- Outdoor Route Planner: Easily plan routes, add text/photos, publish in the Community, or share privately. Import/export GPX files as needed.

Personalized Tracking and Integration:
- Recording Tracks: Record tracks with duration, distance, altitudes, and an interactive profile. iPhone's motion sensors enhance accuracy.
- Apple Integration: Record and follow tracks on your phone, view on Apple Watch with pan and zoom maps. Save workouts to Apple Health; data from HealthKit for personal use, not marketing.

Motivation and Safety:
- Challenges: Stay motivated with challenges, earn badges, win prizes by recording activities.
- Navigation: Comfortable A to B navigation with speech output on all routes.
- BuddyBeacon: Prioritize safety by sharing real-time location with friends and family.

Comprehensive Outdoor Guide:
- Global Outdoor Travel Guide: Filters and search functions for routes, sights, accommodations, events, and ski resorts.
- Directory of Mountain Huts: Opening times, availability, prices, and details in partnership with alpine associations.

Pro Membership Exclusives:
- Go Anywhere: Outdooractive Pro works offline without mobile and data signals. Create unlimited lists, ad-free experience, access satellite imagery, unique maps, and topographic maps from various providers.
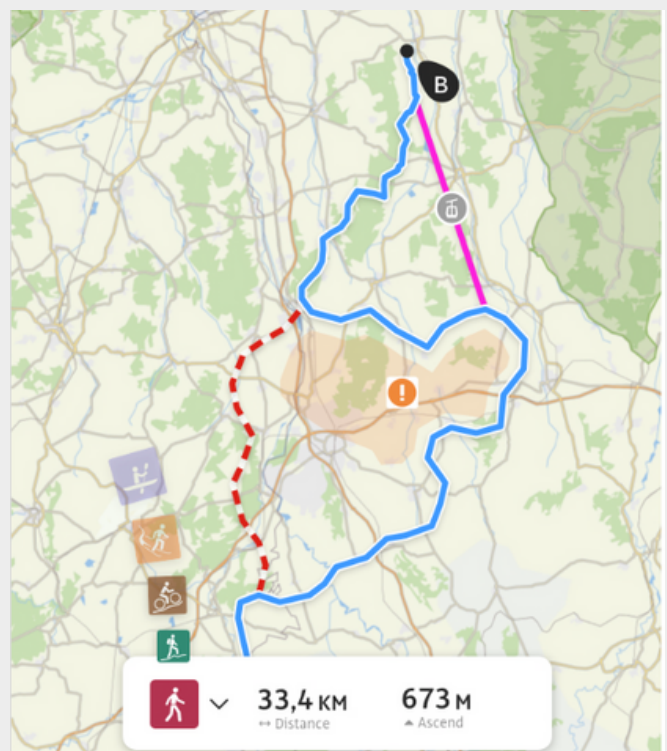
Available Languages:
English, German, Italian, French, Spanish, Hebrew, Chinese, Romanian, Portuguese (Portugal), Portuguese (Brazil), Czech, Finnish, Russian, Hungarian, Norwegian (Bokmål), Slovak, Dutch, Japanese, Ukrainian, Hindi, Turkish, Greek.

Equestrian Activities: Horse Carriage Ride, Horse Riding, Horse-Drawn Sleigh Ride.
Motorized Routes: Scenic route, caravan, motor bike
Running: Running, trail running
Winter Sports: Winter hiking, sledding, ski touring, snowshoe walking, backcountry skiing, ice climbing, long distance ski touring
Water Sports: Canyoning, Canoeing, Kayaking, Swimming, Stand-Up Paddleboarding (SUP), Boat Trip.
Mountaineering: Via Ferrata, Mountain Hike, Alpine Route, Alpine Climbing.
Cycling: Bike Riding, Mountain Biking, Road Cycling, Bicycle Touring, Gravel Bike.
Hiking: Hiking Route, Long-Distance Hiking, Pilgrim Walk, Nature Trail, City Walking.

33,4 KM ↔ Distance   673 M ▲ Ascend

Image source: www.outdooractive.com

GenMove

I was playing with my toddler son and he absolutely loved it. Had so much fun interacting with the different games and the details are amazing. Will be playing everyday

In a collaborative effort on the eve of the FIFA World Cup Qatar 2022™, the World Health Organization (WHO), the Ministry of Public Health of Qatar, and FIFA have unveiled GenMove, Season1—a groundbreaking digital app aimed at promoting physical activity and enhancing the well-being of millions of young individuals **aged 8 to 15**. This innovative games app utilizes advanced movement tracking and artificial intelligence (AI) technology to deliver an engaging video game experience.

The app incorporates diverse movements, catering to varying fitness levels among children, and aligns with WHO's recommendation of 60 minutes of moderate-intensity aerobic physical activity per day for all children and adolescents.

Despite these recommendations, over 80% of adolescents fall short of meeting them, leading to increased sedentary behavior among children and adolescents, associated with poor fitness, weight gain, and reduced sleep.

Features:
- Active Brain Games
- Quick Results
- Neuroscience-Based
- Full Body Movement
- Easy Setup
- Over 50 Games

www.getgenmove.com
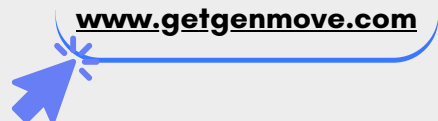
A LOT OF FUN.
A LOT OF
EXERCISE

GENMOVE
MOVEMENT BASED APP
#PHYSICAL MOVEMENT &
PROBLEM SOLVING

Active Brain Games
The app combines physical movement and problem-solving to improve mood, attention, and physical fitness.

Quick Results
Research shows that in just 8 minutes, you can significantly improve your child's mood and attention by playing GenMove.

Neuroscience-Based
The movement-based brain games activate all the beneficial neurotransmitters to rapidly improve your child's mood and attention.

Full Body Movement
Kids play and move their whole body in the games, promoting active play rather than passive screen time.

Easy Setup
The app is easy to set up. You just need to lean your device against a wall, step back, follow prompts to get into position, and start playing.

Over 50 Games
The app features over 50 games designed in collaboration with leading sport scientists. Each game family features a combination of different movement patterns, for improved fitness literacy.

The app is easy to set up. You just need to lean your device against a wall, step back, follow prompts to get into position, and start playing1. The app has received positive reviews on both the Apple App Store and Google Play Store1. You can start a free trial on their website.

Available Languages:
English, Arabic, Chinese, French, Russian, Spanish

Here are some of the games included in the app:

Chomp! Levels 1 – 7: 'Chomp' all the shapes when they pop up on the screen. You'll need to move, stretch, squat and jump to get all the shapes.

Space Blast! Levels 1 – 6: Jump up and down to fire the spaceship. Eliminate the aliens. Work your way through weapon upgrades and increasingly fast aliens.

Jump! Levels 1 – 6: Pop the balls by perfectly timing your jumps! Progress through the levels until you are out of breath.

1 Lean device against a wall.

2 Step back.

3 Follow prompts to get into position.
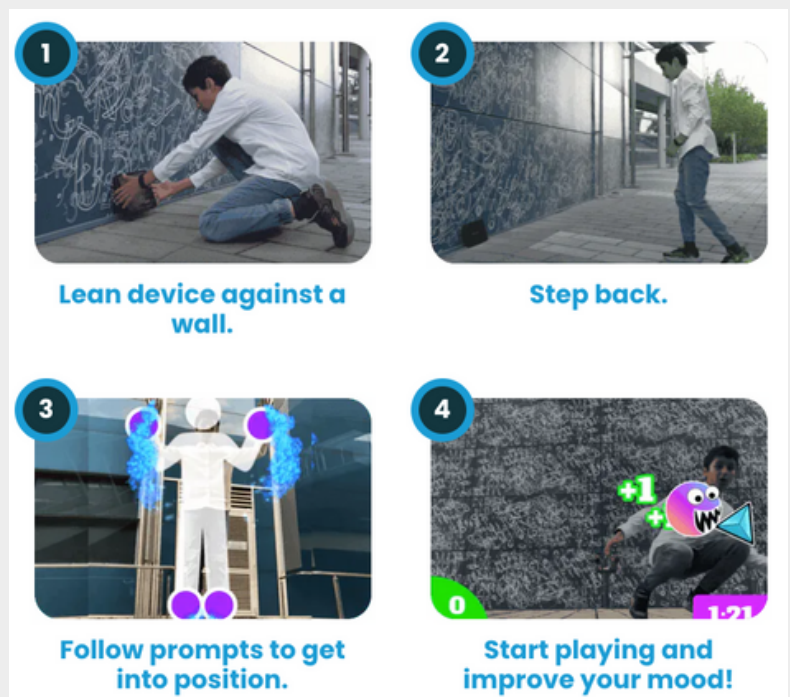
4 Start playing and improve your mood!

Image source: www.getgenmove.com

Golfshot

Embark on a groundbreaking golfing experience with Golfshot, an extension of the triumph of Auto Shot Tracking (AST) powered by Apple Watch® and cutting-edge machine learning. Introducing a revolutionary feature - Auto Strokes Gained, exclusively available on Apple Watch 3 or newer models. This innovation dissects your game into four key categories - Tee Shots, Approach Shots, Short Game, and Putting, providing invaluable insights for targeted improvement.

With the seamless integration of Auto Shot Tracking and Swing ID on your Apple Watch, revel in precise distances per club, automated and insightful stats, accurate scoring, and the ability to scrutinize and enhance every tracked shot with comprehensive swing analysis. Golfshot's hands-free functionality allows you to focus on your game while effortlessly collecting real-time data, profound insights, and essential statistics, fostering genuine improvement in your performance.

Experience a myriad of features, including instantaneous distances to the green, hazards, and targets across a vast selection of over 47,000 global courses. Delight in rich scoring capabilities, tee time management, detailed statistics, immersive entire course flyover previews, and personalized club recommendations, all meticulously designed to elevate your golfing journey to unparalleled heights.

Features:
- GPS Distances
- Auto Shot Tracking - iOS
- Auto Strokes Gained
- Swing ID
- Auto Shot Tracking - Android
- Scoring & Statistics
- Wearables
- Golfscape AR
- Handicap Index®
- Voice Assistant
- Golfplan Instruction
- Golfscape AR

www.golfshot.com

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Image source: www.golfshot.com

YOUR GAME. YOUR DATA. YOUR BEST GOLF.

GOLFSHOT
ACTIVITY TRACKING APPS
#SPORT

Auto Shot Tracking:
- Elevate your game effortlessly using just your Apple Watch.
- Enjoy the convenience of automated shot tracking and post-round flyover reviews.

Auto Strokes Gained:
- Pinpoint your strengths and weaknesses with advanced Auto Strokes Gained technology.
- Gain valuable insights to refine your strategy on the course.

Swing ID
- Personalized swing stats and visual analysis for every shot with the precision of Auto Shot Tracking.
- Elevate your performance with in-depth understanding and tailored feedback.

GPS Distances:
- Access real-time distances to the green, hazards, and targets on over 45,000 courses worldwide.
- Unparalleled on-course data for strategic decision-making.

Scoring & Statistics:
- Embrace the digital era with effortless digital scorecards and on-the-go statistics.
- Bid farewell to the pencil and simplify scoring and game tracking.

Golfscape AR:
- Immerse yourself in the award-winning augmented reality feature for a unique perspective on hole distances.
- Experience golf course visualization like never before.

Handicap Index®:
- Seamlessly link your GHIN® Number and post scores to your Handicap Index® directly from Golfshot.
- Manage your handicap effortlessly for a comprehensive understanding of your golfing prowess.

Voice Assistant:
- Keep your phone in your pocket and receive real-time distances to the green with the Voice Assistant.
- Enjoy a hands-free experience for enhanced focus on your game.

Available Languages:
English

FREE GOLFSHOT FEATURES
- Get best-in-class GPS distances to center of green
- Track your shot distance, direction and club used
- Score for yourself or your foursome with Stroke Play and Stableford
- Enable Siri to ask Distance to the Green
- Use Auto-Advance and Voice Hole information to remain handsfree
- Take the guessing out of your game with powerful statistics based on your playing history
- Visualize your round before you play with 3D video previews of your entire course
- Purchase and easily track your Handicap Index® through Golfshot
- Save time and money with GolfNow tee times booked with Golfshot
- View your game at a glance with Apple Watch
- Track your pace and activity on the course with the Health app
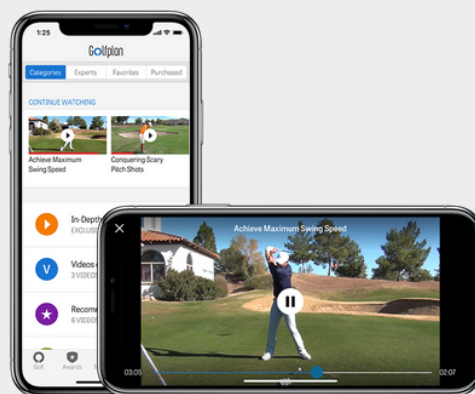
The feeling of relief, how grateful I was that we had the app, is something that will stick with me for a while. I'm a true believer in this app now and will continue to use it on every trip I take

Cairn stands as an outdoor safety application designed to simplify the process of locating and gathering cell coverage in remote wilderness areas while keeping your loved ones informed. The core mission of Cairn is straightforward: enhancing safety in outdoor environments. Recognizing the essential benefits of outdoor exploration for both the mind and body, Cairn acknowledges the inherent risks associated with adventures. By utilizing Cairn, you gain the confidence to venture into more places, secure in the knowledge that you can make emergency calls when needed. It enables a greater sense of comfort, even when hiking solo, emphasizing that while reaching the summit may be optional, returning home safely is imperative.

Features:

- Crowdsourced cell coverage maps
- Safety notifications sent at the start and end of each trip with an automatic overdue notification
- Live location tracking, including phone battery state and cell coverage at each point
- Stat tracking, for recording and saving trails
- ETA, distance and elevation details for thousands of routes and summits worldwide.
- Detailed, downloadable maps optimized for the outdoors
- Pending check in; Cairn automatically ends your trip when you regain cell service

iOS-only features

- Saved trail export as .gpx
- Tracking settings that allow for control of phone battery consumption
- I'm OK messaging; Cairn keeps trying to send until successful
- Speed and activity settings for customized ETA stats. E.g. for snow travel or trail running.

Android-only features

- Filter by carrier; see cell coverage data only for carriers of interest

GET HOME SAFELY FROM ANY ADVENTURE

CAIRN
SAFETY AND SURVİVAL APPS
#ALERTS, MAPS & CELL COVERAGE

Safety Tracking & Alerts
Cairn automatically alerts your safety circle if you're overdue and communicates important details, like where you're headed and when you intend to return.

Cell Coverage
The app shows where others have found cell coverage on the trail. This helps you know where you'll be able to check in with your contacts or make an emergency call.

Offline Maps
Cairn allows you to download maps worldwide and use them offline.

ETA Calculation
The app uses your speed, trail distance, and elevation change to calculate your ETA on thousands of trails worldwide.

Trail Alerts
Cairn provides alerts for various trails.

It's a comprehensive tool for outdoor enthusiasts, offering features that can enhance safety and convenience during hiking, backpacking, trail running, horseback riding, skiing, cycling, rock climbing, camping, hunting, fishing, boating, and more. It's been recognized as one of the three best map apps for navigating the wilderness by Outside Magazine. Remember, no app can replace good judgement. Always let someone know where you're going and when you plan to return, stay aware of your surroundings, and be prepared for changes in weather or trail conditions. Stay safe out there!

Available Languages: English

Image source: www.apps.apple.com
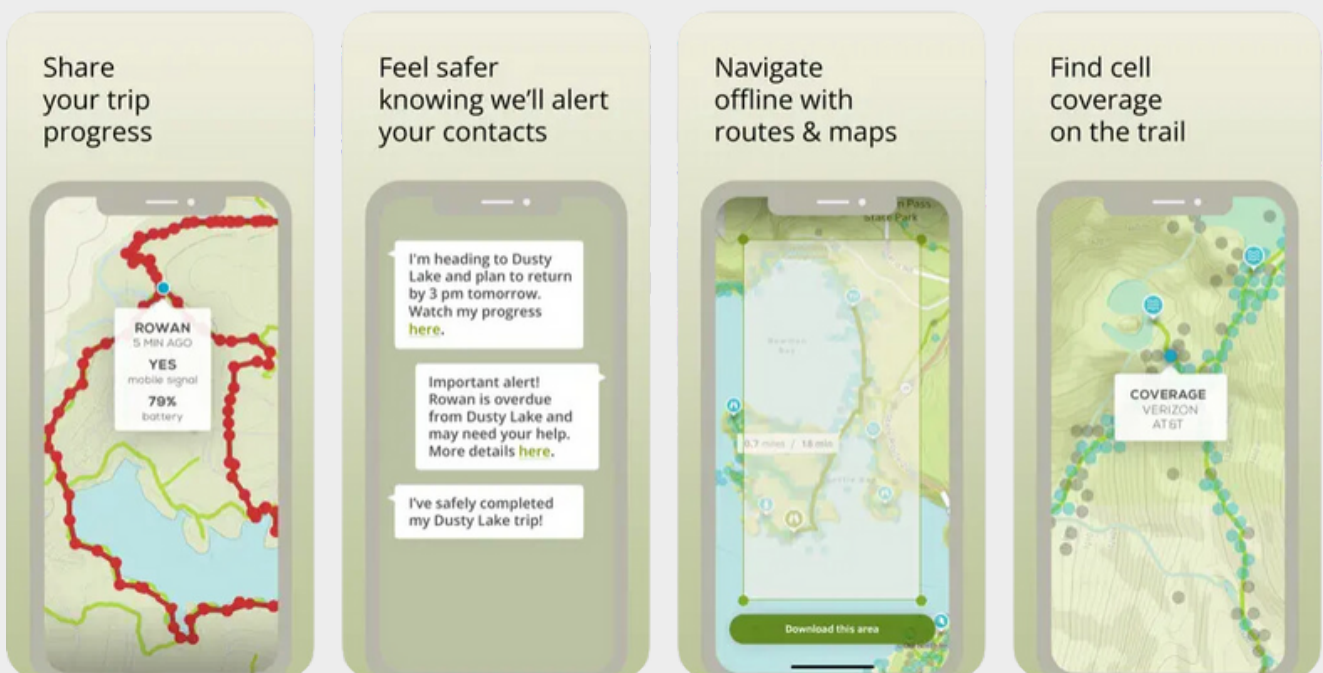
"Nature Cat's Great Outdoors" is a mobile app based on the Emmy-nominated PBS KIDS series "Nature Cat". The app is designed to inspire children to explore nature, whether in the backyard, at a local park, or even looking out the window

- Nature Cat's Great Outdoors is part of PBS KIDS' commitment to fostering essential skills for children's success in school and life.
- PBS KIDS, the leading educational media brand for kids, offers a diverse range of content for children aged 2-8 through television, digital media, and community-based programs.
- PBS KIDS supports a comprehensive learning ecosystem involving teachers, parents, and communities across the country.
- Inspire children to explore the wonders of nature through the exciting daily adventures provided by Nature Cat's Great Outdoors app.
- Encourage creativity and curiosity while reinforcing essential skills for a well-rounded learning experience.

www.pbskids.org

GO ON
DAILY NATURE
ADVENTURES!

NATURE CAT'S
GREAT OUTDOORS
**EDUCATIONAL & OUTDOOR
ADVENTURE APP
#EDUCATION**

Daily Nature Adventures:

- Receive over 100 adventure prompts daily to engage kids in using tools, contemplating nature, and documenting their observations.
- Filter adventures by weather conditions – rain, snow, sun, or indoor activities, ensuring fun in any setting.
- Save Daily Nature Adventures in a dedicated journal for later revisits and reflections.

Nature Tools:

- Capture moments with Daisy's camera, taking photos and selfies to document outdoor explorations.
- Record natural sounds using Hal's microphone to add an auditory dimension to the adventure.

- Utilize journal art tools to enhance entries with photos, sounds, stickers, drawings, stamping, and painting.
- Create numerous journals, each filled with personalized nature adventures.

Rewards:

- Earn achievement badges for the Nature Explorer sash by completing Daily Adventures.
- Unlock a vast collection of over 100 stickers, acquired as rewards for completing Daily Nature Adventures, which can be applied creatively within the journal.

Available Languages: English

Image source: www.runkeeper.com

ASICS Runkeeper

"This app creates custom plans for your needs. It created a 6 week plan to run my first 5k, and to my surprise, I am now on week 5. The coaches are fantastic and very motivating. My coach helped me find the strength within myself to keep pushing and keep showing up every time. In 2 weeks, I will have ran my first 5k, and I couldn't be more excited. If you want to make a change in your life, I recommend this app."

the ASICS Runkeeper app is a popular running tracker application. It's designed for all types of runners, from beginners to marathon veterans. The app uses the GPS technology in your phone to track your fitness activity, providing details on distance, speed, pace, calories burned, and the path you traveled.

Features:
- Goal setting
- Custom training plans
- Audio-guided workouts
- Monthly running challenges
- Detailed activity insights
- Ahoe tracker, and live tracking.
- The app also offers an upgraded membership called Runkeeper Go™, which provides access to additional features.

www.runkeeper.com

TOGETHER, WE RUN.

Motivation to Move:
- **Guided Workouts:** Access audio-guided workouts suitable for beginners or experienced runners, designed by ASICS Running coaches to help achieve fitness goals.
- **Track Workouts:** Record various activities, including running, walking, biking, and hiking, either manually or with GPS tracking.
- **Set Goals:** Define measurable objectives, whether aiming for speed improvement, increased distance, or weight loss, with personalized assistance to reach each goal.
- **Audio Experience:** Listen to real-time stats like pace, distance, and time during activities, featuring multiple motivating voices in English. Integration with Apple Music and Spotify is also available.
- **Follow a Plan:** Choose from personalized training plans to establish consistent routines, promoting progress over time.
- **Stay Motivated:** Engage in-app challenges, earn exercise rewards, join virtual running groups, and share achievements with the supportive community.
- **See Progress:** Track and visualize your stats to monitor progress toward your running goals.

Upgrade Your Performance:
- **Runkeeper GO™ Premium Membership:** Unlock advanced features and training plans tailored for various fitness goals, from 5Ks to marathons.
- **Race-Training Plans:** Strategize for upcoming races with personalized training plans designed to enhance strength and speed for race day.
- **Detailed Progress Insights:** Analyze workouts using comprehensive progress insights, comparing performance and utilizing live tracking to closely monitor training sessions.

Sync with Ease
- **Apple Watch Integration:** Track stats without your phone by leveraging seamless Apple Watch integration.
- **Bluetooth Connectivity:** Connect wireless headphones and heart-rate monitors for a hassle-free experience.
- **Fitness Tracker Integration:** Quickly sync with popular fitness trackers like Garmin, Fitbit, and other compatible devices.
- **Apple Health Integration:** Share Runkeeper workout details, including calories, route, and heart rate, with Apple Health. Sync Health measurements to Runkeeper for comprehensive tracking.
- **Partner Apps:** Connect with leading health apps such as Fitbit, MyFitnessPal, and more to streamline your fitness data.

Available Languages:
English, Dutch, French, German, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Swedish
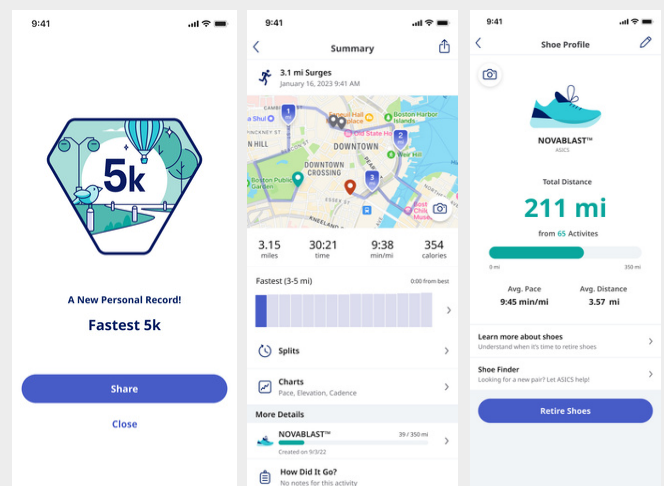

Image source: www.runkeeper.com

PLAYO ®

"The way Playo has made Sports more accessible to enthusiasts (specially Badminton) is commendable. It has brought people interested in sports closer, built communities and has helped them in improving their skills by making it possible for them to play with good players. Of course, the general fitness levels have gone up and stress levels have gone down.
Some usability aspects may be improved (eg: sport specific filters), but once you find your way, this app becomes super simplistic."

Join the world's largest sports community with Playo, connecting millions to the sports they love. Whether you're seeking playmates, venues, expert advice, or gear, Playo is the ultimate app to enhance your game and boost your fitness.

From cricket to Zumba, Playo covers a vast array of sports and activities. Whether you're into mainstream sports or adventurous pursuits like paragliding and water rafting, Playo has you covered.

- Easily connect with nearby players and organize tailored sports activities.
- Access expert advice, fitness programs, and master classes for skill enhancement.
- Explore and book local sports and activity venues with flexible payment options.
- Track your progress, integrate health stats, and earn rewards through the app.
- Receive real-time alerts, host private activities, and manage RSVP counts effortlessly.
- Enjoy exclusive discounts, discover exciting weekend activities, and earn loyalty points.
- Engage with the community through self-help resources and Playo Blogs.
- Access curated content to elevate your game and benefit from Playo's vibrant ecosystem.

https://playo.co/

GET FIT THE FUN WAY

PLAYO
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Local Sports Connection:
- Discover nearby playmates and groups.
- Host pick-up matches, control privacy, and track attendance.

Learning and Growth:
- Access sports-based fitness programs for adults.
- Learn from professionals through virtual and offline interactions.
- Engage in master classes and exclusive expert sessions.

Venue, Gear & Apparel:
- Discover and book sports, fitness, and activity venues nearby.
- Flexible booking options – hourly, session passes, or subscription packages.
- Explore amenities, pricing, reviews, and ratings.

Your Profile:
- Track activity growth and consistency.
- Integrate with HealthKit for real-time health stats.
- Earn Karma (reward) points for app activity.
- Check standings on Leaderboards.

Community Engagement:
- Receive real-time alerts and notifications.
- Engage in private activities with ease.
- Seek advice and access self-help resources.
- Enjoy Playo Blogs for insightful articles.

Exclusive Offers and Discounts:
- Avail exciting discounts and benefits.
- Explore cool weekend activities and local events.

Loyalty and Rewards System:
- Earn loyalty points from select clubs.
- Redeem Karma points against bookings and offers.

Wide Range of Sports and Activities:
- Covering mainstream sports to adventurous pursuits.
- From cricket to Zumba, cater to diverse interests.

Available Languages:
English, Arabic, French, German, Hindi, Hungarian, Lithuanian, Malay, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Traditional Chinese
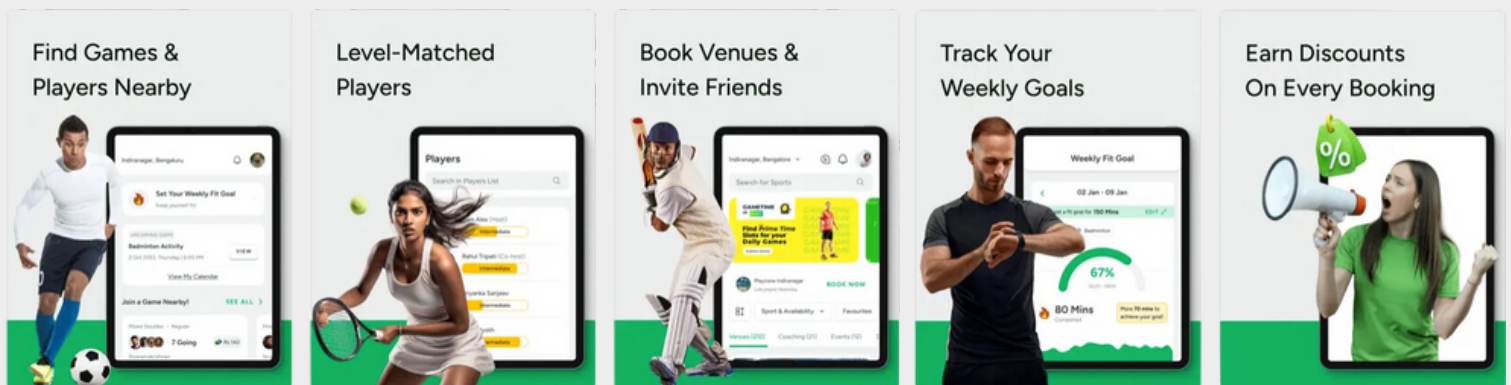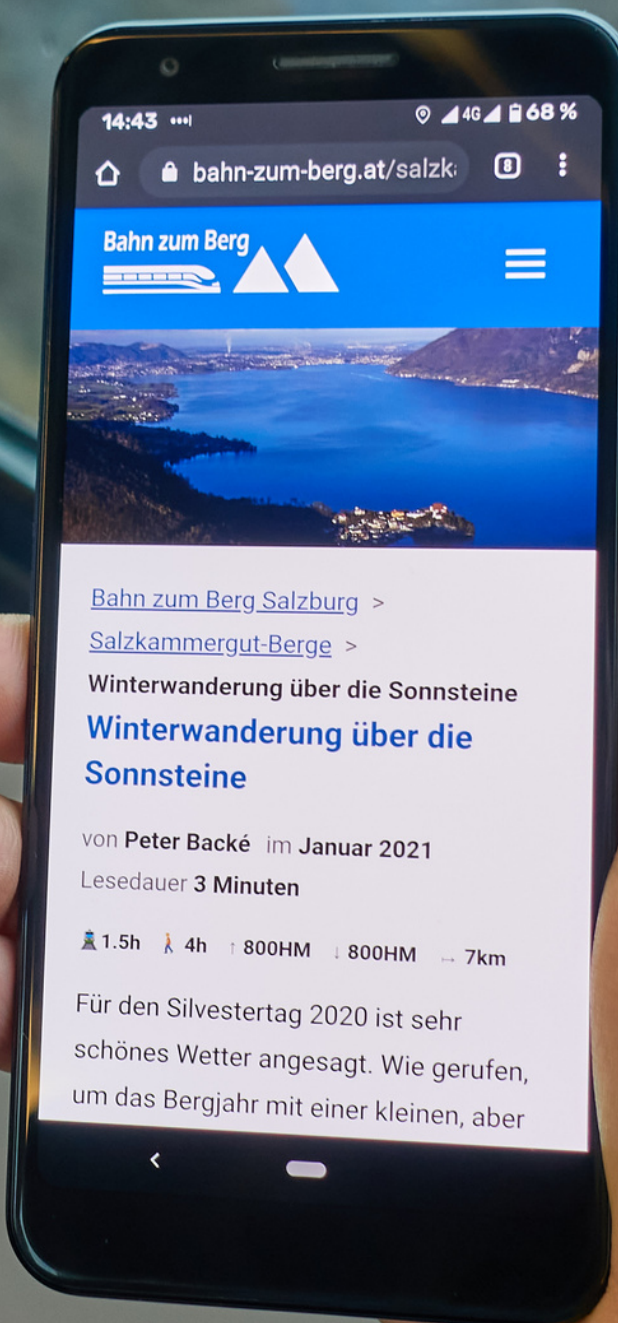

Find Games & Players Nearby

Level-Matched Players

Book Venues & Invite Friends

Track Your Weekly Goals

Earn Discounts On Every Booking

Image source: www.playo.co

Zuugle.at

Zuugle is a specialized search engine designed for hiking enthusiasts who rely on public transport to reach their trailheads. The platform not only provides a comprehensive list of mountain tours but also offers detailed guidance on accessing them using public transportation. Recognizing the common challenge of trails not directly aligning with public transport stops, Zuugle includes walking directions to seamlessly connect users from transit points to the trailhead.

The aim of Zuugle is to make visible all hikes in the Alps that can be reached by train and bus.

Features:
- Public accessibility guaranteed
- Outward & return journey
- Recognized high quality tours
- One-day & multi-day tours

www.zuugle.at
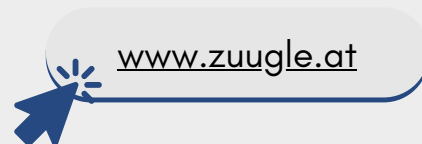
YOU DON'T NEED A CAR TO GET TO NATURE

ZUUGLE
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Search Functionality
Utilize the user-friendly search bar on the homepage, divided into departure location and optional filters such as specific mountain groups, preferred sports, or keywords.

Refined Results
The results page allows users to further tailor their search using filters like arrival time, difficulty level, altitude difference, and more, ensuring personalized hiking options.

Detailed Tour Information
Click on a desired tour to access a comprehensive description, available for download as a PDF, providing valuable insights into the hiking experience.

Available Languages: English, German, Slovenian

Timetable Suggestions
Zuugle offers timetable suggestions for the next 7 days, including the best outward journey and multiple return options, enhancing the planning process.

Flexibility
Users can adjust search parameters to find tours that align with their current preferences, making it easy to discover hikes that suit individual desires.

Timely Information
While Zuugle provides timetable suggestions, users are encouraged to verify their connections with respective operators (e.g., bahn.de, oebb.at) for any unforeseen train cancellations or timetable changes.

Integration with Tour Portals: Conveniently open detailed tour descriptions in new windows through the tour portal, streamlining access to additional information about the selected hiking route.

Image source: www.zuugle.at
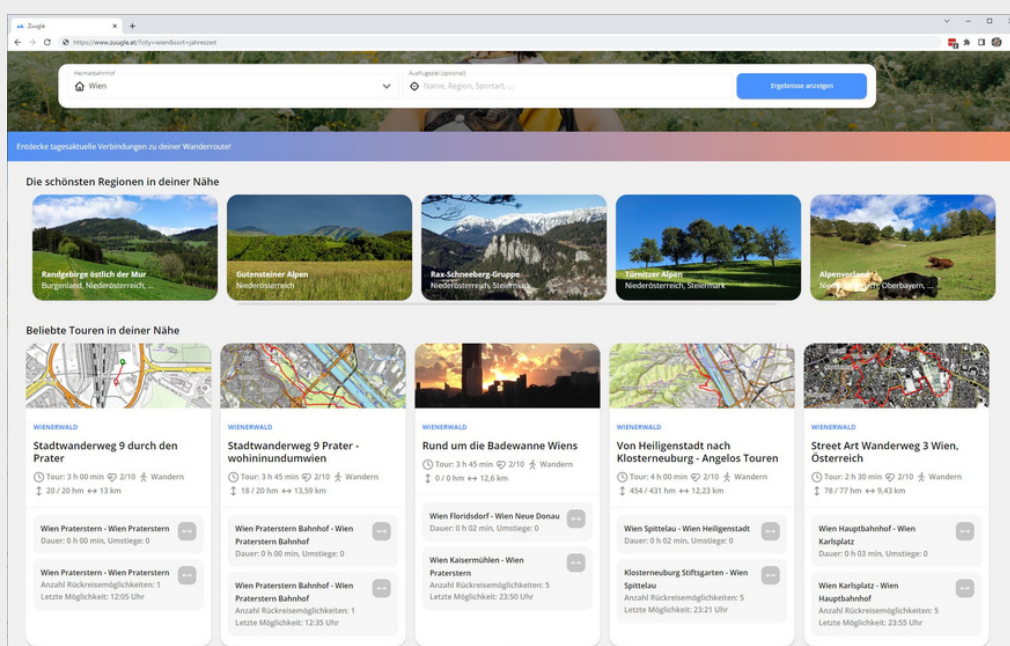
ROCKD

"The best geologist is the one who has seen the most rocks"
Track your progress through the geologic rock record with summary statistics about your checkins

The app is produced by the Macrostrat lab in the Department of Geoscience at the University of Wisconsin – Madison. Support is provided by the National Science Foundation (NSF) and the Dept. of Geoscience.

Immediate entry to over 155 geological maps, featuring direct links to Macrostrat and GeoDeepDive platforms where applicable.

Features:

- The Dashboard provides a consolidated interface with key facts about your location, making it easy to understand the geological context.
- Track your journey through the geologic rock record, recording observations, and receiving spatial suggestions for nearby geological units, time intervals, and fossils.
- Capture the beauty of geological features by taking pictures, rating them, and tagging stratigraphic names, even offline.
- Utilize your phone's compass to record strike and dip, enhancing the precision of your geological observations.
- Search and tag Paleobiology Database taxa, contributing to a rich repository of biological information linked to geological records.

www.rockd.com

LEARN, EXPLORE, AND DOCUMENT YOUR GEOLOGIC WORLD

ROCKD
EDUCATION APP
#GEOLOGY & EARTH SCIENCE EXPLORATION

Geological Mapping Access
Instantly explore over 290 geologic maps, offering comprehensive geological and geographic summaries of your current location via a Dashboard.

Interactive Virtual Globe
Utilize a dynamic 3D virtual globe to visually navigate and explore geological landscapes globally.

Offline Observation Recording
Record your geological observations even offline, tagging features from Macrostrat and the Paleobiology Database.

Spatial Suggestions
Receive location-specific suggestions for nearby geologic units, time intervals, and fossils based on your recorded observations.

Available Languages: English

Comprehensive Data
Access global elevation data, paleogeographic maps, and published literature containing mentions of mapped geologic units through integrated features.

Private Progress Tracking
Track your journey through the geologic record privately or share your geological activities with others through unique URLs.

Scientific Backing
Developed by the Macrostrat lab at the University of Wisconsin - Madison, with support from the National Science Foundation (NSF) and the Department of Geoscience.

Field-Friendly Map Caching
Save maps for field use with the built-in map caching system, ensuring accessibility even without an internet connection.
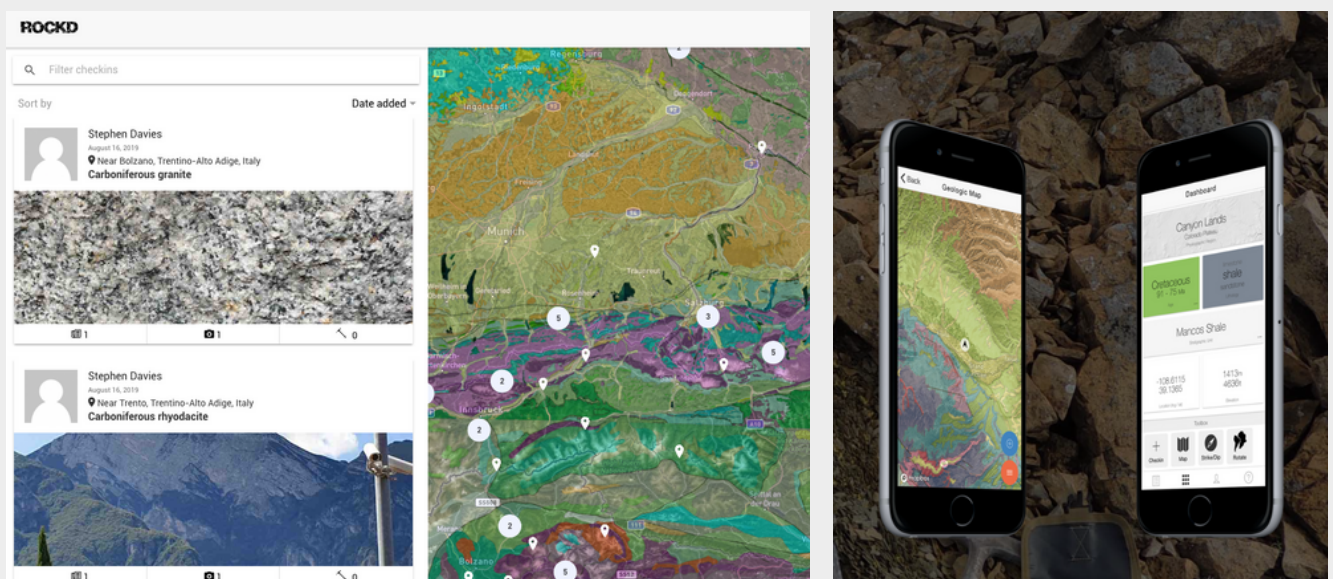
Images source: www.rockd.com

CornellLab
Merlin®

The Merlin Bird ID app is a remarkable tool for bird enthusiasts and professionals alike. Developed by the Cornell Lab of Ornithology, this app leverages the power of machine learning to help users identify birds from photos and sounds. With a global reach, it offers users the ability to look up any bird at any location. The app also features a sightings tracker linked to eBird, a global database of over 1 billion bird observations. Users can contribute their own observations, enhancing the community-contributed content. The app provides customized lists of birds based on your location, making it easier to identify local species.

Features:
- The app helps you identify birds you see and hear.
- It uses machine learning to recognize birds in photos and sounds.
- You can look up any bird at any location in the world.
- The app lets you track your bird sightings.
- It includes expert tips, range maps, photos, and sounds to help you learn about birds.
- You can get customized lists of birds for your location or travel destination.
- The app is available in many languages.
- It allows you to choose bird packs that contain photos, songs, calls, and identification help for anywhere in the world.

www.merlin.allaboutbirds.org/

IDENTIFY THE BIRDS YOU SEE OR HEAR WITH MERLIN BİRD ID

MERLIN BIRD ID BY CORNELL LAB
BOOKS & REFERENCES APPS
#BIRD WATCHING

Bird Identification
Merlin Bird ID helps you identify birds you see and hear. It offers four fun ways to identify birds: answer a few simple questions, upload a photo, record a singing bird, or explore birds in a region.

eBird Powered
The app is powered by eBird, the world's largest database of bird sightings, sounds, and photos.

Machine Learning
Powered by Visipedia, Merlin Sound ID and Photo ID uses deep learning to identify birds in photos and sounds. Merlin learns to recognize bird species based on training sets of millions of photos and sounds collected by birders at eBird.org, archived in the Macaulay Library at the Cornell Lab of Ornithology.

Expert ID Tips
The app provides expert ID tips, range maps, photos, and sounds to help you learn about the birds you spot and build birding skills.

Customized Lists
Provides customized lists of birds to find where you live or travel.

Global Access
Merlin is global—look up any bird at any location.

Sightings Tracker
Keep track of your sightings—linked to eBird, a global database of more than 1 billion bird observations.

Amazing Content
Choose bird packs that contain photos, songs, and calls, and identification help for anywhere in the world, including Mexico, Costa Rica, South America, Europe, Africa, the Middle East, India, Australia, Korea, Japan, China, and more.

Available Languages: English, Afrikaans, Arabic, Danish, French, German, Hebrew, Indonesian, Japanese, Korean, Malayalam, Marathi, Portuguese, Russian, Simplified Chinese, Spanish, Thai, Traditional Chinese, Turkish
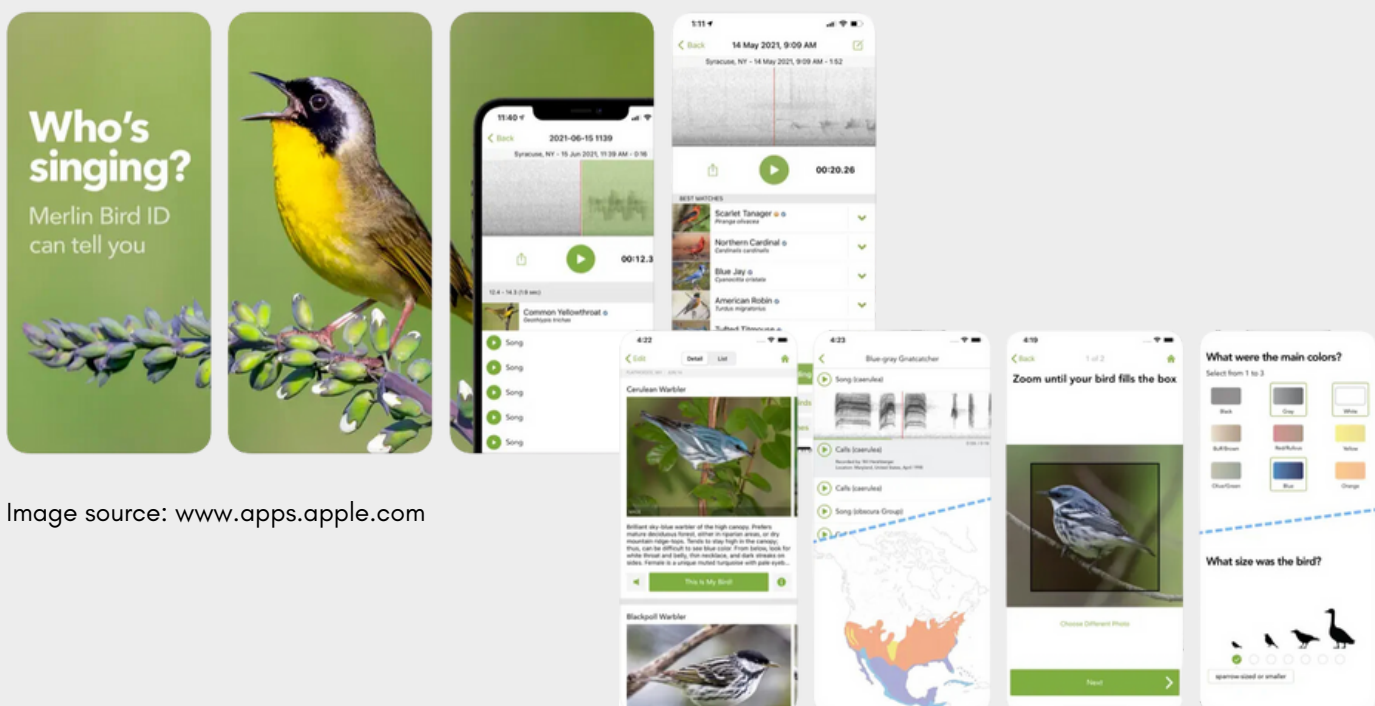
Image source: www.apps.apple.com

Skyview, crafted by Terminal Eleven, is a trailblazing mobile application that emerged from the expertise of engineers Colin Cochran, Maurizio Leo, and Joe Rakolta, who founded the award-winning company in 2009. Specializing in mobile app development for Apple iOS and Google Android platforms, Terminal Eleven gained prominence after clinching the 3rd spot in Education during Google's Android Developer Challenge II with their app Celeste. The team continued their success with the launch of SkyView - Explore the Universe on iOS, receiving international acclaim as Apple App of the Week, App Store Best Of for 2011 and 2012, New York Times Top 10 app of 2011, and TechCrunch Top 20 app of 2011. Terminal Eleven's unwavering commitment lies in making space exploration accessible and exciting for users worldwide through Skylite's captivating and user-friendly interface.

Features:
- Simple: Point your device at the sky to identify galaxies, stars, constellations and satellites (including the ISS and Hubble) passing overhead at your location.
- Sightings: set reminders for celestial events and plan an evening stargazing & spotting satellites.
- Augmented Reality (AR): Use your camera to spot objects in the sky, day or night.
- Sky Paths: Follow the daily sky tracks for the Sun and Moon to see their exact locations in the sky on any date & time.
- Time Travel: Jump to the future or the past and see the sky on different dates and times.
- Social: Capture and share beautiful images with friends and family on social networks.
- Mobile: WiFi is NOT required (does not require a data signal or GPS to function). Take it camping, boating, or even flying!
- Supports Space Navigator™ binoculars, spotting scope, and telescopes.

skyview website

STARGAZING MADE SIMPLE.

SKYVIEW
EDUCATION APPS
#ASTRONOMY & STARGAZİNG

Celestial Object Identification
The app uses your camera to precisely spot and identify celestial objects in the sky, day or night1.

Constellation Finder
You can find all 88 constellations as they fade in and out while you scan across the sky.

Planet Locator
The app allows you to locate every planet in our solar system.

Satellite Tracker
The app enables you to witness satellite fly-bys.

Night Mode
It has a night mode to preserve your night vision with red or green filters.

Augmented Reality (AR)
The app uses augmented reality to spot objects in the sky, day or night.

Available Languages: English

Sky Paths
You can follow the sky track for any object to see its exact location in the sky on any date and time.

Comprehensive Database
The app includes thousands of stars, planets, and satellites with thousands of interesting facts2.

Time Travel
You can jump to the future or the past and see the sky on different dates and times.

Social Sharing
The app allows you to capture and share beautiful images with friends and family on social networks.

Offline Functionality
WiFi is NOT required (does not require a data signal or GPS to function). You can take it camping, boating, or even flying.

Image source: www.apps.apple.com
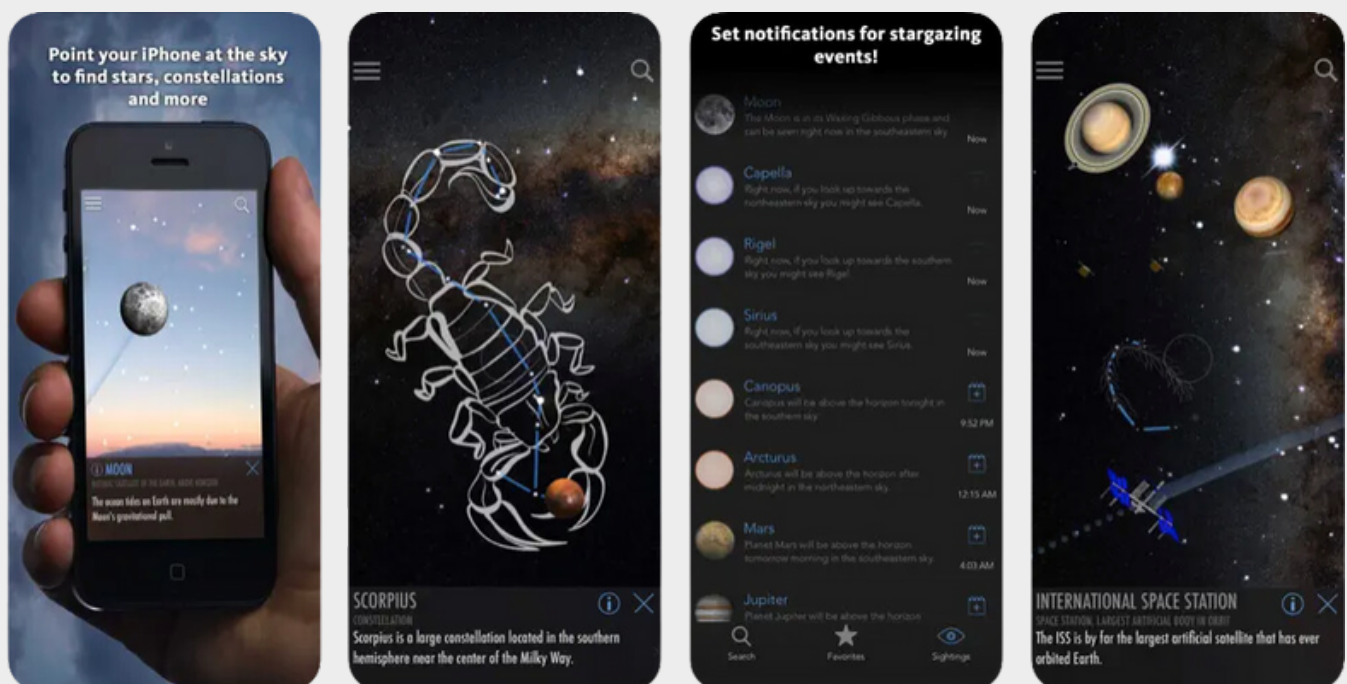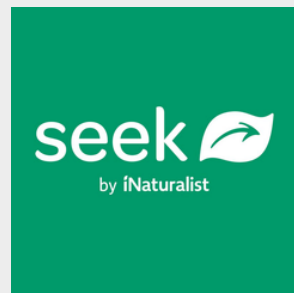
Originating as a Master's project at UC Berkeley in 2008, iNaturalist.org evolved under the continued efforts of Ken-ichi Ueda, Nate Agrin, Jessica Kline, and Sean McGregor. The collaboration expanded with Scott Loarie in 2011, leading to the formation of iNaturalist, LLC. It became an initiative of the California Academy of Sciences in 2014 and a joint initiative with the National Geographic Society in 2017. By 2023, iNaturalist transformed into an independent non-profit organization. Globally, iNaturalist partners with various organizations in the iNaturalist Network for localized experiences and increased impact.

Seek allows curious naturalists of all ages to earn badges and participate in challenges to observe organisms with on-screen identification using computer vision for identifications based on data from iNaturalist.

- Optimal choice for users avoiding account creation or data sharing, especially for nature exploration beginners.
- No login or account creation necessary, ensuring a kid-safe experience for users of all ages.
- Seek's identification model delivers real-time on-screen identifications without requiring data sharing or an internet connection.
- Users aged 13+ or with parental permission can choose to log in with their iNaturalist account through Seek, enabling observation posting.
- No personally identifiable information is collected from users who opt not to log in with their iNaturalist account, prioritizing privacy.

Seek by iNaturalist
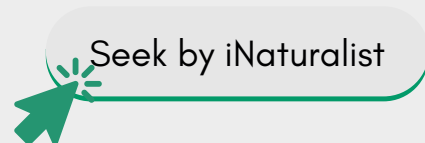
GET OUTSIDE, EXPLORE, AND LEARN ABOUT THE NATURE ALL AROUND YOU!

SEEK
BOOKS & REFERENCES APPS
#REFERENCE

Image Recognition Technology
- Utilize powerful image recognition to identify various plants, animals, and fungi in your surroundings.

Earn Badges
- Earn badges for observing different types of species and participating in challenges, encouraging users to explore and learn.

Learn About Organisms
- Gain insights into wildlife, plants, and fungi as you identify and learn about different organisms in your area.

Family-Friendly Exploration
- Ideal for families seeking to spend quality time exploring nature together and fostering a deeper understanding of the environment.

Kid-Safe Features
- Seek does not require registration and prioritizes user privacy; minimal data is collected, especially if not signed in.

Location Privacy:
- Seek asks for location services but ensures your precise location is obscured to respect privacy while providing relevant species suggestions.

iNaturalist Partnership:
- Leverage image recognition technology based on iNaturalist.org observations, contributing to the iNaturalist community.

Educational Support:
- Seek is part of iNaturalist, a not-for-profit organization, with support from institutions like the California Academy of Sciences, National Geographic Society, and others.

Available Languages:
English, Afrikaans, Arabic, Basque, Bulgarian, Catalan, Croatian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Indonesian, Italian, Japanese, Norwegian Bokmål, Polish, Portuguese, Romanian, Russian, Singhalese, Spanish, Swedish, Traditional Chinese, Turkish, Ukrainian
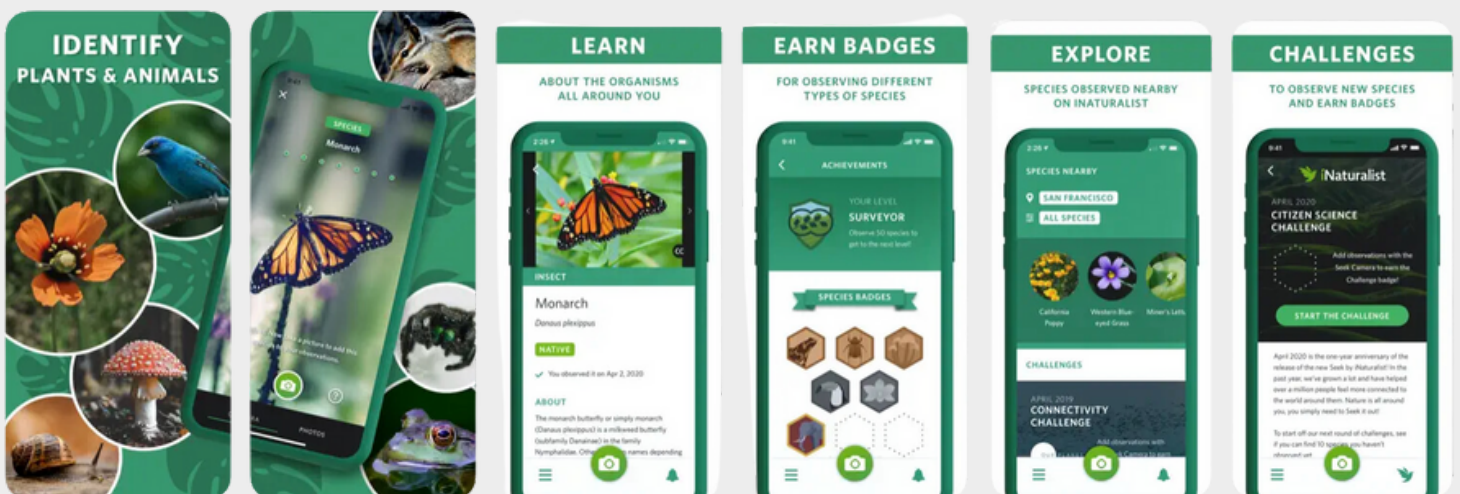
Image source: www.apps.apple.com

komoot

komoot, a widely-used app, serves as a gateway to outdoor exploration for millions of users. Tailored for various enthusiasts, from experienced off-roaders to beginners on road bikes, the app's technology enhances the ability of users to discover, plan, and engage in genuine outdoor experiences.

Founded on a commitment to valuing experiences, komoot acknowledges the significance of life's small moments and takes pride in facilitating global exploration. With leading mobile apps and a flexible operational structure, including remote work options and global team gatherings, komoot prioritizes the user experience, contributing to a transformative approach to exploration.

- Inspiring Adventures
- Tailored Outdoor Experiences
- Discover and Customize
- Detailed Route Analysis and Map
- Offline Maps and Multi-Device Compatibility
- Social Sharing and Community
- Pioneer Club and Ready-Made Inspiration
- Intuitive Navigation and Adventure Log

komoot website
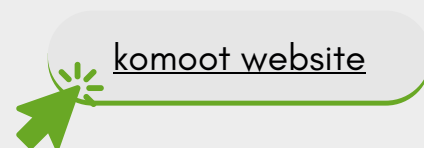
EVERYTHING YOU NEED TO GET OUTSIDE

KOMOOT
ACTIVIY TRACKING APP
#HİKİNG BİKES

Tailored Outdoor Experiences
- Thousands of curated adventures designed for specific explorer types.
- Filter adventures by difficulty, duration, and accessibility via public transport.

Discover and Customize
- Stay informed about latest Highlights, cherished spots within the komoot community.
- Receive personalized recommendations based on favorite activities and exploration preferences.
- Plan routes from scratch using the Tour planner to match your preferred sport-type.

Detailed Route Analysis and Map
- View inch-by-inch surface, way-type, and elevation details during planning.
- Komoot, the only route planner providing this level of detailed analysis.
- Collaborated with experts to deliver a rich topographical breakdown for precise terrain differentiation.
- Clearly distinguishes between hiking paths, singletracks, and paved roads.

Offline Maps and Multi-Device Compatibility
- Download Tours in advance for offline use, ensuring navigation without internet connectivity.
- Pinpoint accurate routing and turn-by-turn navigation during the entire trip.
- Compatible with various devices, including bike computers, e-bike displays, smartwatches, and wearables.
- Track, navigate, and experience adventures seamlessly on your preferred device.

Social Sharing and Community:
- Share unique Tours with friends, inspiring others to embark on similar adventures.
- Log Highlights with photos, creating must-see points for fellow explorers.
- Plan and invite friends to join Tours, fostering a sense of community exploration.
- Connect with Facebook to discover friends already on komoot.

Pioneer Club and Ready-Made Inspiration:
- Join the Pioneer Club by consistently exploring and contributing to the community.
- A home for those with an insatiable taste for adventure.
- Browse personalized adventures tailored to your favorite outdoor sport.
- Access the world's best outdoor tech for building a perfect outdoor experience.

Intuitive Navigation and Adventure Log:
- Turn-by-turn navigation guides you through every twist and turn, even in remote areas.
- Voice-guided navigation designed specifically for outdoor activities.
- Save and share every adventure, creating a log of your outdoor experiences.
- Share your adventures with friends and inspire them to explore more.

Available Languages: English, Dutch, French, German, Italian, Japanese, Korean, Polish, Portuguese, Spanish
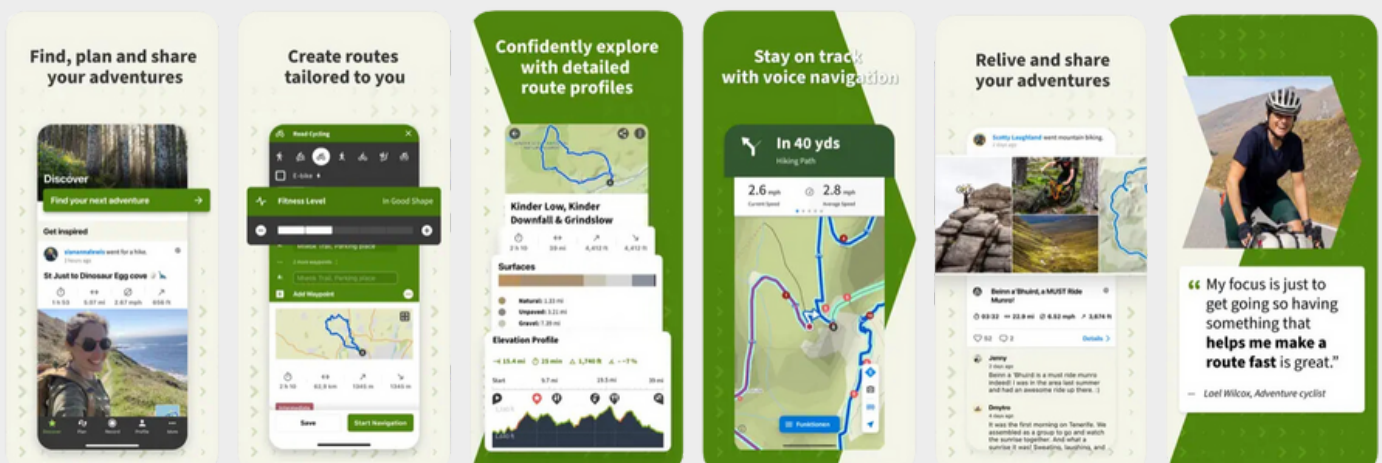

Image source: www.apps.apple.com

⚡TRAILFORKS

Trailforks is a comprehensive trail management system catering to outdoor enthusiasts, trail builders, and various user groups, providing tools for inventory, maintenance, and promotion of trail networks. The Trailforks App leverages this data to offer users a top-notch tool for planning trail experiences, navigation, and safety. Supporting diverse activities like Mountain Biking, Hiking, Snowshoeing, and more, Trailforks thrives on the contributions of users who share their GPS-tracked experiences, creating a crowd-sourced database for the global mountain biking community.

Features:

- Largest global mountain bike trail database with biking-related POIs
- Offline trail maps and quick incremental region updates
- GPS location display for trail navigation
- Record GPS location to create ride tracks
- Trail and route elevation profiles with interactive map scrubbing
- Explore local routes and trail logs from other users
- Automatic trail routing from your location to chosen trailheads
- Sync and view saved plans
- Follow race course routes with colored stages and checkpoints
- Access region and trail info, including routes, photos, and videos
- Use phone compass for map orientation in your facing direction
- Stay informed on trail conditions and closures with status reports
- Submit trail reports and conditions, including issue photos
- Contribute to trail support with 'Trail Karma' donations
- Locate nearby bike shops with quick links for directions or calling
- View popularity-coded trails on the map
- Access the mountain biking heatmap
- Explore custom global topo maps tailored for outdoor trail activities

www.trailforks.com

NEVER GET LOST IN THE WOODS AGAIN!

TRAILFORKS
ACTIVIY TRACKING APP
#HIKING & BIKES

Comprehensive Trail Management
- One-stop solution for outdoor enthusiasts, trail builders, government, and tourism.
- Tools for inventory, maintenance, and promotion of trail networks and tourism destinations.

Trail Reporting & Supporters
- Core feature enabling fast and flexible trail reporting.
- Provides trail status updates, ground condition information, and allows users to log work done on trails.
- Supports local trail associations through sponsorships for funding maintenance and construction.

Events & Backcountry Skiing
- Offers free tools for event management, including an events calendar and virtual events.
- Allows embedding course maps, displaying routes on the Trailforks app, and high-resolution prints.
- Expands beyond mountain biking, catering to backcountry skiing with dedicated features.

Route Planning & Recording
- Versatile and flexible route planner for biking, hiking, and outdoor sports.
- Allows auto-routing, freehand drawing, GPX uploading, and custom map creation with turn-by-turn directions.
- Records rides with navigational benefits, providing access to detailed trail information.
- Automatically generates Ridelogs for instant viewing and use.

Trail Funding & Garmin Integration
- Supports local cycling communities, contributing to trail mapping projects.
- Promotes businesses as supporters of trail maintenance, safety, and local economy boosters.
- Integrates with Garmin Edge devices for a custom MTB map and features.
- Free Trailforks app available for supported Garmin devices, offering downloadable custom basemaps.

Available Languages: English, Czech, Dutch, French, German, Hebrew, Hungarian, Italian, Japanese, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish

Activities:

Mountain Bike: Trails: 535,521

E-Bike: Trails: 265,784

Gravel Bike

Adaptive Bike

Winter Fat Bike

Horse: Trails: 62,348

Hike: Trails: 533,169

Trail Running: Trails: 523,618

Dirtbike/Moto: Trails: 26,321

Observed Trials: Trails: 4,543

ATV/ORV/OHV: Trails: 14,986

Snowmobile: Trails: 8,405

Snowshoe: Trails: 58,711

Downhill Ski: Trails: 34,581

Backcountry Ski: Trails: 26,317

Nordic Ski: Trails: 54,602

DISCOVER THE BEST TRAILS

BIKE HIKE SKI MOTO

350,000+ curated and trusted trails

20,000+ routes to discover

LOCAL KNOWLEDGE
check trail conditions

RECORD & SHARE
your adventures

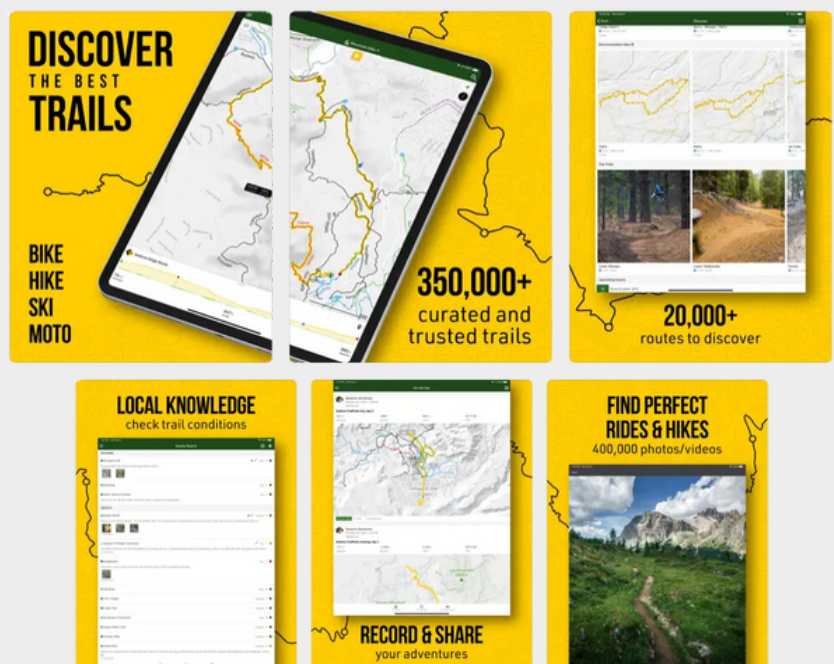FIND PERFECT RIDES & HIKES
400,000 photos/videos

Image source: www.apps.apple.com

Ski Tracker is an app designed for snow enthusiasts, catering to both skiers and snowboarders. It tracks your winter sports activities, measuring maximum speed, distance, and marking slopes on the map. Whether you enjoy skiing or snowboarding, this application provides comprehensive statistical data for your winter adventures.

Features:
- Winter Sports Tracking: Monitor your skiing or snowboarding activities with detailed statistics.
- Maximum Speed Measurement: Track and record your maximum speed on the slopes.
- Distance Tracking: Measure the distance covered during your winter sports adventures.
- Slope Mapping: Mark and visualize slopes on the map for a comprehensive overview.
- Statistical Insights: Access detailed statistical data about your skiing or snowboarding activities.
- User-Friendly Interface: Enjoy an intuitive and easy-to-use interface for seamless navigation.
- Comprehensive Map Integration: Benefit from a well-integrated map feature to enhance your winter sports experience.
- Versatile App: Suitable for both skiers and snowboarders, catering to a wide range of winter sports enthusiasts.
- Activity History: Keep a record of your winter sports history for future reference and improvement.
- Real-time Tracking: Experience real-time tracking of your movements and performance on the snow

skitracker website
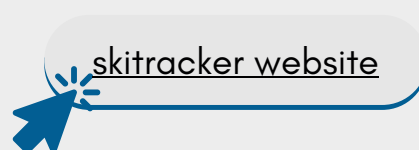
YOUR NEXT ADVENTURE AWAITS

SKI TRACKER
ACTIVIY TRACKING APP
#SKI

Easy to Use
The app is user-friendly and doesn't require username creation or email sign up. Just open the app on your phone, and let it run in the background while you enjoy your activities.

View Your Runs
The app allows you to visually recap every run on the map. The tracks are color-coded based on speed. Ski lifts are not tracked, reducing map clutter. It also offers customizable track color schemes.

Track Your Stats
The app tracks your max speed, total vertical, total distance, and calories burned. You can view these stats on your Apple Watch and home screen widget. It also allows you to filter stats by individual run, day, season, or "all-time".

Backup to iCloud & Share
The app automatically backs up data to iCloud. It allows you to share data between devices and with friends and family.

NOAA Snow Forecast
The app provides a 7-day NOAA snow forecast (available for U.S. states/territories). You can tap on the map for an elevation-specific forecast. It also provides an hourly weather forecast for your favorite ski resorts.

Other Great Features
The app automatically detects ski/snowboard motion. It offers an option to pause tracking and easily delete erroneous data.

Optimized for Low Battery Usage
The app is optimized for low battery usage. If you keep your phone warm, use airplane mode, and start with a full battery, the app has the potential to last the entire day with battery to spare.
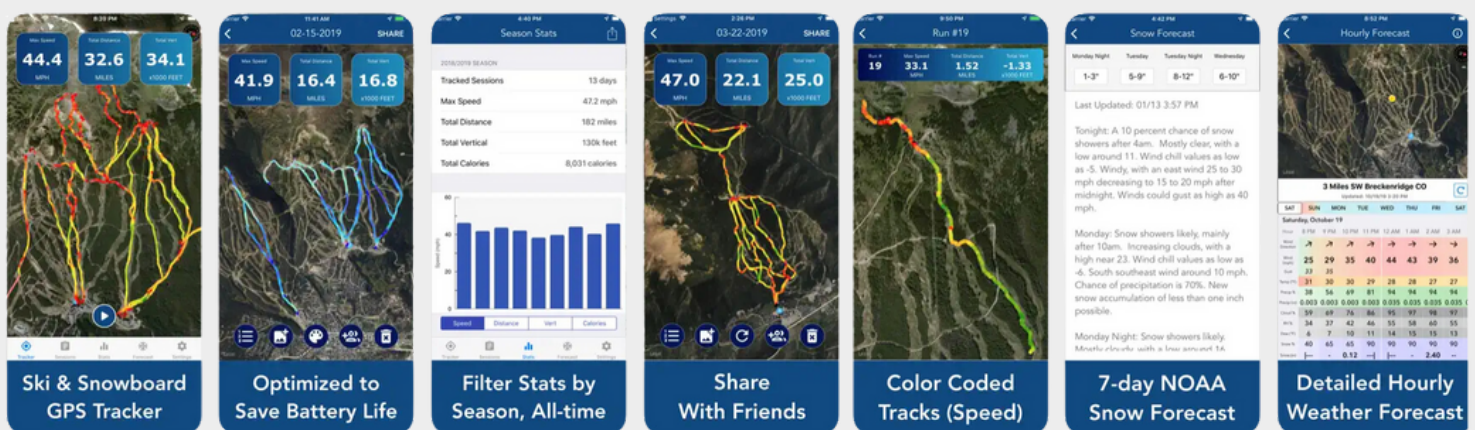
Available Languages: English, French, Portuguese

Image source: www.apps.apple.com

Image source: wwwmapmyrun.com

MAPMYRUN

Elevate your running experience with this comprehensive tracking and training app designed for runners of all levels. Packed with features and tools, the app offers customizable training plans, personalized coaching tips, and a vibrant community of over 60 million athletes. Whether you're a beginner or a seasoned runner, stay motivated to achieve your fitness goals with real-time audio coaching, route tracking, and integration with various wearables. Named a Top 10 App for Runners and featured in prominent publications, this app is your go-to companion for a healthier, more inspired running journey.

Features:
- Comprehensive Tracking: Log over 600+ activities, including running, cycling, gym workouts, and yoga, with real-time GPS tracking and audio coaching.
- Wearable Integration: Connect with Apple Watch, Under Armour connected shoes, Garmin, and more for a premium tracking experience.
- Community Support: Join a community of 60 million athletes, staying inspired and motivated in your pursuit of health and fitness.
- Personalized Coaching: Receive personalized coaching tips and customizable voice updates on pace, distance, and elevation.
- Premium MVP Features: Unlock advanced tools with a Premium membership, including Live Tracking, personalized training plans, and heart rate zone monitoring.
- Training Plans: Set and achieve weight loss or distance goals with dynamic training plans that adapt to your fitness level.
- Nutrition Monitoring: Connect with MyFitnessPal to track your calorie intake and burn for a comprehensive fitness overview.
- Subscription Options: Opt for a Premium MVP subscription for enhanced features, with monthly and yearly payment options available.

mapmyrun website

REACH YOUR BEST

MAP MY RUN
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Personalized Training Plans
- Customizable training plans for runners of all levels.
- Tailored coaching tips to enhance your running experience.
- Dynamic plans that adapt to your fitness level and goals.

Healthy at Home Resources
- Access free at-home fitness resources.
- Workout routines designed by UA Performance Specialists.
- Custom running plans to stay active and motivated.
- Participate in the Healthy at Home Challenge and contribute to a charitable cause.

Connectivity with Apps and Wearables
- Compatibility with Under Armour connected shoes for advanced metrics.
- HOVR™ Infinite recognized as one of the Best Wearable Tech of 2019.
- Sync with Google Fit, Garmin, Fitbit, Suunto, and more.
- Real-time progress updates through visual, haptic, and audio cues.
- Integration with MyFitnessPal for comprehensive nutrition insights.

Tracking and Mapping Workouts
- Extensive selection of activities, including running, cycling, gym workouts, and yoga.
- Real-time audio coaching for key stats like pace, distance, and duration.
- Explore and save routes, share with the community, and discover new paths.

Community Engagement
- Activity Feed to connect with friends and fellow athletes.
- Share workouts on social networks.
- Participate in challenges, compete on leaderboards, and win prizes.

MVP Premium Features:
- Live Tracking for real-time location sharing.
- Personalized Training Plans dynamically adapting to your fitness level.
- Audio Coaching for specific run goals, including pace, cadence, distance, and more.

Available Languages: English, Danish, French, German, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Traditional Chinese
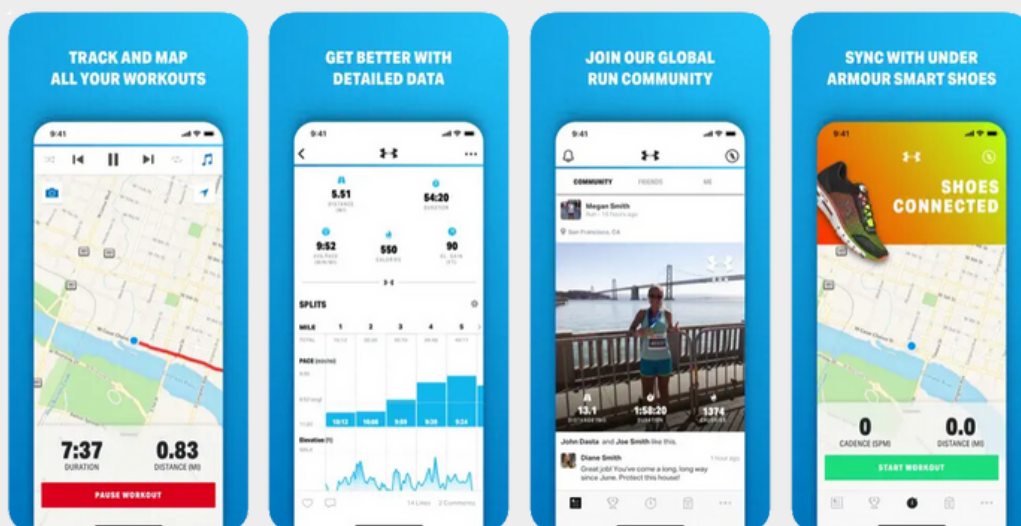

Image source: www.apps.apple.com

C25K YOUR 5K TRAINER

"C25K is easy to use, as you would hope for a beginner app." - New York Times

"Daily programs that alternate between short bursts of walking and running until you're ready to go the distance." - Forbes

C25K® stands out as the most beginner-friendly program, guiding individuals from sedentary lifestyles to 5K distance runners within just 8 weeks. Join over 5 million success stories! Specifically designed for first-time runners, our program has empowered millions to achieve their goals.

Features:
- Convenient audio coach and alerts
- Map your run at the end of your workout!
- Exclusive partners with MyFitnessPal!
- Light and dark modes
- Listen to your own favorite music and playlists while you train
- Integrated with Facebook, Twitter, and Instagram
- Access to our forums with thousands of veterans and newcomers starting the app. Join the community and meet other runners!

WearOS Features
- Easily access C25K app using Tile
- Use watch face Complication to see the number of completed workouts

www.c25kfree.com

TAILORED TO FIRST TIME RUNNERS

C25K® 5K RUN TRAINER & COACH
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Convenient Audio Coach and Alerts: The application delivers audio coaching and alerts to assist you during your runs.

Mapping Your Run: After completing your workout, you can visually review your progress by mapping your run.

Music and Playlist Integration: Enjoy your preferred music and playlists while training with the app.

Social Media Integration: The app seamlessly integrates with Facebook, Twitter, and Instagram, enabling you to share your progress with friends and family.

Community Access: Gain entry to forums with a diverse community, including both seasoned veterans and newcomers starting their fitness journey.

Zen Unlimited Pass: This pass includes music curated by top DJs, scientifically proven to boost motivation, and grants unlimited access to all pro features across ALL Zen Labs Fitness apps.

Health App Integration: The app seamlessly integrates with the Health app, consolidating all your health data in one location.

Program Structure: The program is designed to alternate between brief intervals of walking and running until you're prepared to cover longer distances. It follows a modest and realistic workout schedule.

Battery Optimization: The app is optimized for minimal battery usage.
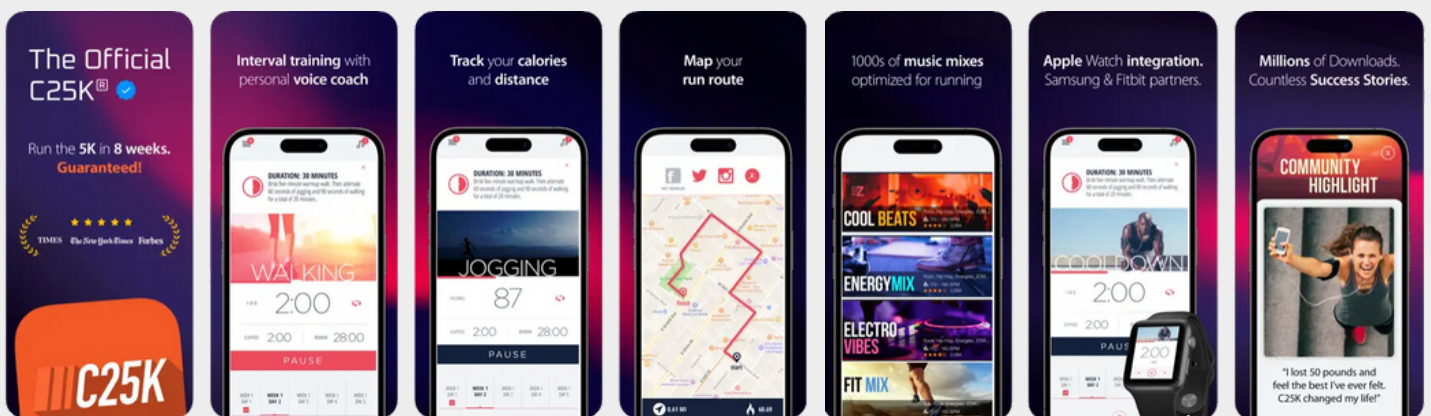
Available Languages: English

Image source: www.apps.apple.com

NTC

"Getting in shape can be a challenge, so making exercise fun and engaging is crucial to staying on the right track. This Nike fitness app features a polished collection of visual workouts, hosted by celebrity athletes like Serena Williams. It's equally effective at home or at the gym. While each lesson can be taken on its own, Nike Training Club also features monthlong structured programs that'll help you achieve even better results."
– Apple Editor's Note

Nike Training Club (NTC), where fitness transcends expectation. Born from a vision to empower individuals on their wellness journeys, NTC stands as a comprehensive fitness app, providing access to over 100 strength training, cardio, mobility, and yoga workouts. More than a brand-boosting endeavor, NTC embodies Nike's commitment to offering quality fitness solutions. Accessible on Android and iOS, this app delivers a transformative fitness experience, seamlessly blending audio guidance and demo videos. Join us in embracing a holistic approach to well-being, sculpting not just bodies but lifestyles. Best of all, NTC is free—an invaluable resource for those seeking a dynamic and accessible path to a healthier, more vibrant life.

Features:
- Versatile Workouts:
- Holistic Wellness:
- On-Demand Workouts:
- Health and Fitness Tools:
- Motivation and Inspiration:

[website]

ALL YOUR ACTIVITIES COUNT

Health & Fitness Tools: Wellness & Nutrition
- Beyond physical training, explore mindfulness, movement, nutrition, rest, and connection.
- Gain access to real stories about real food, wellness Q&As, guided meditations, and more.

Holistic Wellness Hub:
- Achieve wellness goals with the Nike Well Collective, offering home workouts, mindfulness exercises, and expert knowledge.

Diverse Workout Options:
- Access 300+ varied workouts, including home workouts, yoga, mindfulness, strength training, high-intensity training, meditations, and total body fitness.

Sport & Wellbeing Classes:
- Engage in Sport & Wellbeing classes designed to keep you going, supported by expert tools like a fitness diary, activity tracker, and scheduling.

Home Workouts for All
- Catering to all fitness levels, enjoy bodyweight workouts, cardio, yoga, and more.
- Easily perform workouts at home with minimal to no equipment.

Workout On Demand
- Access Trainer-led Video On Demand (VOD) workouts for strength and confidence.
- Engage in Programs led by Nike Trainers, fitting seamlessly into busy lifestyles.
- Enjoy Video On Demand Premiere Workouts featuring special athletes and musical guests.

Fitness Diary and Activity Tracker
- Monitor progress with a fitness diary and activity tracker.
- Track workouts for every body part, with new routines introduced weekly.

Available Languages: English, Arabic, Dutch, French, German, Indonesian, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Thai, Traditional Chinese, Turkish
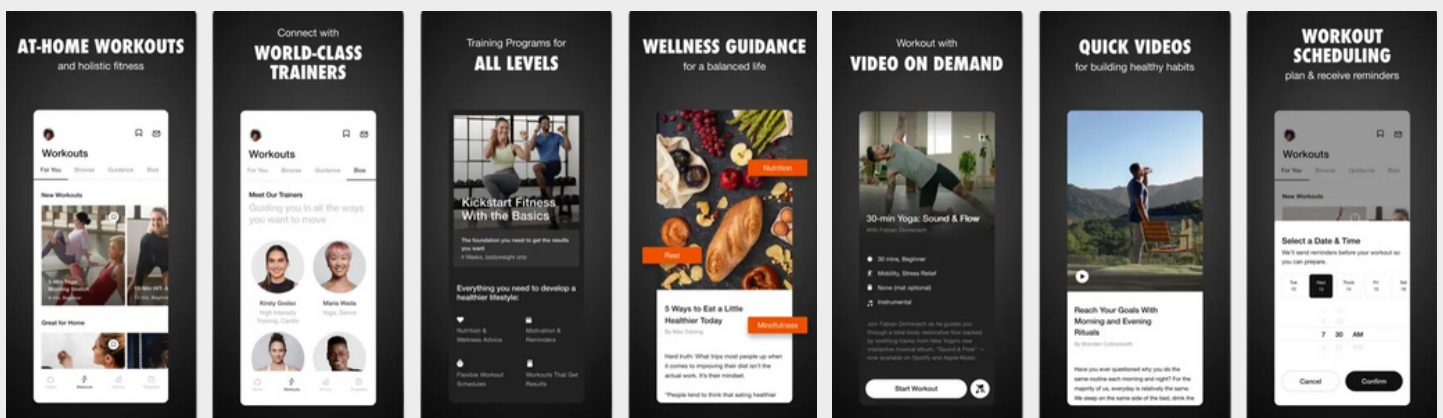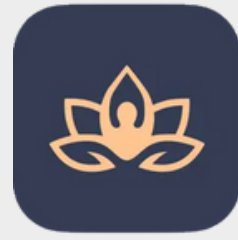
Image source: www.apps.apple.com

"I've been using this app for a few years now and so far it is really helped me in regards of my mental health or really getting a good stretch after a workout. I don't use the premium so in regards to the features that are available to me I'm still able to fulfill the calories that I want to burn or the stretches that I like to do after a workout or just simple cardio on days or I just wanna be indoors but also still exercise. The app records information about your progress."

Discover a holistic approach to enhance your physical and mental well-being with **Yoga for Beginners**. This app offers customized yoga programs aimed at improving flexibility, balance, and strength, while addressing stress and anxiety. Featuring handcrafted workouts, voice guidance, and beginner-friendly sessions, the app provides a convenient and accessible platform for users of all levels to practice yoga anytime, anywhere. With expert instructors and personalized options, Yoga for Beginners serves as a valuable resource for those seeking a comprehensive and objective wellness experience.

Features:
- Handcrafted workouts to get you started on your yoga journey.
- Soothing voice guidance and music that will help clear your mind.
- Beginner friendly yoga workouts that are easy to learn and perform.
- Workout anytime, anywhere. A yoga studio right in your pocket.
- Build and customize your own personal yoga workouts.
- Apple Health integration to track workouts, calories and weight.

website

TAKE CONTROL OF YOUR HEALTH AND PRACTICE YOGA WITH US EVERYDAY!

Relaxation and Stress Relief

Yoga is an excellent method for relaxation and stress relief. This app is the perfect companion to help you embark on your yoga journey.

Customized Workouts

The app offers handcrafted workouts tailored to kickstart your yoga journey.

Guidance and Music

Experience soothing voice guidance and music that aids in clearing your mind.

Beginner-Friendly

The app provides beginner-friendly yoga workouts that are easy to learn and perform.

Workout Anytime, Anywhere

Enjoy the convenience of a yoga studio right in your pocket, allowing you to workout anytime, anywhere.

Personalized Yoga Workouts

You have the ability to build and customize your own personal yoga workouts.

Apple Health Integration

The app integrates with Apple Health to track your workouts, calories, and weight.

Daily Yoga Practice

Take control of your health and practice yoga with us every day.

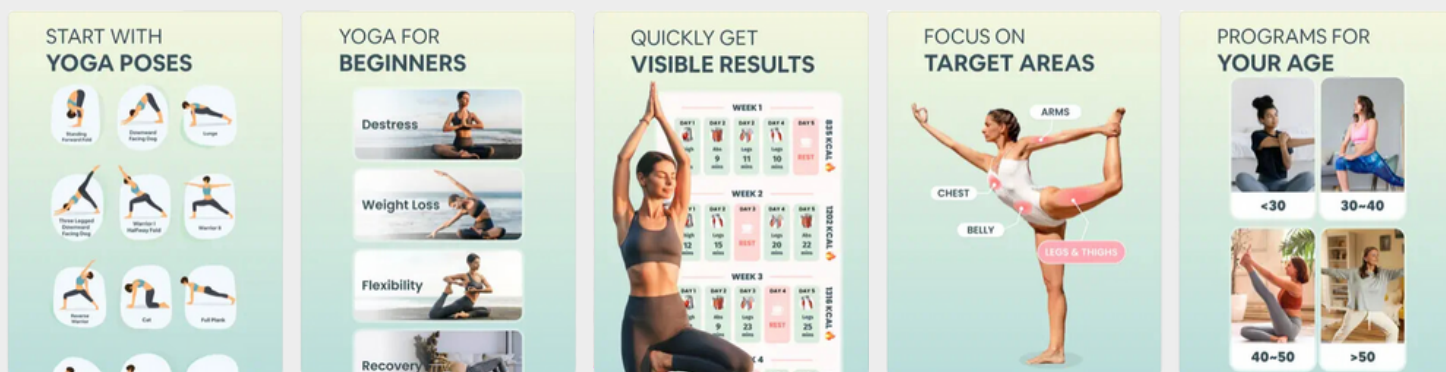**Available Languages:** English, Dutch, German, Portuguese, Spanish

Image source: www.apps.apple.com

"The MySwimPro app gives you all the guidance that any swimmer would really need. I've never seen anything like this. It is so sophisticated it has a personal coaching algorithm that recommends training intervals to each individual swimmer."
-Cody Miller, Olympic Gold Medalist

MySwimPro, founded in 2014, has been a leading force in supporting swimmers globally, with award-winning mobile and wearable apps utilized in over 150 countries. The app addresses the prevalent challenge of solo training, providing industry-leading guidance, workouts, and support to swimmers who often lack access to professional coaching. Committed to global impact, MySwimPro actively supports organizations dedicated to water safety, aiming to empower individuals worldwide to learn to swim, gain water confidence, and achieve their aquatic goals.

Features:
- Personalized daily Workouts
- Pool & open water Training Plans
- Priority Support
- Detailed tracking &Analytics

www.myswimpro.com

MEET YOUR NEW SWIM COACH

MYSWIMPRO
TRAINING PLANS APP
#HEALTH & FITNESS

Personalized Workouts & Plans
- Receive daily workouts and engage in training plans personalized to your unique goals for both pool and open water.

Priority Support & Analytics
- Benefit from priority support and track your progress with detailed analytics, ensuring a comprehensive view of your swim data.

Become a Stronger Swimmer
- Access personalized training intervals, a technique video library, and connect with a motivational community for all levels.

Apple Watch Integration
- Utilize the MySwimPro Apple Watch app for comprehensive tracking, guided workouts, and seamless synchronization.

MySwimPro Coach Unlocks
- Unlock personalized training plans, daily customized workouts, an extensive workout library, detailed analytics, and more with MySwimPro Coach.

Free Version Benefits
- Start your training plan, track and log swims, earn achievement badges, and connect with friends, all in the free version.

Available Languages:
- English, French, German, Italian, Portuguese, Russian, Spanish, Turkish, Ukrainian
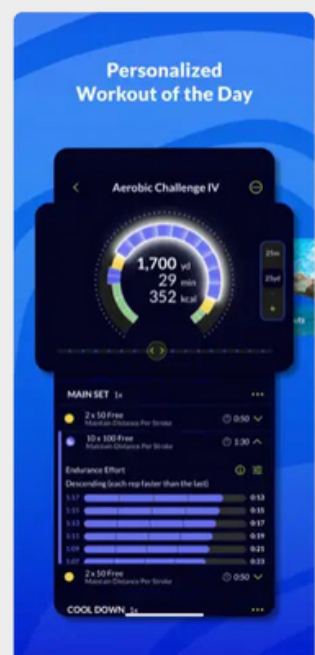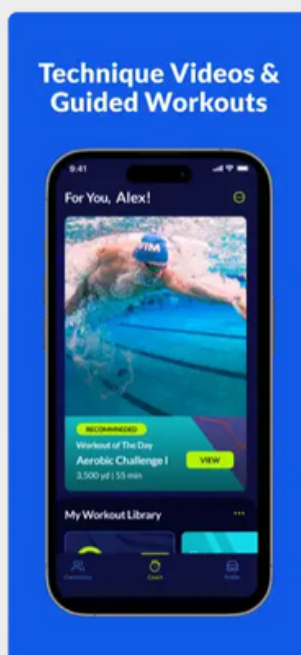
Image source: www.apps.apple.com

"I am so grateful to create more roots into nature. Duncan was an amazing and authentic guide who helped me tap deeper into the senses to take on all the glory nature gives. I learned a lot about my own relationship and reciprocity with nature and myself within the web of life and death. It couldn't have come at a better time as nature grounded me during all these changes with the pandemic. I love the way I got to connect to others who also share love for nature. It was deep and intimate despite it being an app."
– User comment on the
Forest Bathing - **Nature Connection** App.

The Forest Bathing LifeApp offers guided forest bathing sessions and mindfulness exercises. The app also includes features for tracking your progress and sharing your experiences with a community of like-minded individuals. It's designed to help users connect with nature and improve their overall wellbeing.

Features:
- The Forest Bathing Life Drop-In Sessions
- 6-Week Forest Bathing Experience
- Nature Sound Library
- 30-Day Sit Spot Celebration
- Guided forest bathing walks
- Virtual Group Circles
- Guided sit spots
- Inner Nature meditation audios
- Community board messaging
- Track your nature-calm feelings daily
- Virtual LIVE forest bathing walks

<u>website</u>
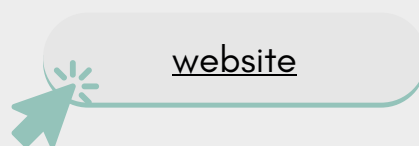
A NATURE & FOREST THERAPY GUIDE IN YOUR POCKET

FOREST BATHING
WELLNESS AND NATURE CONNECTION APP
#HEALTH & FITNESS

Transformative Practice
Integrate the transformative practice of Forest Bathing into your life. The app helps you prioritize this practice above all other distractions that come in this busy modern life.

Connection to Nature
The app is designed to help you connect to nature while taking care of your wellbeing and combating feelings of stress and anxiety. It aims to guide you to create a different routine, a different way of seeing and interacting with the world that is new but deeply familiar.

Programs
The app includes programs like The Forest Bathing Life Drop-In Sessions, 6-Week Forest Bathing Experience, Nature Sound Library, and 30-Day Sit Spot Celebration.

Experienced Guidance
With 8 years of experience and having helped over 1,500 people around the world with developing an understanding and practice of forest bathing, the app is designed to deepen your relationship to the natural world by establishing and integrating the practice of Forest Bathing into your daily life.

Features
The app provides guided forest bathing walks, virtual group circles, guided sit spots, inner nature meditation audios, community board messaging, and the ability to track your nature-calm feelings daily. It also offers virtual LIVE forest bathing walks

Available Languages:
English

Image source: www.apps.apple.com
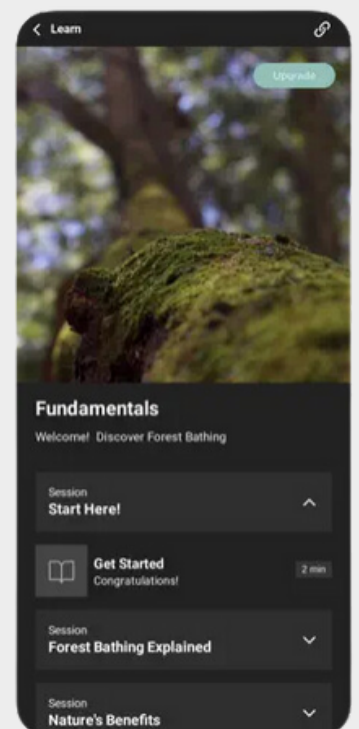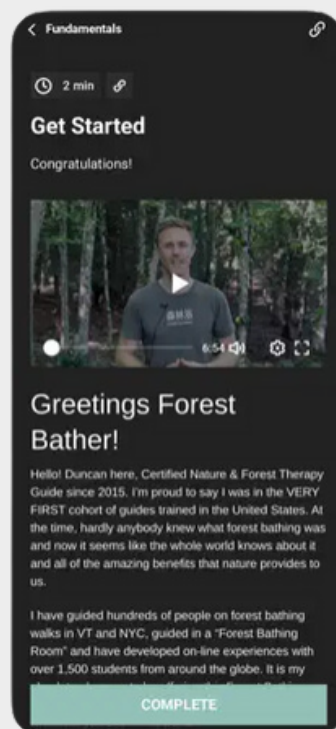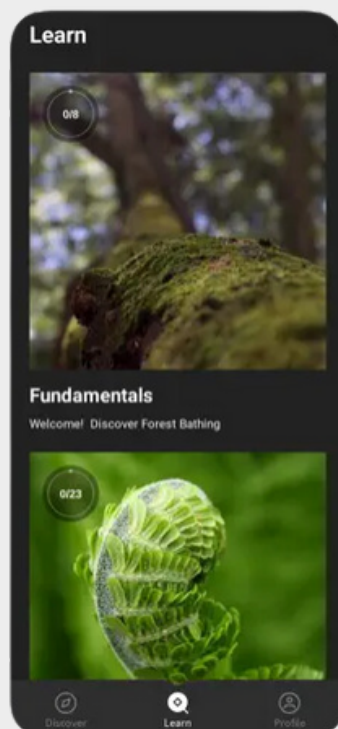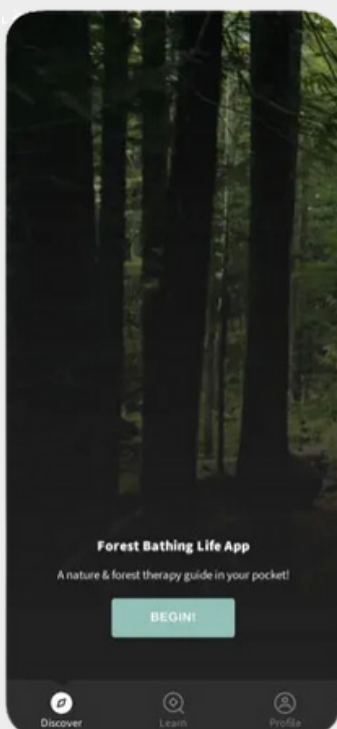
naviki

Naviki is the comprehensive bicycle app. It offers worldwide best route planning for bicycles and an impressive documentation of your cycling activities.

For everyday, leisure, mountain bike and racing bike Naviki provides ideal connections between any start and destination, it immediately shows your routes on a map and navigates to your target by spoken navigation instructions and arrows on the displayed map. Naviki easily records your own trips and synchronises them with www.naviki.org. The result is an impressive personal collection of routes. Simple and practical

Features:
- Plan high-quality routes everywhere, spontaneously and tailored to your needs
- Navigate comfortably, discovering shortcuts and hidden routes you will only find with Naviki
- Record your cycling activities and view them on an impressive personal heatmap
- Find out how many kilometres you cycle over time and how much money and CO_2 you save
- Increase your motivation for cycling with self-defined successes
- Access your planned and cycled routes via app and here at naviki.org
- Start immediately for free, with no need to decide on specific regions and no need to purchase anything

www.naviki.org

DISCOVER THE FULL POTENTIAL OF BICYCLE MOBILITY

NAVIKI
ROUTE PLANNING APPS
#HEALTH & FITNESS

Route Planning and Navigation
- World-wide best route planning for bicycles.
- Customized routes for everyday, leisure, mountain bike, and racing bike.
- Turn-by-turn navigation with spoken instructions.
- Automatic route recalculation if deviation occurs.
- Smart destinations for efficient route creation.

Activity Tracking and Analysis:
- Documentation and tracking of cycling activities.
- Graphic representation of cycling activities over different time periods.
- Personal heatmaps for visualizing cycling routes.
- Statistics on calories burned, money saved, and CO2 avoided.
- Planning and tracking individual successes in cycling.

Available Languages:
- Turkish, German, Arabic, Basque, Danish, Finnish, French, Dutch, Catalan, Polish, Lithuanian, Hungarian, Portuguese, Czech, English, Spanish, Swedish, Italian.

Diverse Routing Categories
- Everyday Routing: Prefers minor roads, bicycle lanes, and short, straight routes.
- Leisure Routing: Focuses on signposted cycle tracks and a nice natural environment.
- Mountain Bike Routing: Tailored for MTB experiences with unsealed surfaces and trails.
- Racing Bike Routing: Designed for fast trips with sealed and smooth surfaces.
- S-Pedelec Routing: Tailored routes for fast e-bikes on roads allowing power-driven vehicles.

Mapping and Visualization
- High-quality maps for cycling with different styles to choose from.
- Highlighting official lanes for cycling and touristic bike routes on the map.
- Height profile for all routes, including highest and lowest points.
- Speed profile against time and distance for recorded routes.
- Points of Interest integration for enhanced route planning.

Image source: www.apps.apple.com
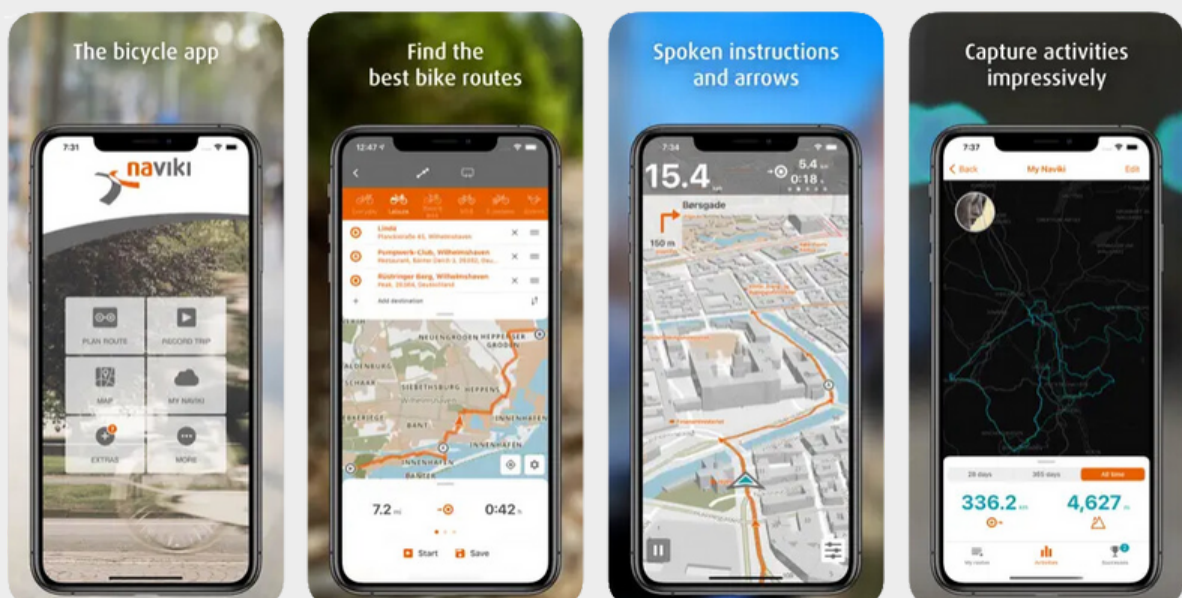
⊠ KAYA

In 2019, KAYA originated from a climbing trip where frustrated boulderers, now KAYA founders, sought better resources for climbs and beta. This frustration led to the idea of creating an all-in-one climbing platform. Over time, KAYA has evolved into a comprehensive product that serves the climbing community and adds value for climbers. With continuous growth, KAYA has partnered with over 300 climbing gyms, including well-known ones like Movement, Momentum, and Touchstone. In September 2022, KAYA expanded into outdoor climbing by launching its first digital guidebook in Joe's Valley, followed by the release of many more for areas such as Red Rock, Leavenworth, and Stone Fort.*

Features:

- Guided Climbing Experience
- Progress Tracking and Logging
- Community and Connection
- Competitive Engagement
- Continuous Improvement

www.kayaclimb.com
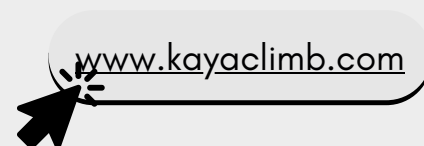
Although this app currently lacks locations in Europe, we've included this sample to serve as inspiration for potential expansion and development within the European context.

GO ON,
YOU
CAN DO IT!

KAYA
ACTIVIY TRACKING APP
#HEALTH & FITNESS

Guided Climbing Experience
- All-in-one climbing guide with consolidated data and beta.
- Enhanced outdoor climbing with verified GPS coordinates and interactive topos.
- Official KAYA Guides for classic climbing areas are available offline.

Progress Tracking and Logging
- Superior logging experience with videos, ascents, comments, and star ratings.
- Extensive database covering thousands of gyms and climbing areas.
- Seamless transfer of logbook data from other apps or websites.

Community and Connection
- Community-focused design with buddy notifications and in-app messenger.
- Stay connected with climbing buddies and receive gym notifications.

Competitive Engagement
- Participate in KAYA Challenges for motivation.
- Compete globally or locally against friends in climbing competitions.

Continuous Improvement
- Ongoing development and improvements to enhance the climbing experience.
- Receive update notifications to stay current with the latest features.
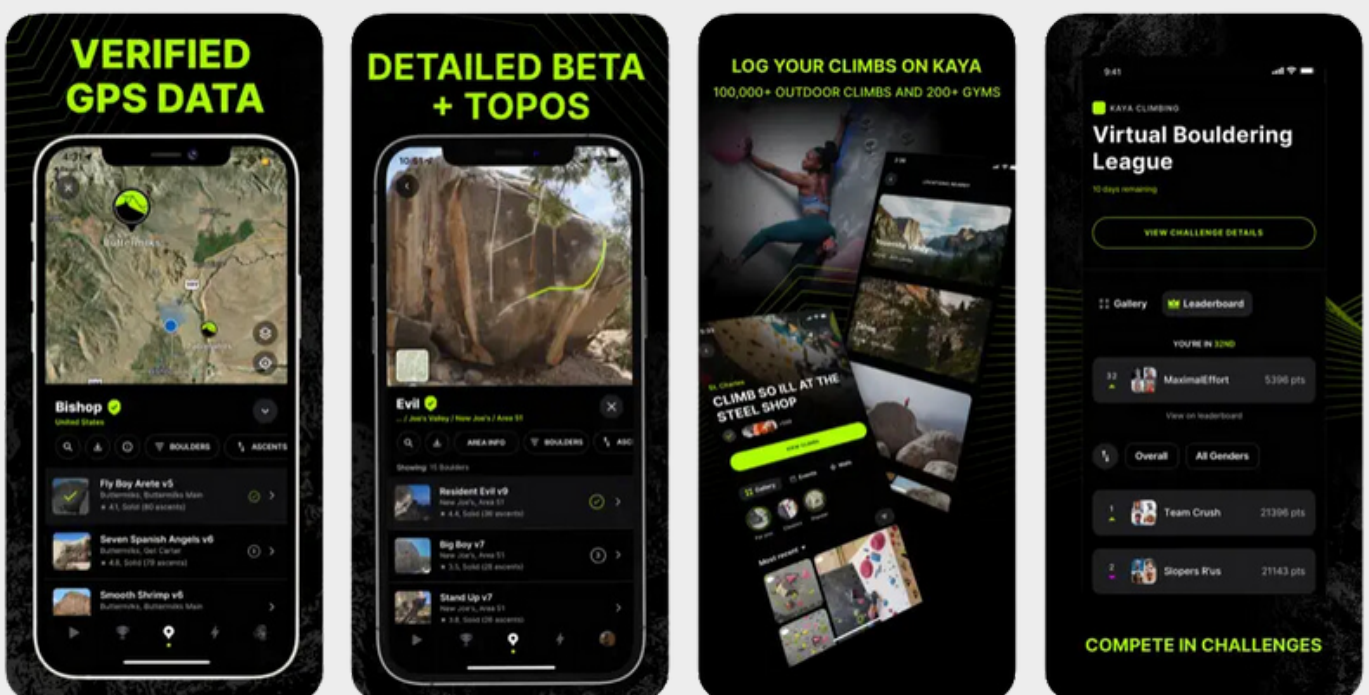
Available Languages: English

Image source: www.apps.apple.com

WorkOutDoors is a comprehensive workout app designed specifically for Apple Watch, offering fully functional vector maps and over 600 configurable metrics. It supports a wide range of outdoor activities such as running, hiking, and cycling, and provides advanced features like interval schedules, alerts, target pace, rolling pace, splits, auto-pause, and zones for heart rates, pace, and power. The app also allows for data customization and screen layouts, making it a highly versatile tool for tracking and enhancing your outdoor workouts

Features:
- Fully Functional Vector Maps
- Configurable Metrics
- Multiple Data Screens
- Advanced Workout Features
- Configurable Heart Rate, Pace and Power Zones
- Target Pace/Speed
- Rolling Pace Fields
- Shortcut Gestures
- Activity Types
- Workout Analysis
- Export and Upload
- Unique Vector Maps
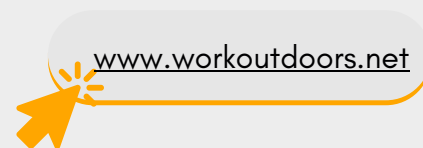
www.workoutdoors.net

WORKOUTDOORS

Activity Configuration and Monitoring

- 42 activity types, covering various indoor and outdoor workouts.
- Configurable screens with 600+ metrics for personalized tracking.
- Save workouts to Apple Health and export to Strava.

Metric and Zone Configuration

- Customizable alerts, gesture-associated actions.
- Auto-pause, target pace, and detailed analysis options.

Map and Navigation

- Offline map caching, topographic vector maps.
- Breadcrumb trail, GPX route integration, gradient-based route coloring.
- Alerts for route deviations, compass orientation.

Distance and Compass Features

- Global map coverage with scale for distance measurement.
- Waypoints, compass orientation, distance to start display.

Compatibility and Accessibility:

- Always-on Display (AoD) support.
- Compatible with Apple Watch Series 3+, no need for iPhone.
- Accessibility to watchOS 9 running metrics on recent models.

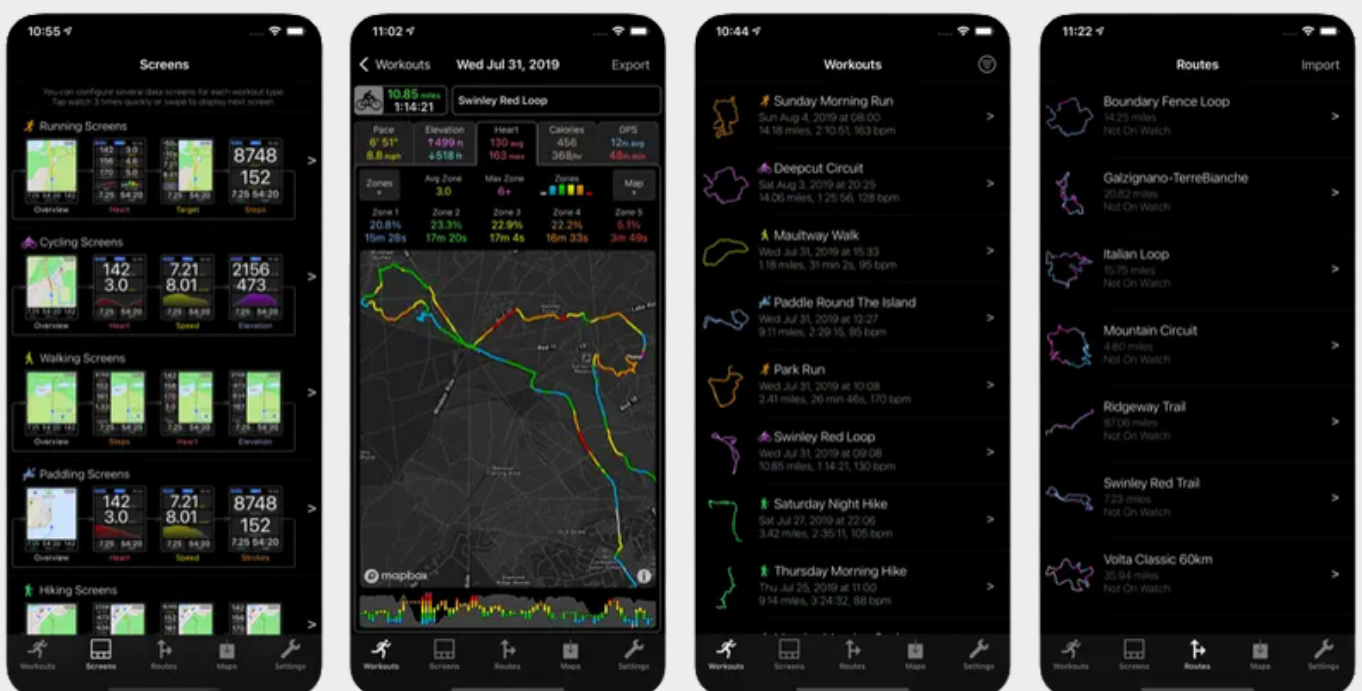## Available Languages:

- English

Image source: www.apps.apple.com

7️⃣ Seven

"Making a pledge to get fit is easy, but finding the time to actually move our bodies is hard. Seven's bite-size workouts don't require a gym membership or special equipment. Best of all, we can launch these satisfying mini-routines right from Apple Watch—it's like having a rah-rah personal trainer right on our wrist."
-Editor's choice

Seven's 7-minute workouts are based on scientific studies to provide maximum benefits in minimal time. The app offers personalized workout plans tailored to individual fitness goals, whether it's getting fit, losing weight, or gaining strength. Users can set their goals and fitness levels, allowing Seven to guide them through effective training sessions.

Features:
- Personalized Workout Plans: Get faster results with plans adapted to your fitness level.
- Extensive Exercise Library: Access over 200 exercises for more varied training.
- Certified Personal Trainer Support: Receive exclusive guidance and support.

https://seven.app/

SMALL HABITS LEAD TO BIG CHANGES.

SEVEN: 7 MINUTE WORKOUT
WORKOUT PLANNING APP
#HEALTH & FITNESS

Workout Accessibility
- Work out anywhere, anytime, without the need for equipment.

Motivational Engagement
- Form a workout habit with daily challenges.
- Compete with friends for encouragement and support.

Achievement and Progress
- Earn achievements from novice to athlete by diversifying your routine.

Customization and Enjoyment
- Create personalized workouts based on your needs and preferences.
- Enjoy diverse workouts with instructors like the Drill Sergeant and Cheerleader.

JOIN THE 7 CLUB Exclusive Features
- Receive faster results with personalized workout plans.
- Access over 200 exercises for varied training.
- Exclusive support and guidance from a certified personal trainer.
- Easy subscription management through iTunes Account.
- Optional permissions for health app integration, notifications, contacts, and photos/camera customization.

Available Languages:
- English, French, German, Italian, Portuguese, Russian, Simplified Chinese, Spanish
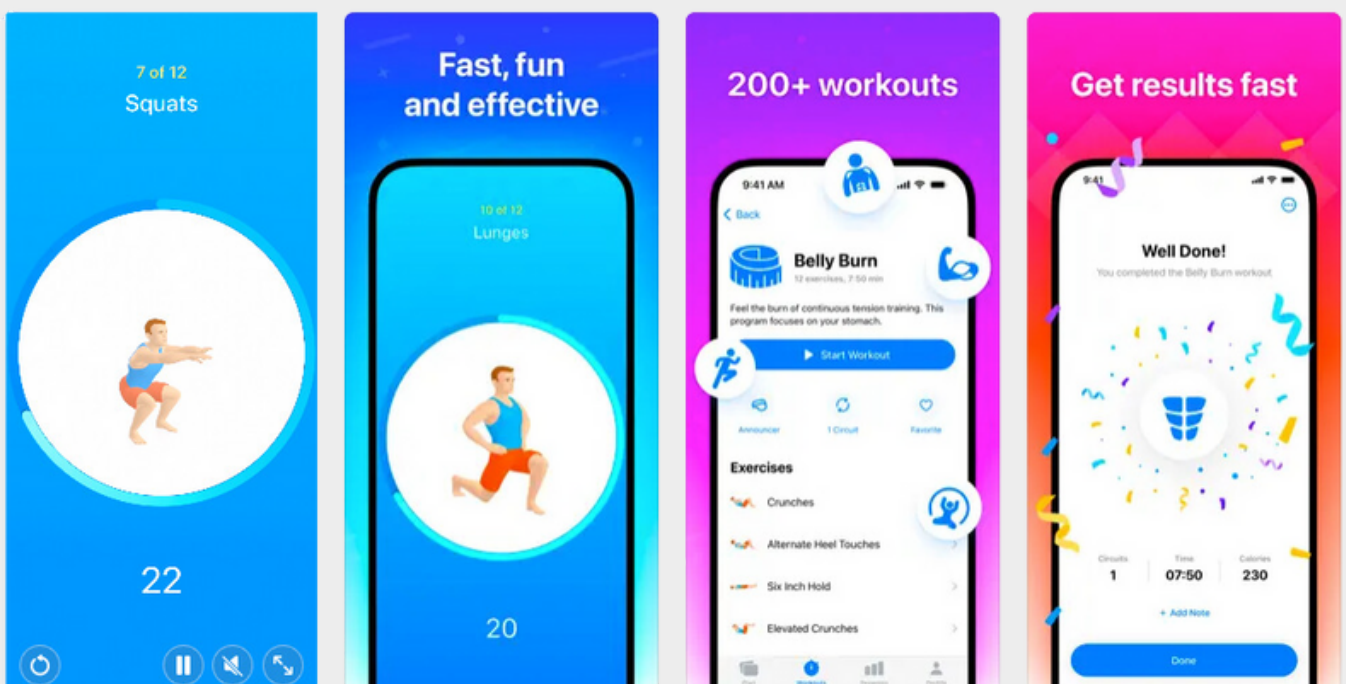
Image source: www.apps.apple.com

TRAIN EFFECTIVE

This football (soccer) training app, **Train Effective: Footbal,** is compiled of over 150 soccer drills, soccer training sessions, workouts and soccer programs from perfecting your passing & dribbling skills to reaching your peak fitness level. This app allows its users to become a smarter soccer player through tactical sessions delivered by premier league analysts, Increase mental strength through our mentality training sessions taught by professional athletes & experts, Plan & schedule soccer training, 365 days of the year.

Technique
- Improve your technical abilities and elevate your overall skill set.
- Hone your control, dribbling, passing, and shooting techniques.
- Strive to become the best player you can possibly be.

Tactics
- Gain a deep tactical understanding to play at a professional level.
- Learn how to make strategic and effective decisions on the field.
- Develop your game intelligence and elevate your overall gameplay.

Fitness
- Increase your physical strength, enhancing your on-field performance.
- Boost endurance, speed, and explosiveness for a competitive edge.
- Tailor your fitness routine to meet the specific demands of football.

Mentality
- Strengthen your confidence and resilience both on and off the pitch.
- Cultivate mental toughness to face challenges and setbacks.
- Develop the winning mindset crucial for success in football.

website

THE APP THAT TURNS YOU INTO A PRO-LEVEL SOCCER PLAYER

TRAIN EFFECTIVE: FOOTBAL
WORKOUT PLANNING APP
#SPORTS

Comprehensive Training Content
- Over 150 football drills, training sessions, workouts, and programs.
- Covering all aspects of player development: technique, tactical knowledge, fitness, and mentality.
- Suitable for players of every level, from beginners to football academy players.
- Regular updates with new content to ensure access to the latest and best training drills.

Expertly Crafted by Licensed Coaches & Premier League Analysts
- Football training created by UEFA licensed coaches and Premier League experts.
- Professional insights and strategies embedded in the drills and sessions.
- Game Brain performance analysis tool for a step-by-step understanding of professional players' decisions and tactics.
- Tactical sessions delivered by Premier League analysts to help users think and play like professionals.

Available Languages:
- English, French, German, Italian, Portuguese, Russian, Simplified Chinese, Spanish

Mentality Training with Insights from Professional Athletes
- Mentality training sessions featuring insights from football stars like Rio Ferdinand and other world-class athletes.
- Classroom-style episodes covering self-belief, motivation, injury management, discipline, and more.
- Training on mental skills to give users an edge over their competition.
- Guidance from experienced athletes to help users progress towards their best selves and football goals.

Smart Planning and Tracking:
- User-friendly tracker for planning and scheduling football training sessions 365 days a year.
- Easy selection of preferred sessions, workouts, or programs.
- Accountability features to track progress and improvement.
- Designed to enhance football skills through systematic and personalized planning.

On-Demand Access and Convenience:
- Democratising access to pro football training by making it available on-demand.
- Accessible anytime, right from the user's pocket via the mobile app.
- Allows players to experience professional academy-like training at home.
- Wide variety of skills and drills catering to diverse user needs and goals.
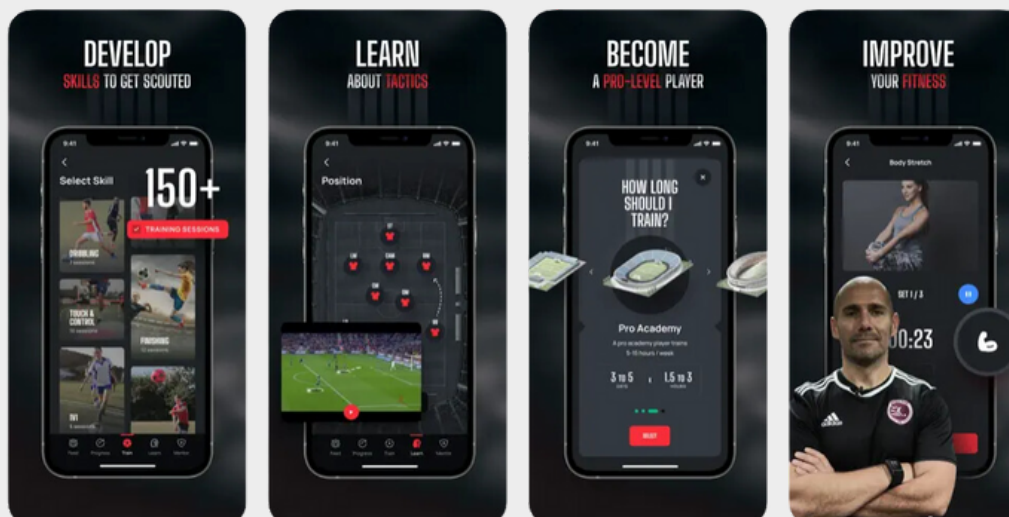
Image source: www.apps.apple.com

Users can explore and discover Pokémon wherever they are! They can catch more Pokémon to complete their Pokédex! Journey alongside your Buddy Pokémon to help make your Pokémon stronger and earn rewards! Users can compete in epic Gym battles, team up, and unite with other Trainers to catch powerful Pokémon during Raid Battles!

Features:

- AR Adventure & Online RPG: Pokémon GO is an epic AR adventure and online RPG.
- Explore and Discover: Uncover the world of Pokémon and discover Pokémon wherever you are.
- Catch More Pokémon: The app encourages users to catch more Pokémon to complete their Pokédex.
- Buddy Pokémon: Journey alongside your Buddy Pokémon to help make your Pokémon stronger and earn rewards.
- Gym Battles: Compete in epic Gym battles.
- Raid Battles: Team up with other Trainers to catch powerful Pokémon during Raid Battles.
- Adventure Sync: With the player's permission, Adventure Sync uses the Health app to enable the player to earn walking distance when the app is closed.
- Regular Updates: The app is regularly updated with new events and features.

website

CATCH YOUR FAVORITE POKÉMON

POKÉMON GO
AR GAME APP
#GAMES

Augmented Reality Gaming

- Pokémon GO is an augmented reality (AR) game that combines gaming with the real world.
- The game uses location tracking and mapping technology to create an 'augmented reality' where players catch and train Pokémon characters in real locations.

Exploration and Discovery

- Players can uncover the world of Pokémon and discover Pokémon wherever they are.
- The app encourages players to catch more Pokémon to complete their Pokédex.

Available Languages:

- English, French, German, Hindi, Indonesian, Italian, Japanese, Korean, Portuguese, Russian, Spanish, Thai, Traditional Chinese, Turkish

Training and Battles

- Players can journey alongside their Buddy Pokémon to help make their Pokémon stronger and earn rewards.
- The app features epic Gym battles and allows teaming up with other Trainers to catch powerful Pokémon during Raid Battles.

Adventure Sync

- With the player's permission, Adventure Sync uses the Health app to enable the player to earn walking distance when the app is closed.
- Regular Updates and Community Events:
- The app is regularly updated with new events and features.
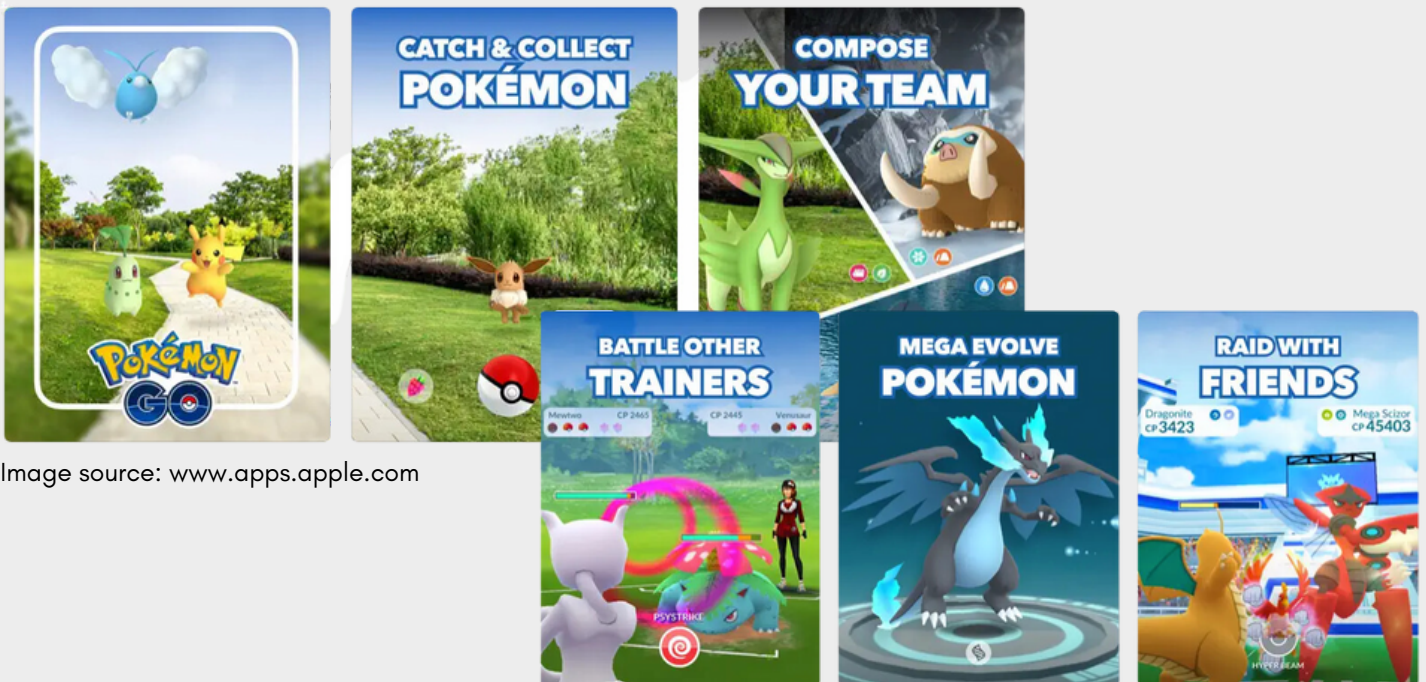- Players can join memorable community day events.

Image source: www.apps.apple.com

STRATEGIES FOR ENGAGING YOUTH

This section provides strategies on how to effectively engage young people, especially those with fewer opportunities, and how to involve parents in these activities.

Engaging young people in outdoor activities through digital tools can be a challenging yet rewarding task. The following strategies aim to maximize engagement, especially for those with fewer opportunities:

Leverage Interests: Align the activities with the interests of the youth. If they are interested in gaming, try to incorporate elements of gamification in the outdoor activities. If they love social media, encourage them to document their outdoor experiences and share them online.

Incentivize Participation: Rewards and recognition can motivate youth to participate. Consider setting up challenges or competitions where they can earn badges, points, or other rewards for their involvement.

Provide Mentorship: Pairing young people with mentors who can guide and support them can foster greater engagement. Mentors could be older peers, educators, or outdoor enthusiasts.

Promote Collaboration: Encourage group activities that require teamwork. This can make the experience more enjoyable and promote a sense of belonging.

Ensure Accessibility: Make sure that the activities are accessible to all, regardless of their physical abilities, socio-economic status, or geographical location. This may involve providing necessary equipment, transportation, or financial support.

Involve Parents: Engaging parents can enhance youth participation. Provide parents with information about the benefits of outdoor activities and practical ways they can support their children's involvement.

Feedback and Improvement: Regularly seek feedback from the youth and make necessary improvements. This shows them that their opinions are valued and helps in improving the program.

Safety First: Always prioritize safety. Make sure the activities are safe and the apps respect privacy and data security.

Remember, the key to successful engagement is to make the activities fun, relevant, and meaningful for the young people.

CONCLUSION

In the culmination of our guidebook, we witness the culmination of the Digital Outdoor Sports (DISPO) Project – a transformative initiative meticulously designed to inspire and reconnect the youth, aged between 13–19, with the great outdoors. In an age dominated by screens, DISPO leverages the power of digital tools to not only mitigate the adverse effects of increased screen-time but also to enhance the positive aspects of technology, forging a harmonious relationship between the digital realm and nature.

The key thrust of this guidebook has been to illuminate the role of various digital applications that serve as catalysts in this paradigm shift. These apps, ranging from fitness trackers like Strava and Runkeeper to educational platforms like Seek App and Merlin Bird ID, have proven instrumental in promoting outdoor activities and fostering eco-literacy among the young demographic.

Main Points Recap:

1. **Holistic Approach:** DISPO takes a holistic approach, recognizing the pressing need to balance digital engagement with outdoor experiences. This initiative understands that technology can be a powerful ally in steering the youth back towards nature.

2. **Diverse Application Ecosystem:** The guidebook delves into a diverse ecosystem of applications catering to different interests and preferences. Whether it's fitness, bird-watching, hiking, or stargazing, these apps serve as companions, seamlessly integrating technology into various outdoor pursuits.

3. **Educational Reinforcement:** Apps like Seek and Merlin Bird ID not only encourage exploration but also serve as educational tools, instilling a sense of eco-literacy by providing valuable insights into the natural world. This knowledge forms the bedrock of a sustainable and informed relationship with the environment.

4. **Community Building:** Platforms like Strava, Playo, and Trailforks foster a sense of community, transforming outdoor activities into shared experiences. This communal aspect not only enhances the enjoyment of these activities but also acts as a motivational force for young individuals.

5. **Health and Well-being:** The fitness-oriented apps, such as Nike Training Club and MySwimPro, contribute to the overall well-being of the users. Physical fitness is seamlessly intertwined with outdoor engagement, reinforcing the idea that a healthy lifestyle is synonymous with an active, nature-centric one.

Emphasizing the Importance:

In the grand tapestry of DISPO, these applications emerge as pivotal threads, weaving together a narrative of engagement, education, and empowerment. The significance lies not only in their individual functionalities but in their collective power to shape a generation that values and cherishes the natural world. These apps are not just tools; they are enablers of a lifestyle that bridges the digital and the natural, demonstrating that the two need not be at odds but can coexist harmoniously.

As we conclude this guidebook, we envision a future where the youth, armed with digital tools and a newfound appreciation for nature, embark on journeys of self-discovery and environmental stewardship. The DISPO Project, fueled by these applications, stands as a beacon of hope, guiding young individuals towards a future where screens enhance outdoor experiences and where eco-literacy becomes second nature.

In essence, the guidebook paints a vivid picture of a world where the Digital Outdoor Sports Project, coupled with these transformative apps, doesn't just reconnect the youth with nature but shapes a generation that actively contributes to the preservation and celebration of our planet.

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