Outside, together.

Your guide to getting started with Foulevo.

Find an outing, plan the route and meet new people. On foot, at your own pace.



A chapter for every plan.

A specific question? Go straight to the right page.

Click a chapter to open it. Each page explains an action and shows where to find it in the app.

Interactive contents

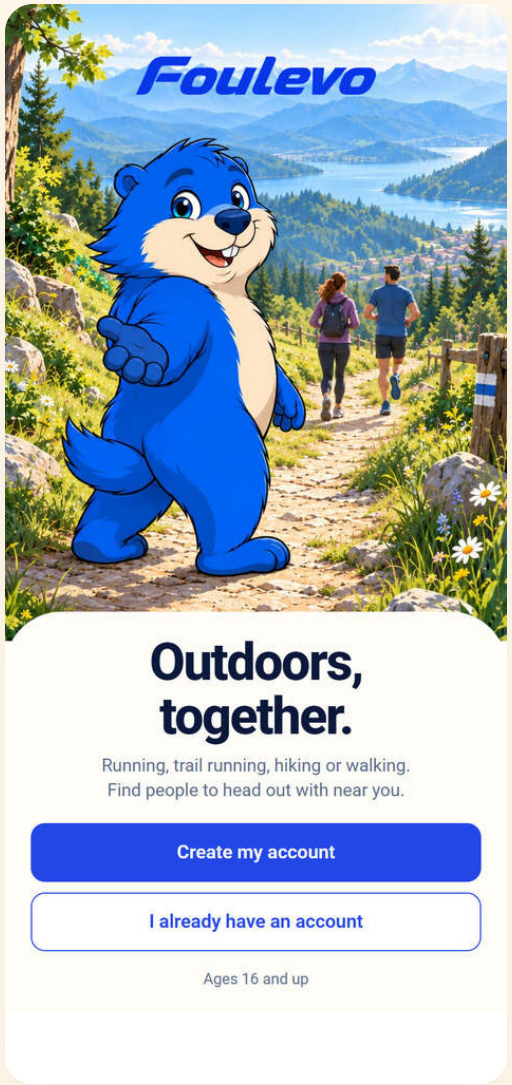
Getting started
Joining in
Out with your dog
Organising
Groups
After the outing
Your preferences
Find an outing
Plan the route
Your plans
Stay in touch
Conversations
Your own journey
Help and ideas

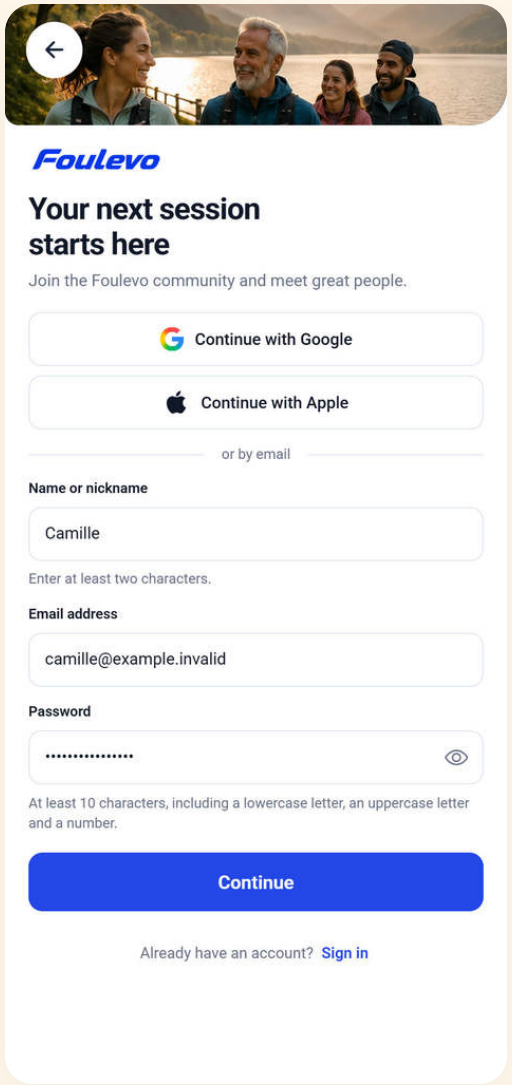
An account to get started.

Sign up or log in from the same welcome screen.

Enter your details and confirm your email address if asked. Forgotten your password? The reset link helps you recover access.

Log in / Create an account



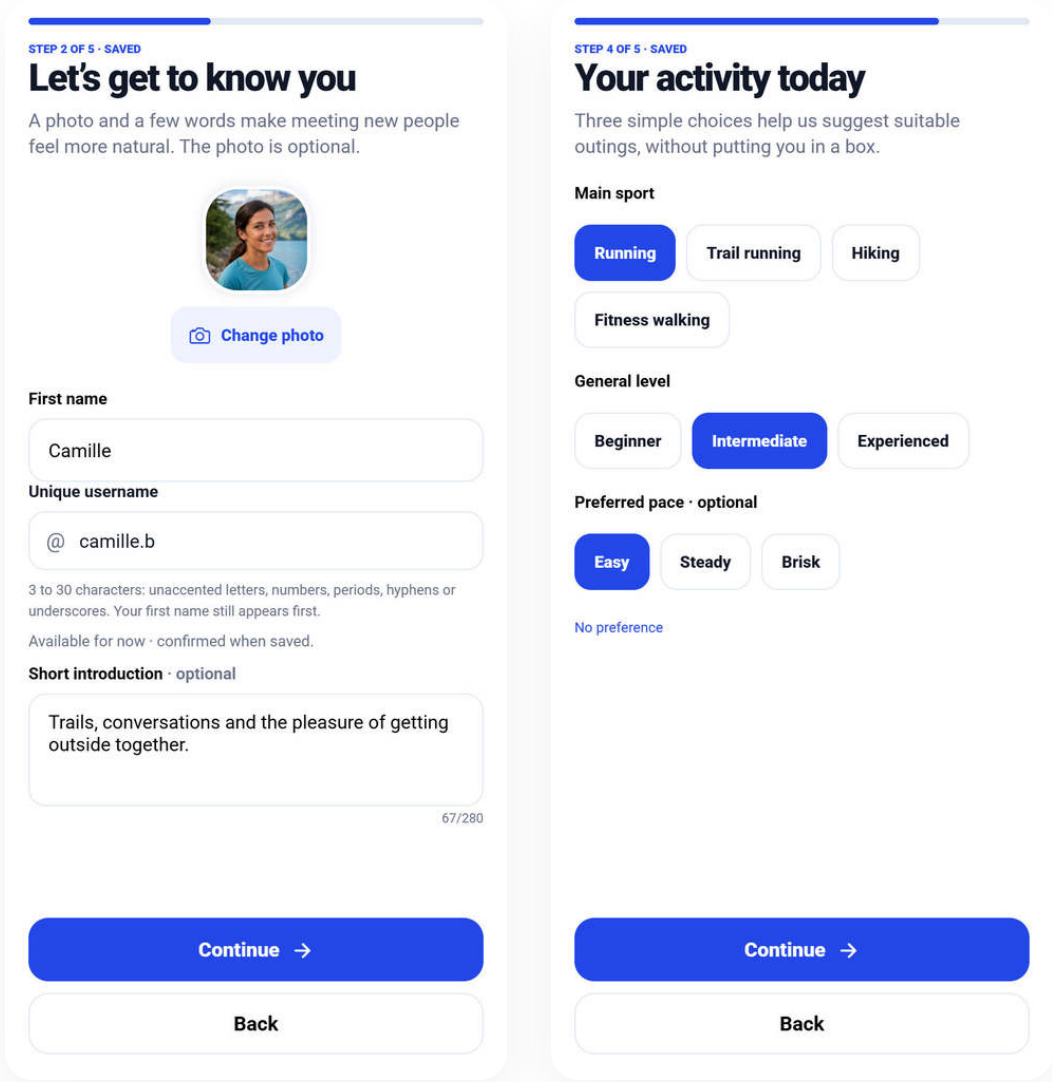


Your interests set the tone.

Running, trail running, walking and hiking.

Share your activities and what you are looking for. You can update these details in your profile.

First steps / Profile

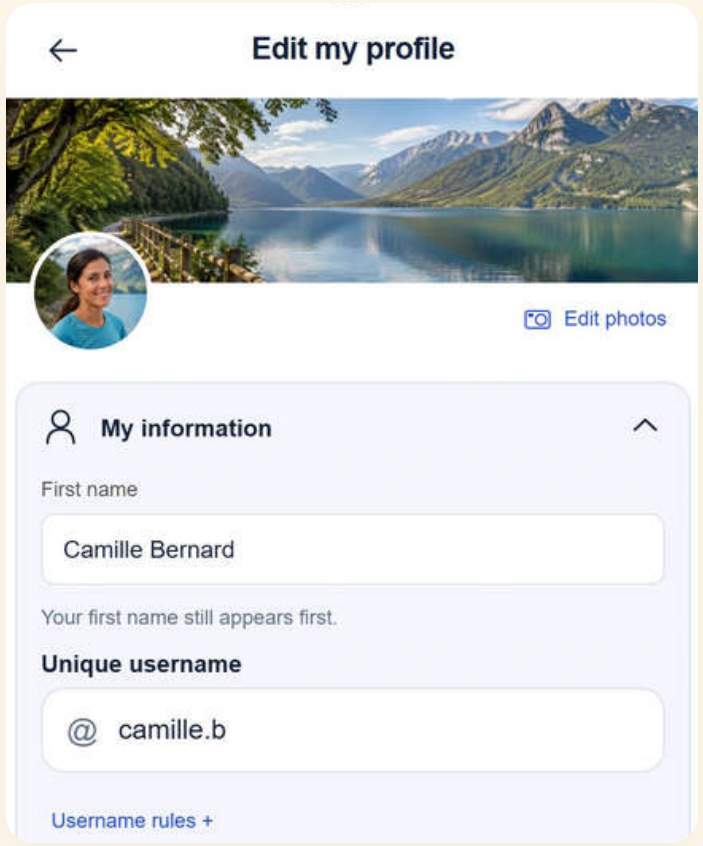


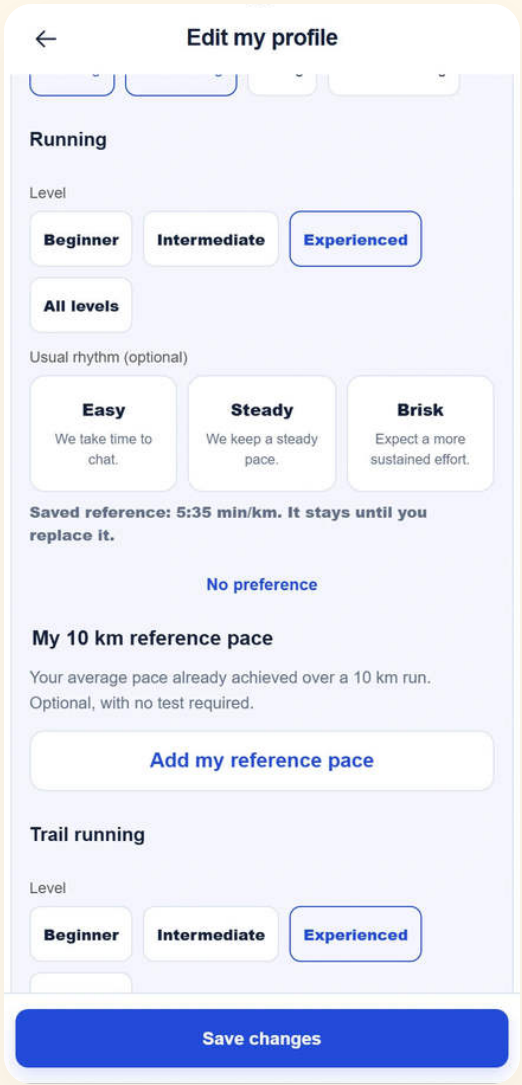
A profile to say hello.

Your photo, a few words and your activities.

Add an introduction and your activity details. Check who can see the information you choose to share.

Profile / Edit



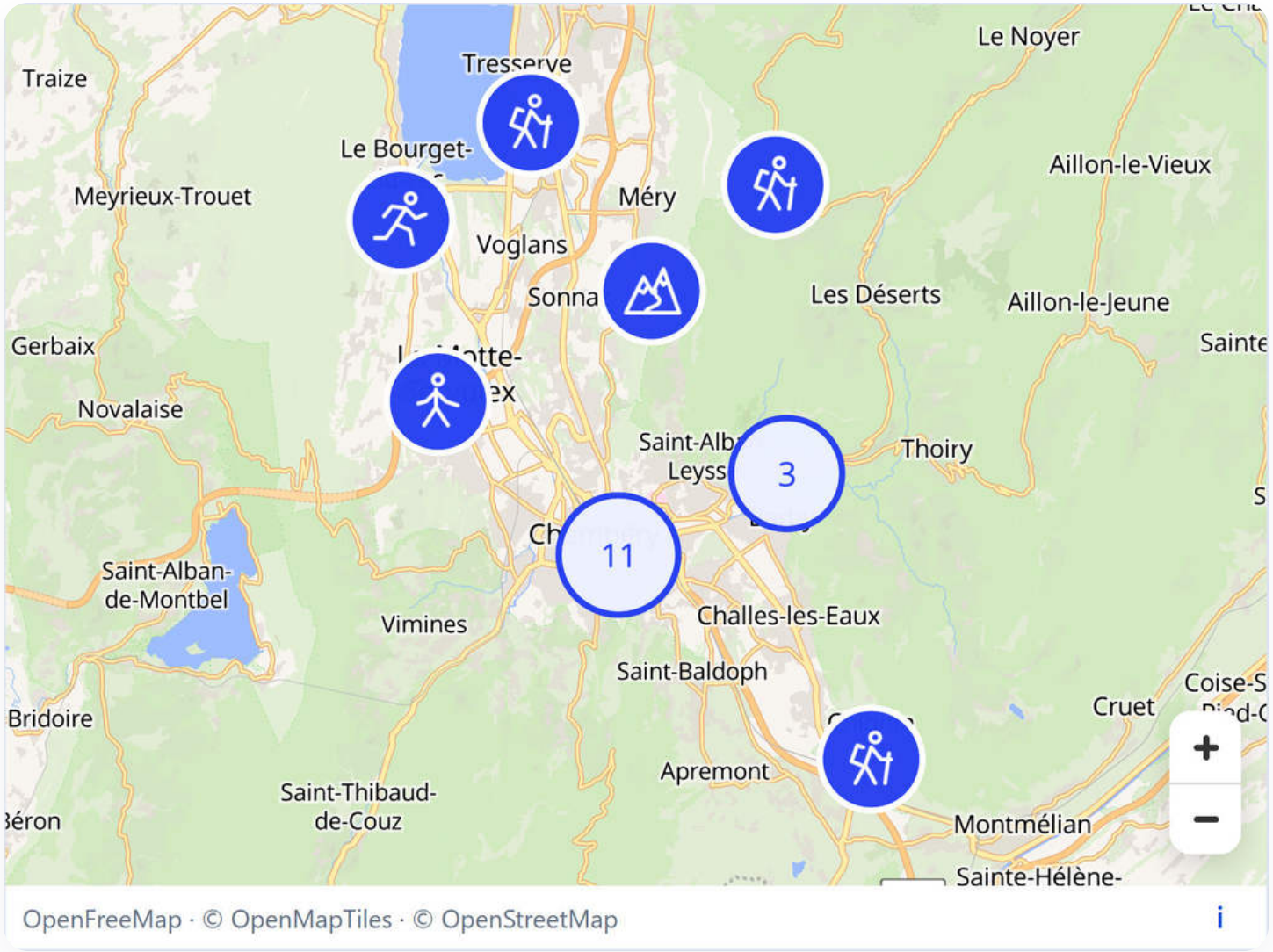


Outings near you.

Find sessions that appeal to you on the map.

Explore nearby or search for another town. Open a marker to see the outing and its conditions.

Discover / Map

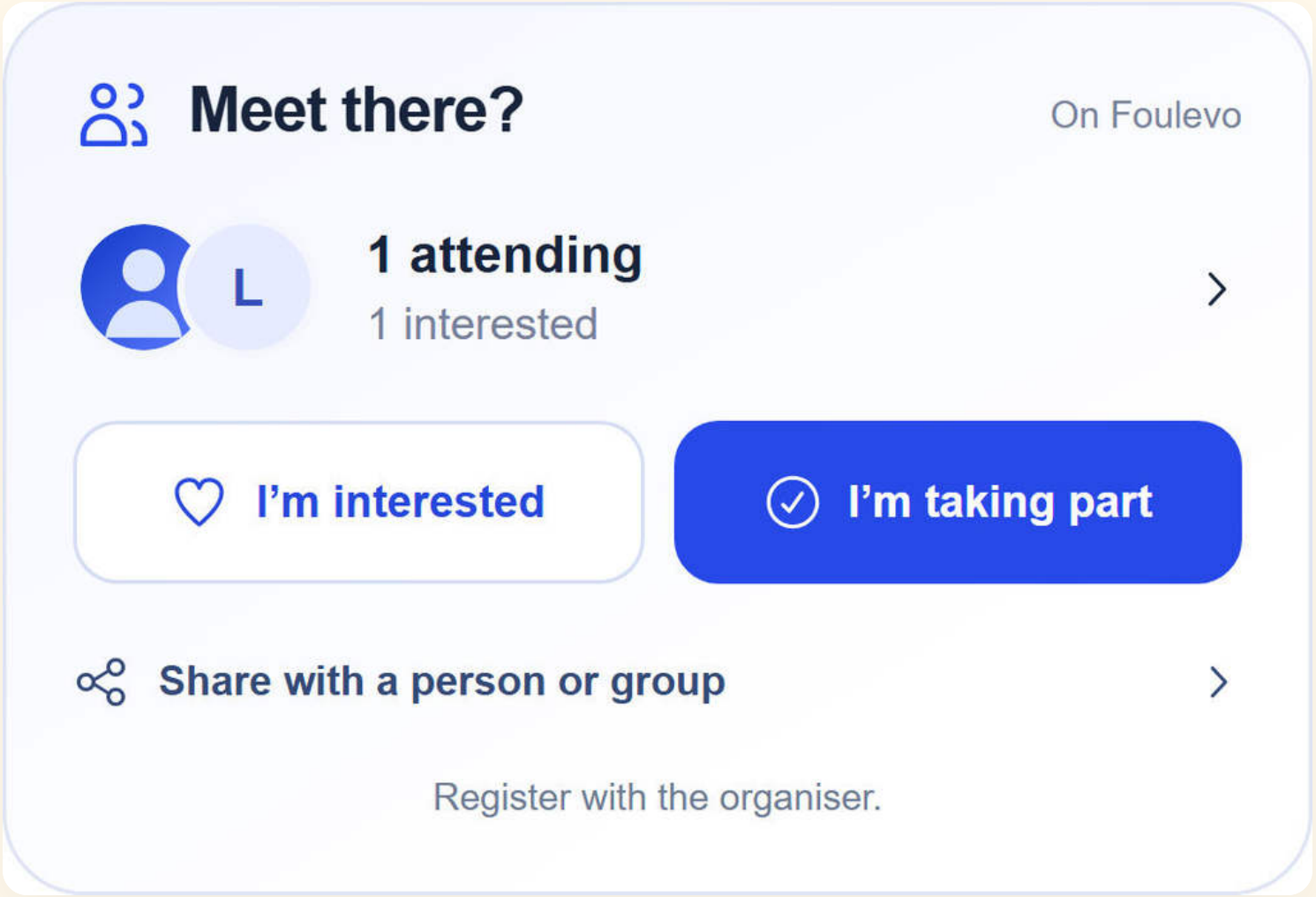


A race to share.

Routes and conversations around an event.

Explore the race and find other interested people. Joining on Foulevo does not replace official registration with the organiser.

Discover / Races

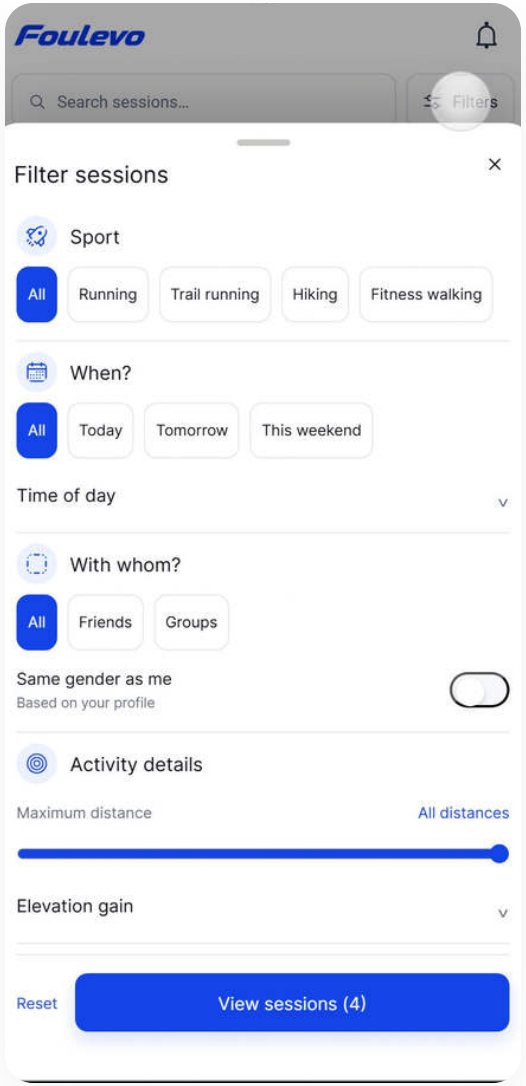


A search that suits you.

Activity, date, pace and meeting preferences.

Adjust the available criteria to find a suitable outing. The radius defines the search area, not the length of the route.

Discover / Filters

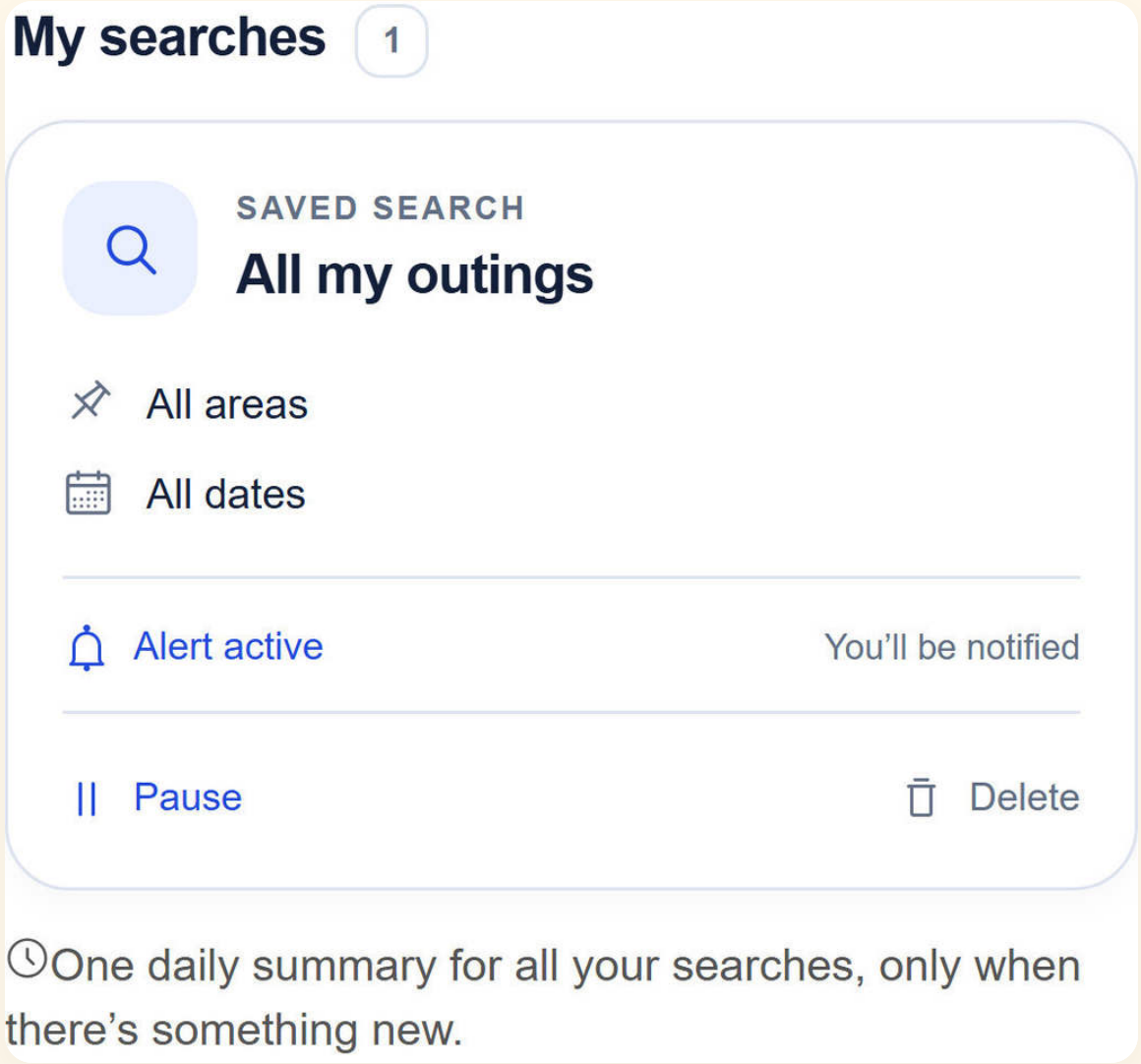


Your criteria, ready to reuse.

Save your search. Choose your alerts.

Find your criteria again without re-entering them. Alerts are optional and never sign you up for an outing.

Discover / Saved searches

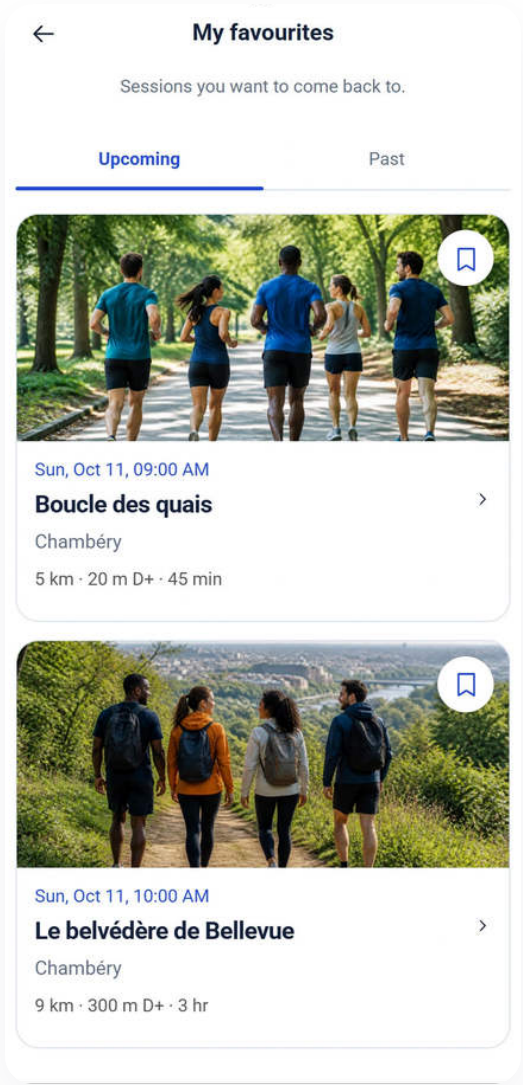


An outing for later.

A favourite keeps the idea close at hand.

Find saved sessions and check their details before joining. Adding a favourite does not reserve a place.

Session / Favourite

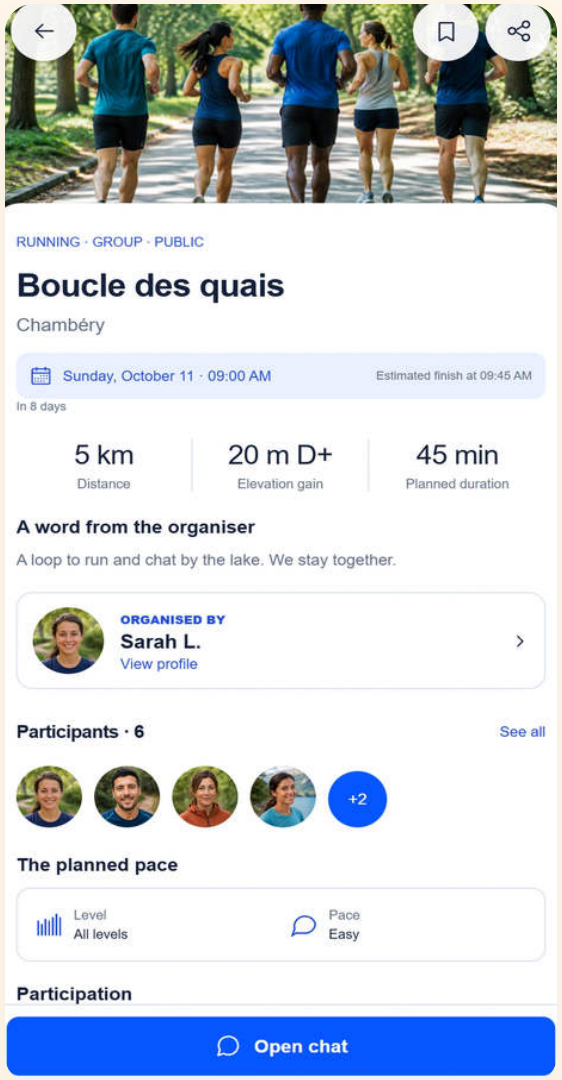


The details before you join.

Time, pace, organiser and conditions.

Read the session page to understand the outing. The proposed route, available places and dog policy help you picture it.

Discover / Session details

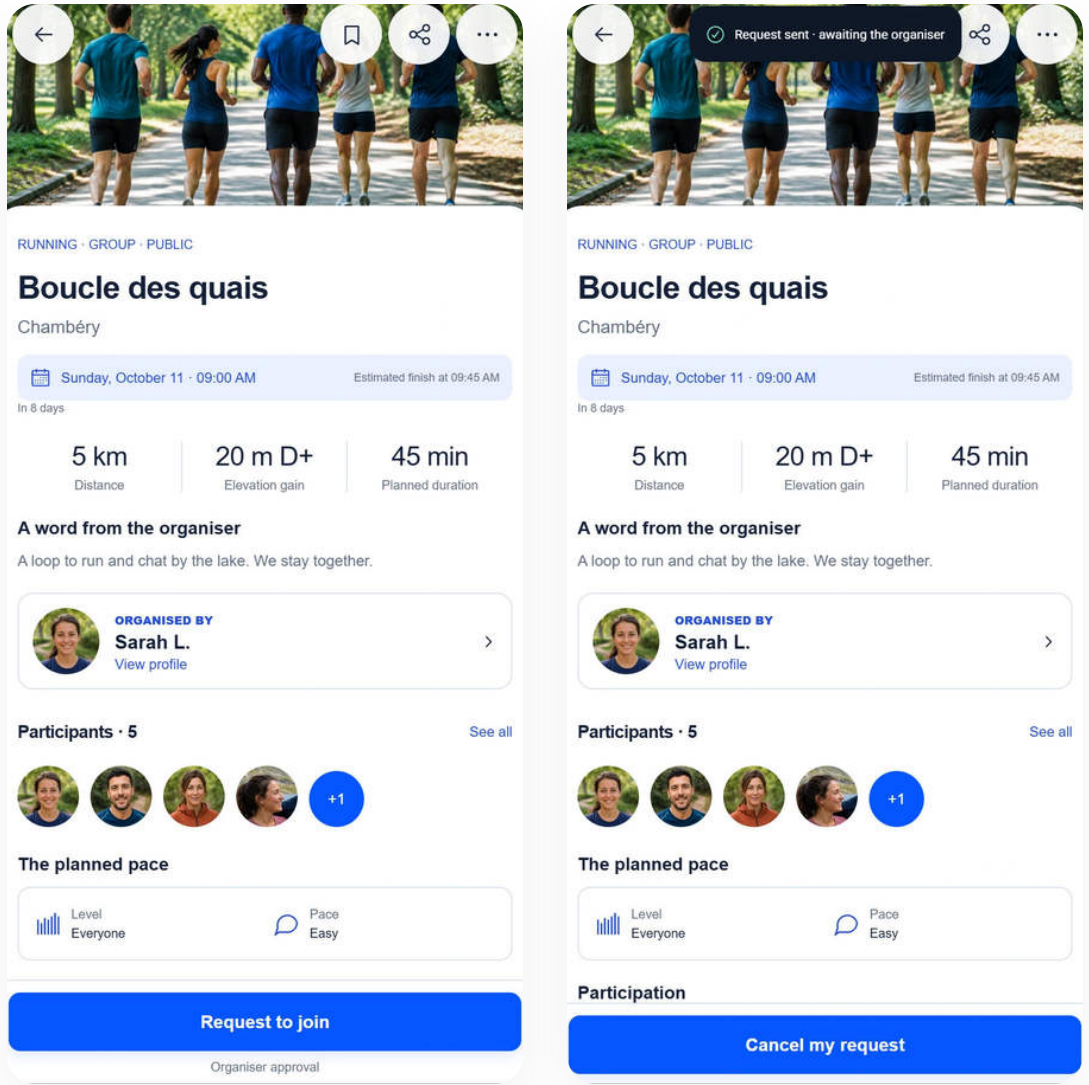


Your place in the group.

Join immediately or send a request.

The organiser chooses how people join. A pending request is not a confirmed place. Admitted participants appear in the list you can access.

Session details / Join

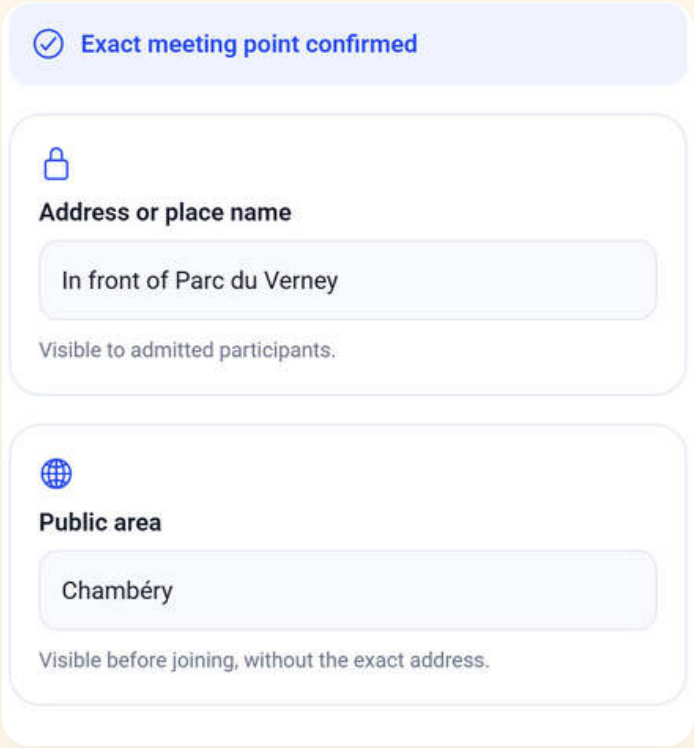


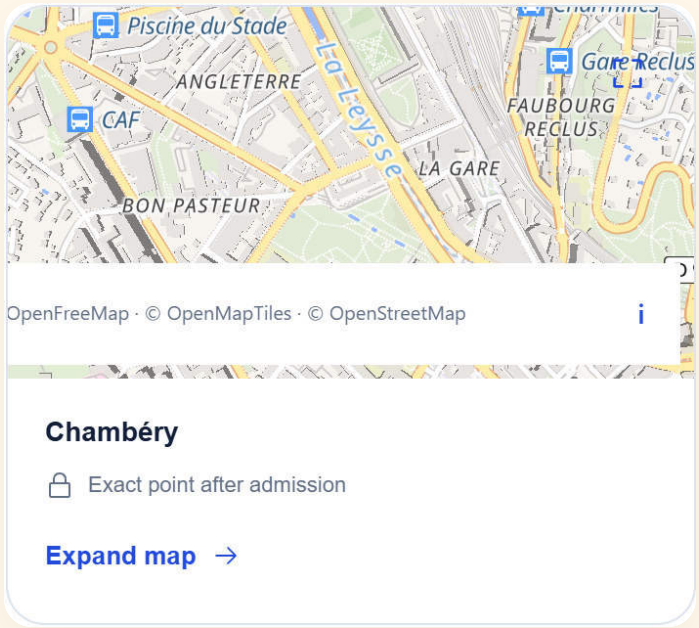
Where to meet the group.

The exact location becomes available after admission.

Before then, an area shows the general location. The meeting point may differ from the route start. The route remains visible to people allowed to view the session.

Session details / Route and meeting point



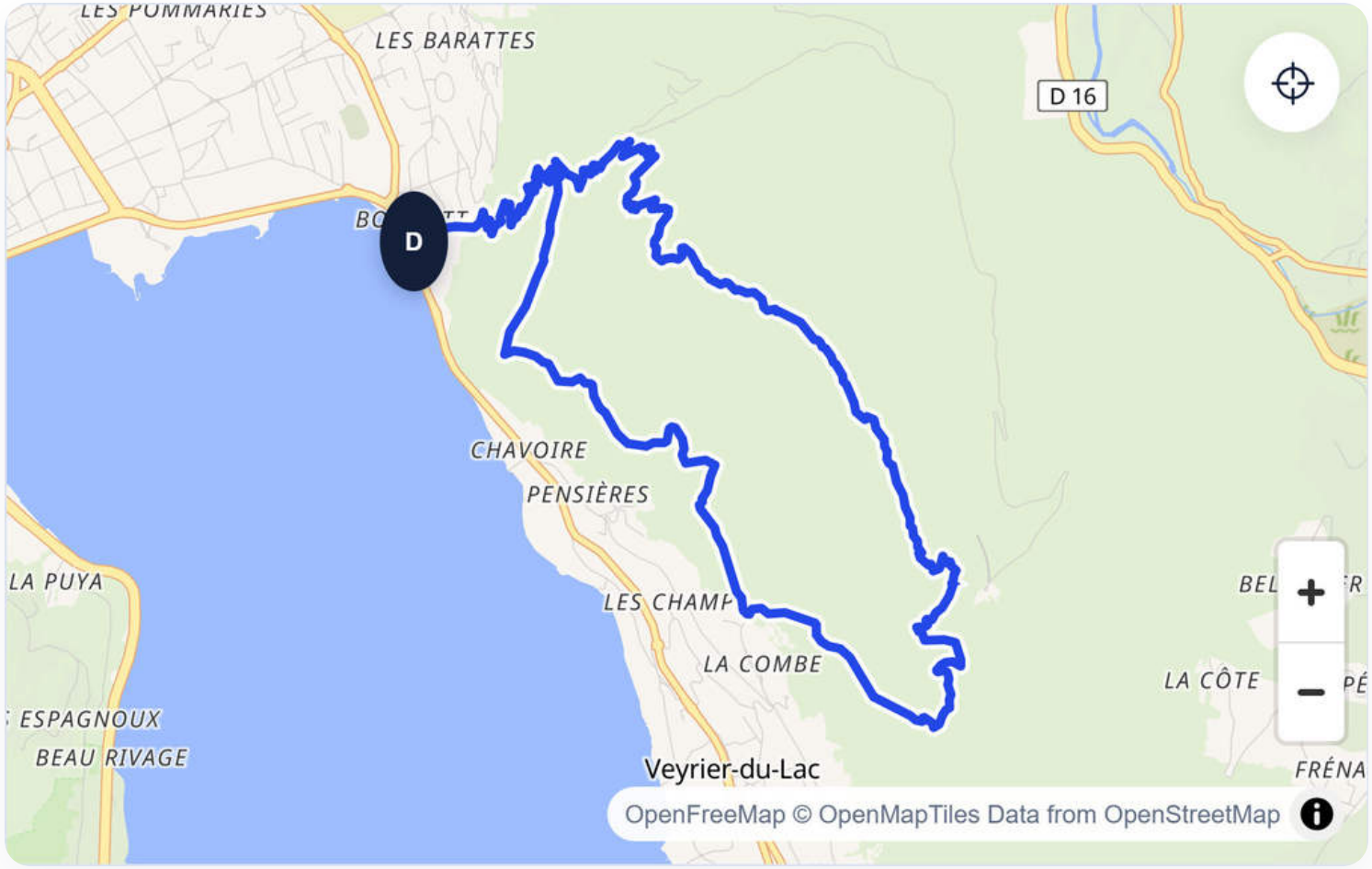


A route to suggest.

Set the start, add stops and calculate the route.

“Start from the meeting point” uses that location as the start. You can plan a loop. Check the route and markers after each recalculation.

Create a session / Route / Draw a route

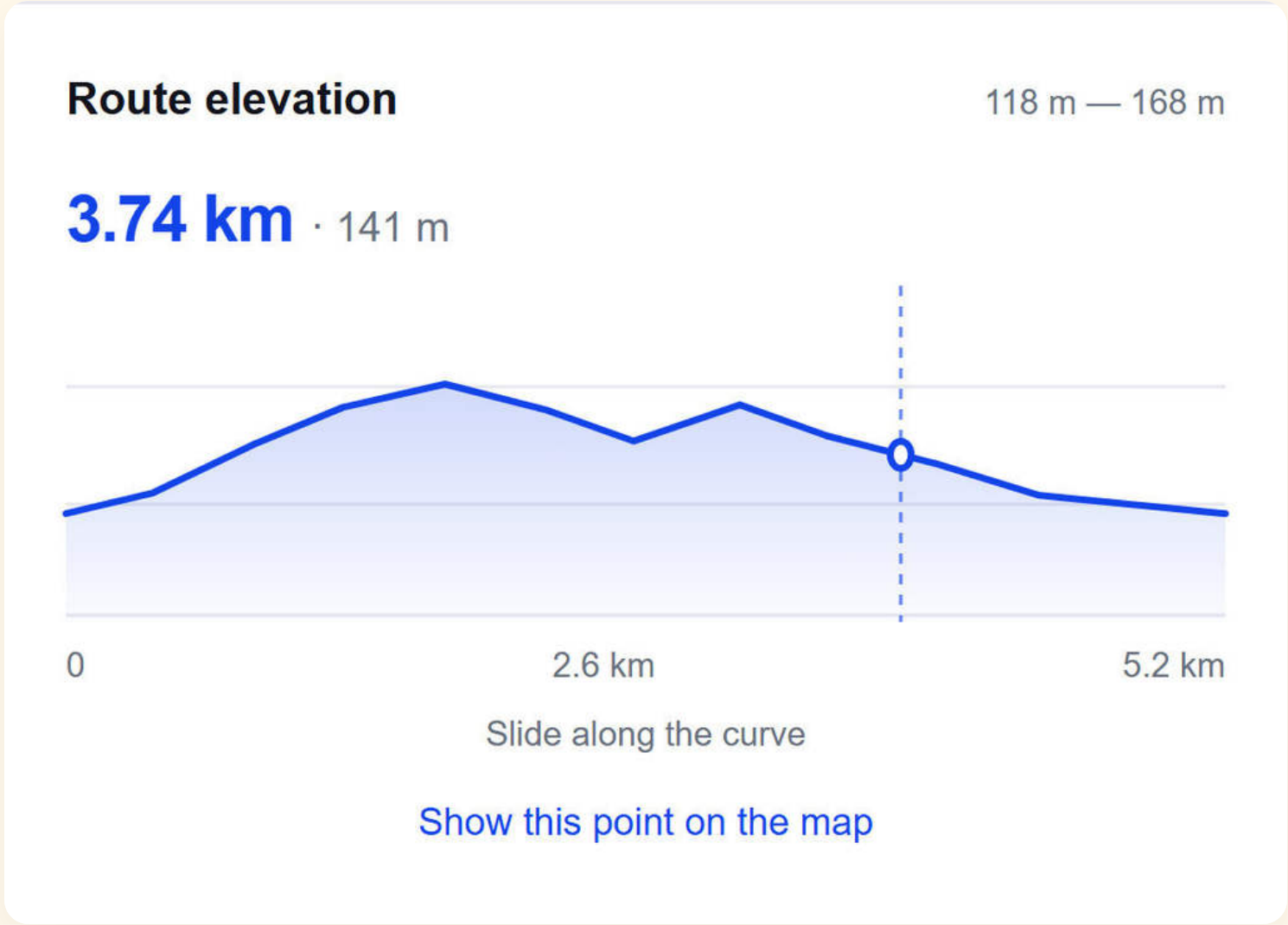


A look at the terrain.

Distance, elevation gain and route profile.

Open the full map to examine the route. It helps you prepare, without recording your GPS activity or guaranteeing ground conditions.

Session details / Route / Full screen

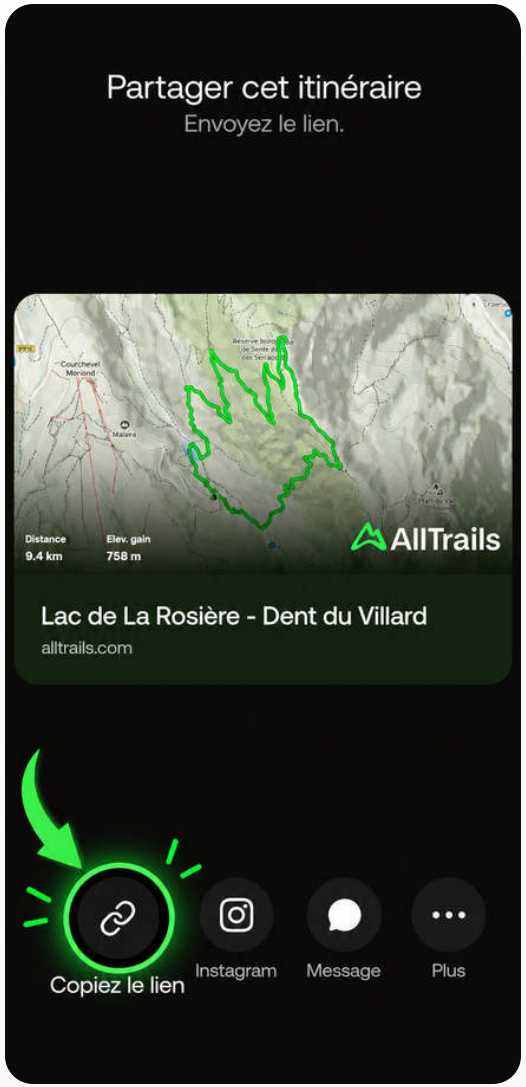


A route you have found.

Add a link from AllTrails or another service.

The group can open the route in the original service. Sharing a link does not automatically import its route into Foulevo.

Create a session / Route / Link

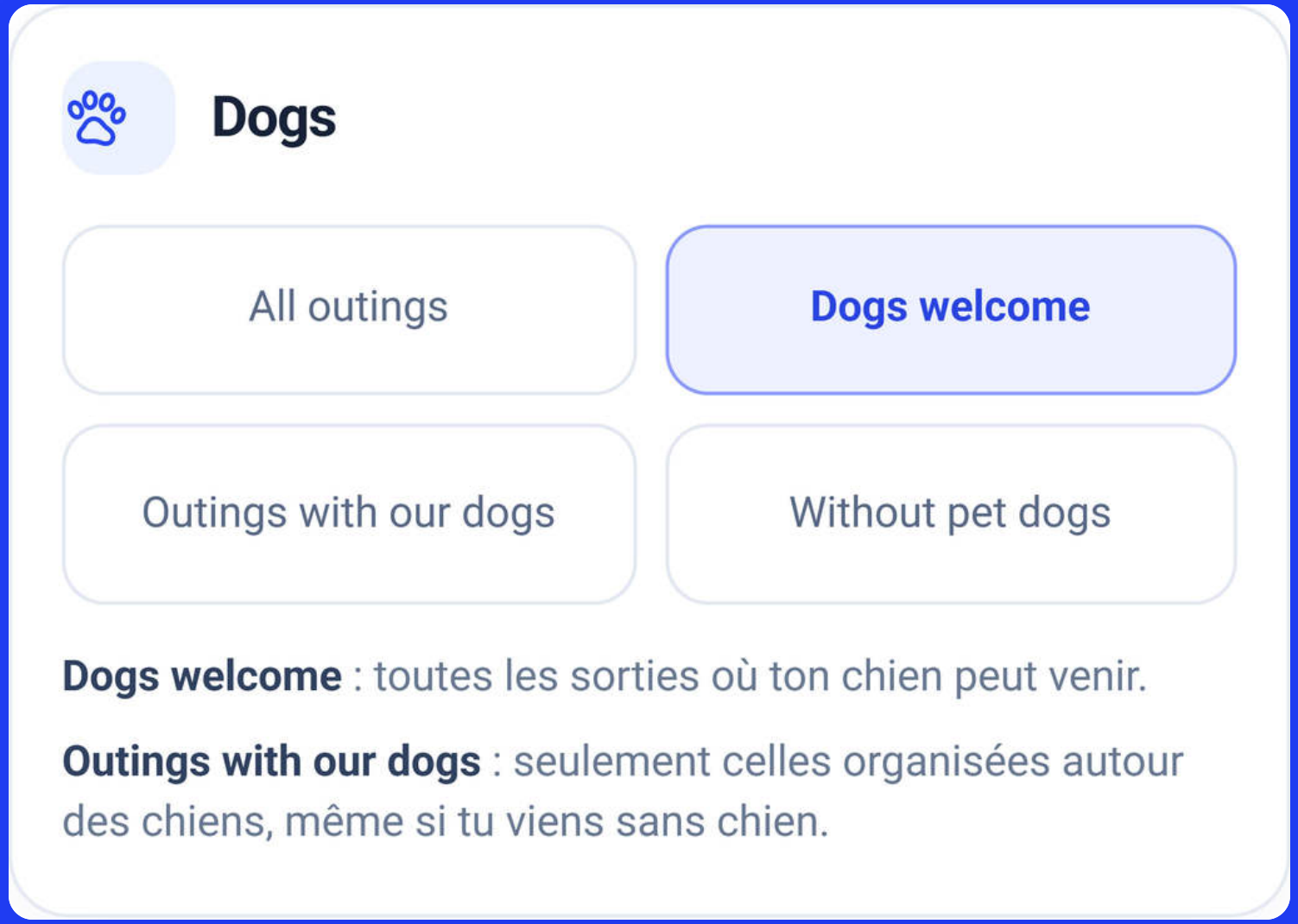


An outing with your dog.

Two filters for two different needs.

“Dogs welcome” shows where your dog can come along. “Outings with our dogs” finds outings organised around dogs, even if you come without one.

Discover / Filters / Dogs

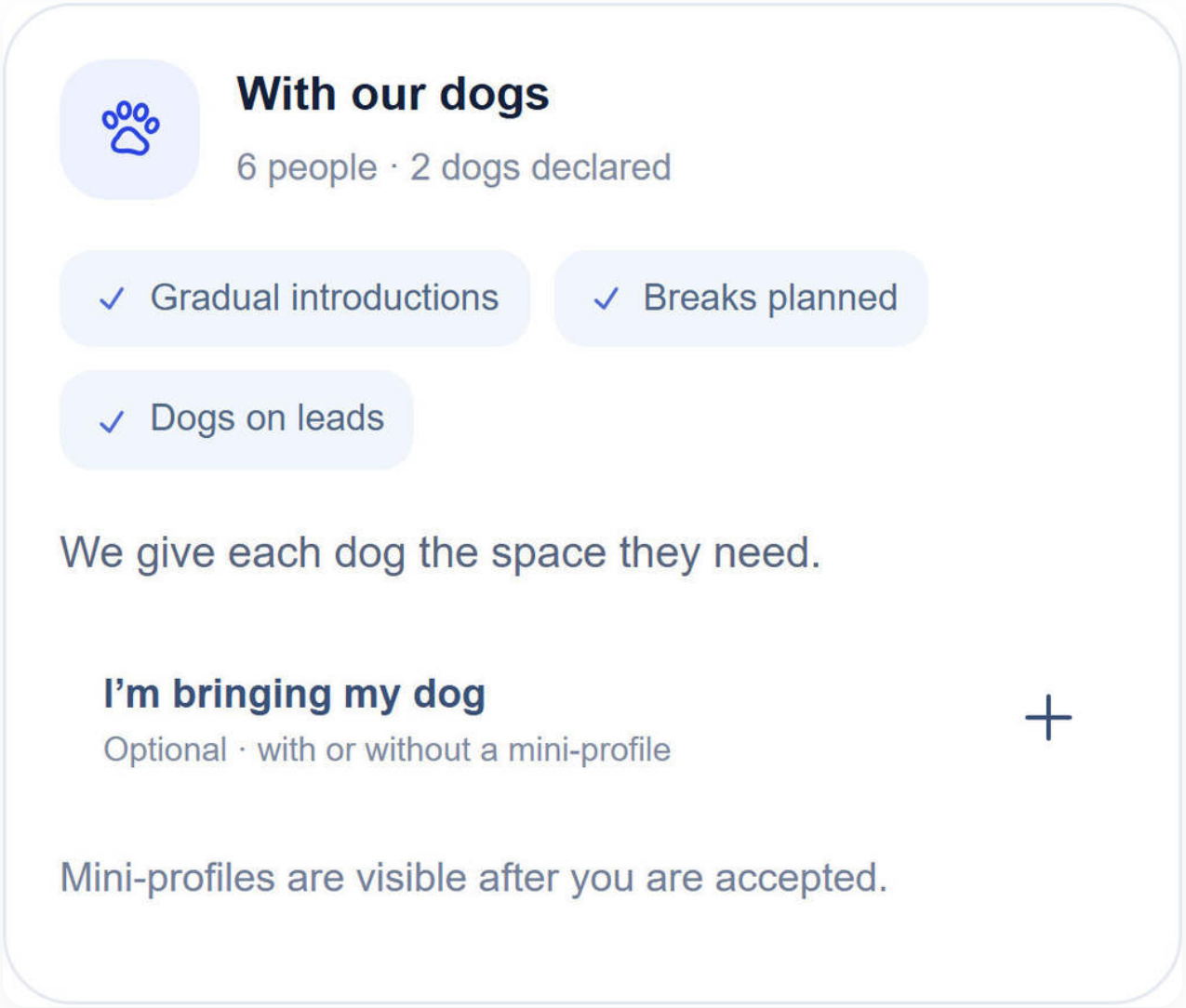


Your companion comes too.

Indicate that you are bringing your dog.

You can add a short profile. The relevant details become available after admission. Discuss introductions, leads and personal space with the group.

Session details / With our dogs

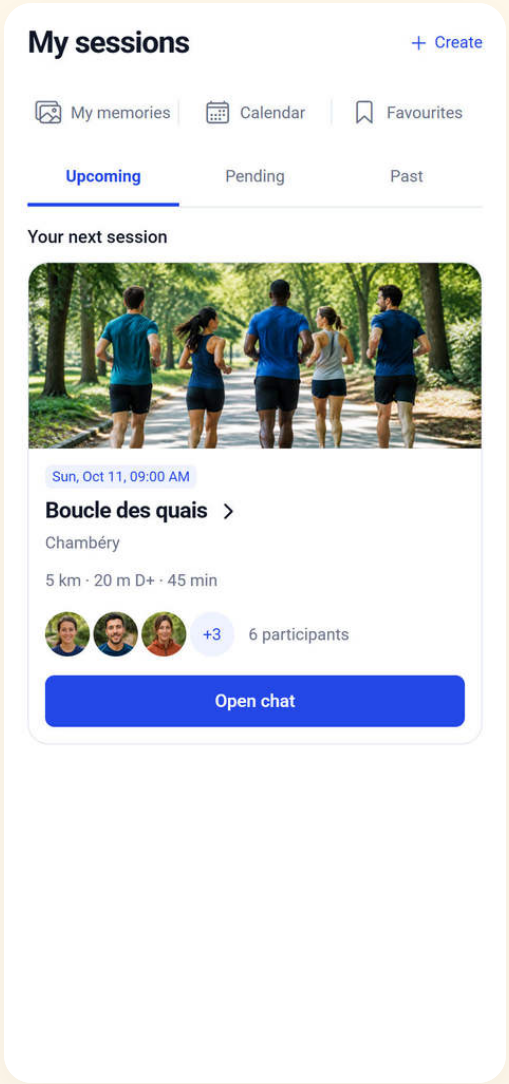


Your plans in one place.

The outings you organise and join.

Find upcoming outings, pending requests and past sessions. Each page offers actions suited to your participation status.

My sessions



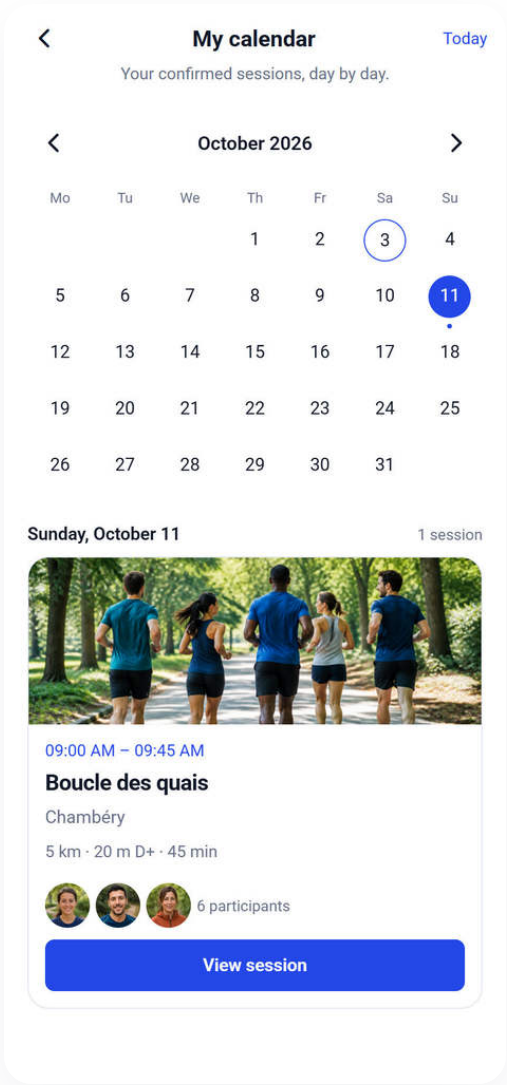


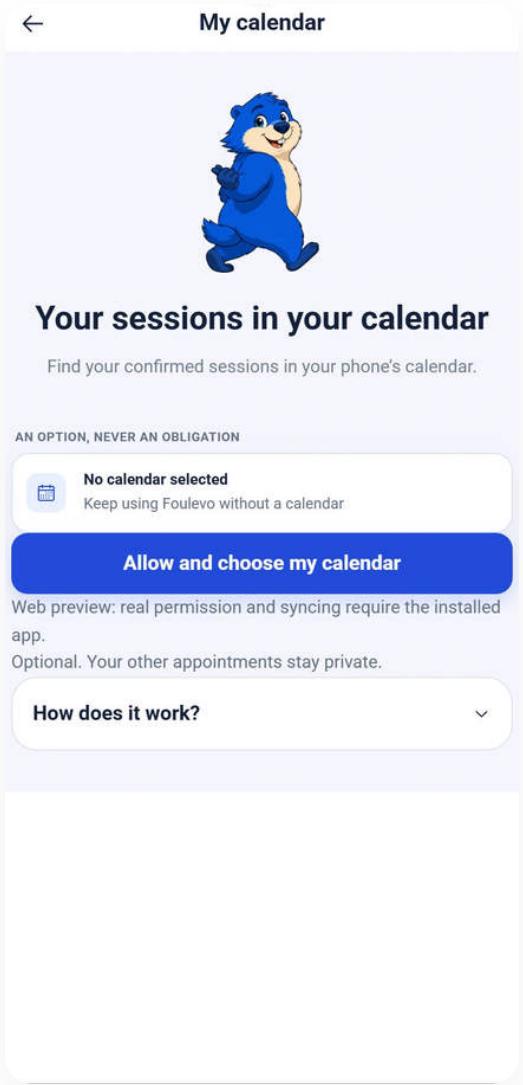
Your plans at a glance.

The calendar brings upcoming outings together.

Add an outing to your phone's calendar when the option is available. Check Foulevo for changes to the session.

My sessions / Calendar



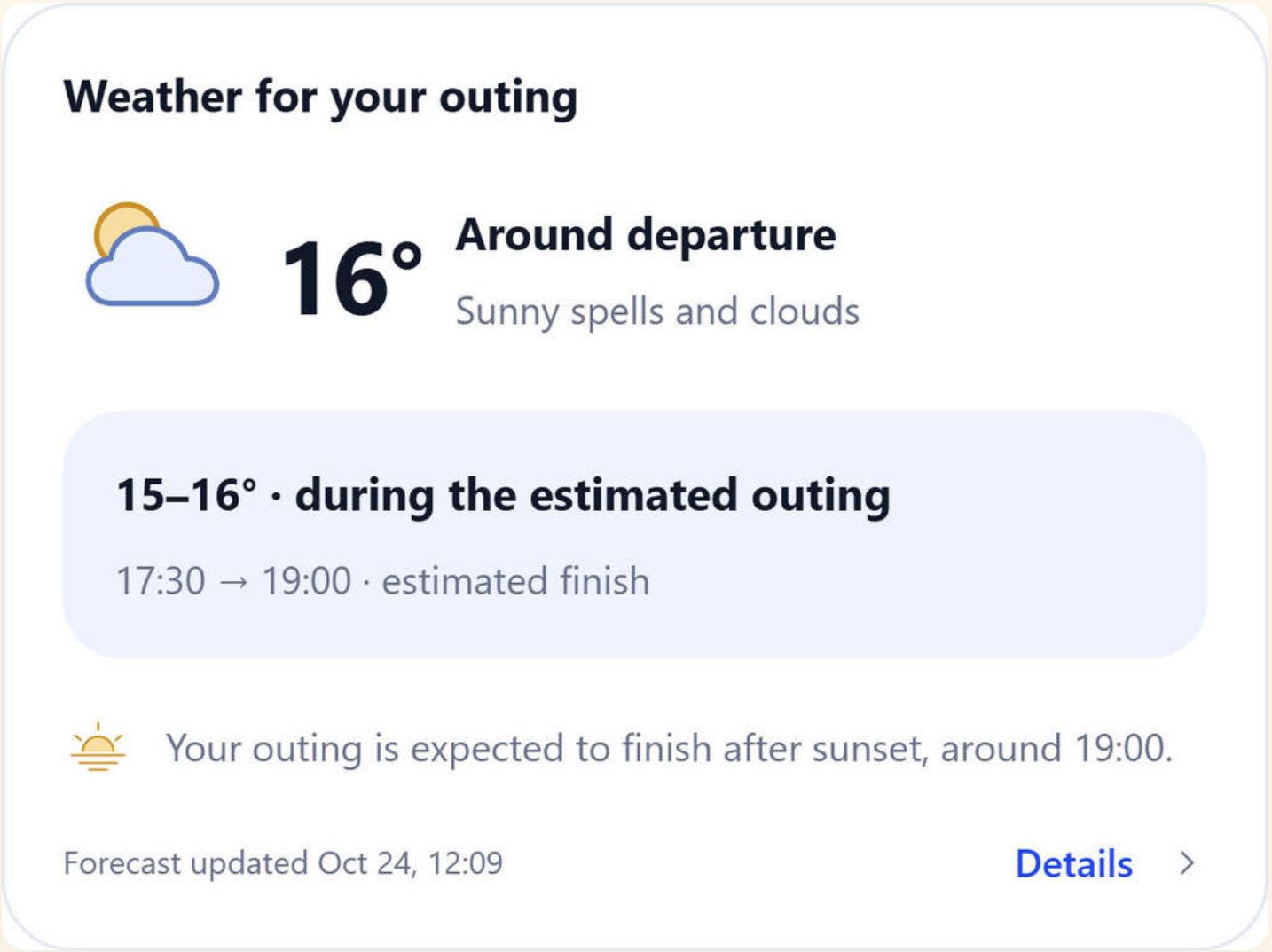


Weather before you go.

Rain, temperatures, wind and sunset.

Check the available forecast and the hours relevant to your outing. It covers the starting area, not the whole mountain route.

Session details / Weather

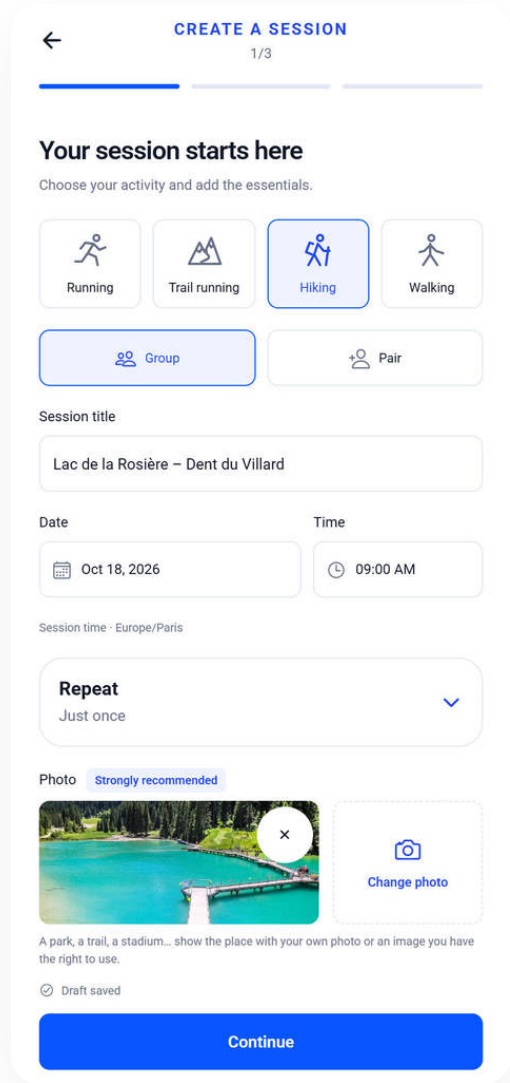


Your outing takes shape.

Three steps to prepare and publish it.

Introduce the activity, organise the start, then check the summary. The title, photo and description give the group a clear idea of your plan.

Create a session

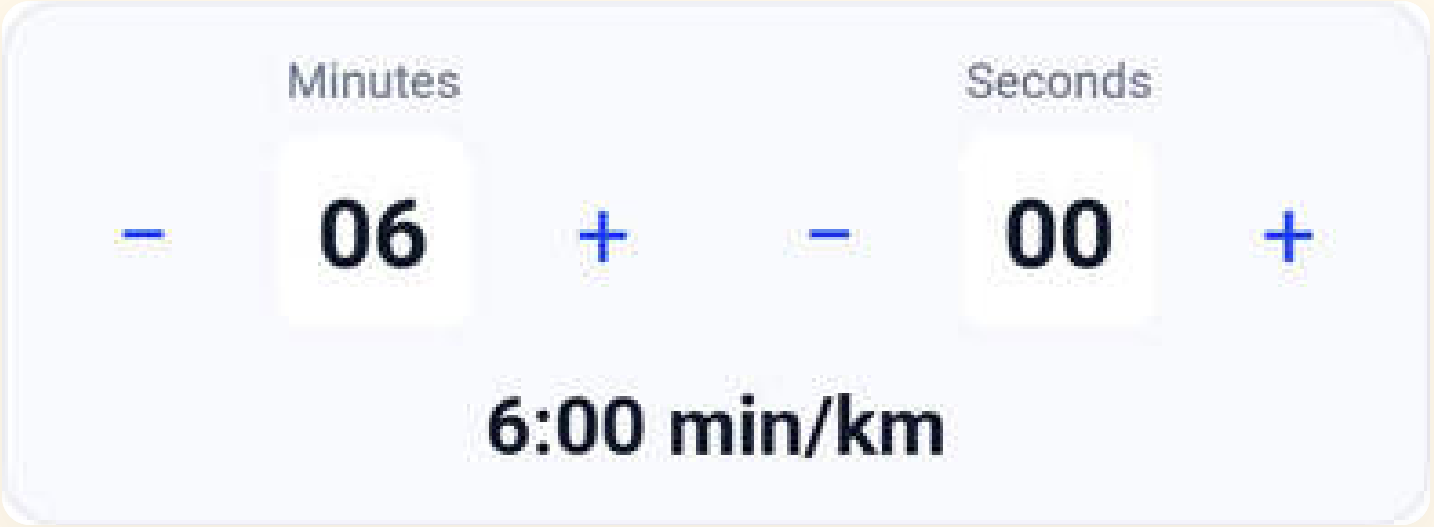


A pace everyone understands.

Distance, duration, elevation gain and pace.

For running, pace in min/km gives a precise indication of the proposed rhythm. These details complement the description and help people choose an outing.

Create a session / Outing details

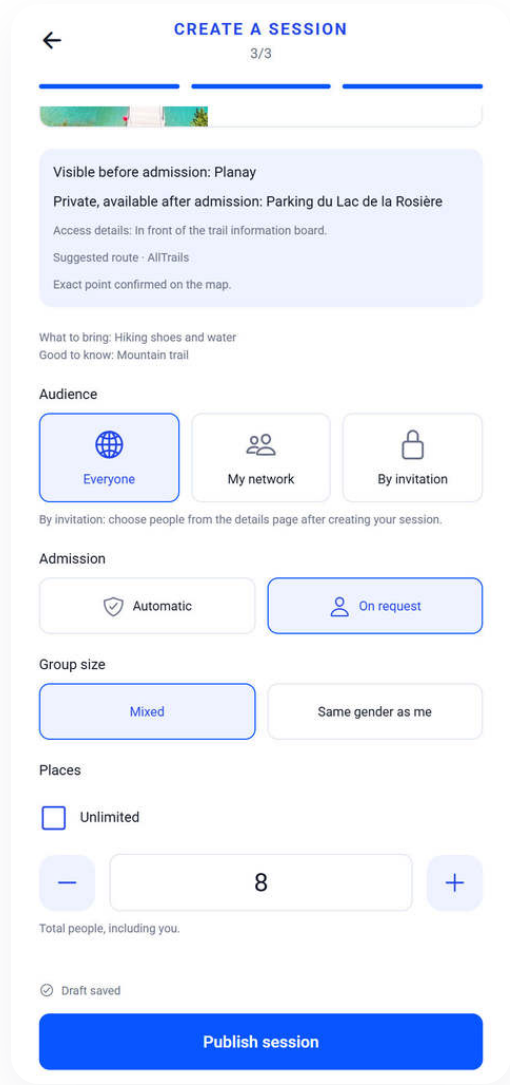


The group you have in mind.

Visibility, places and admission are separate settings.

Choose who the outing is for, how many people can come and how they join. Check these choices before publishing.

Create a session / Participants and visibility

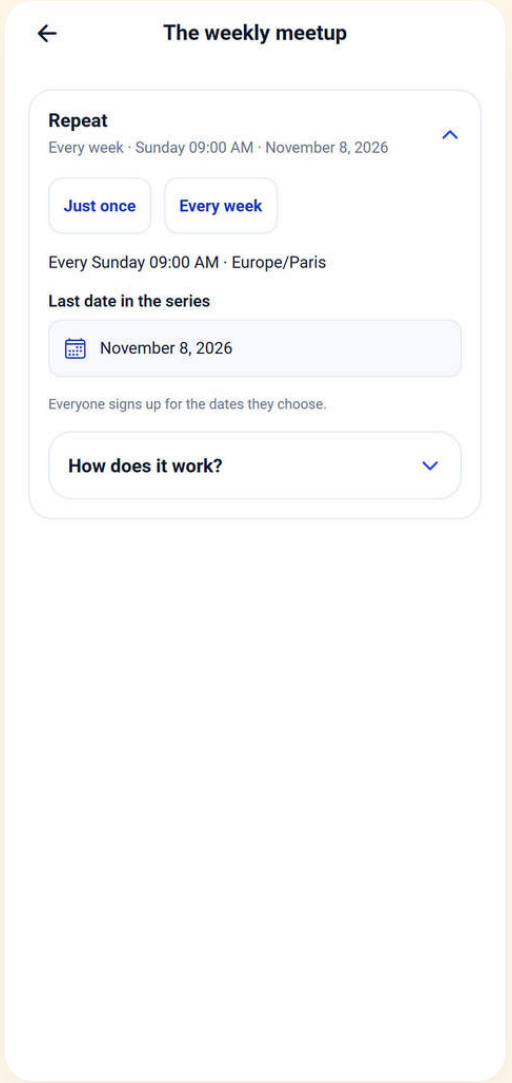


A regular meet-up.

Repeating a session prepares future outings.

Choose a suitable frequency. When making a change, check whether it applies to this outing or the following ones.

Create a session / Repeat

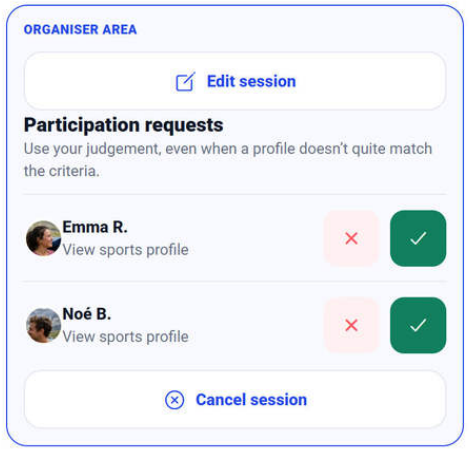


An outing that stays organised.

Requests and details kept up to date.

Manage admissions according to the chosen mode. Answer questions and update the information the group needs.

My sessions / Outings you organise

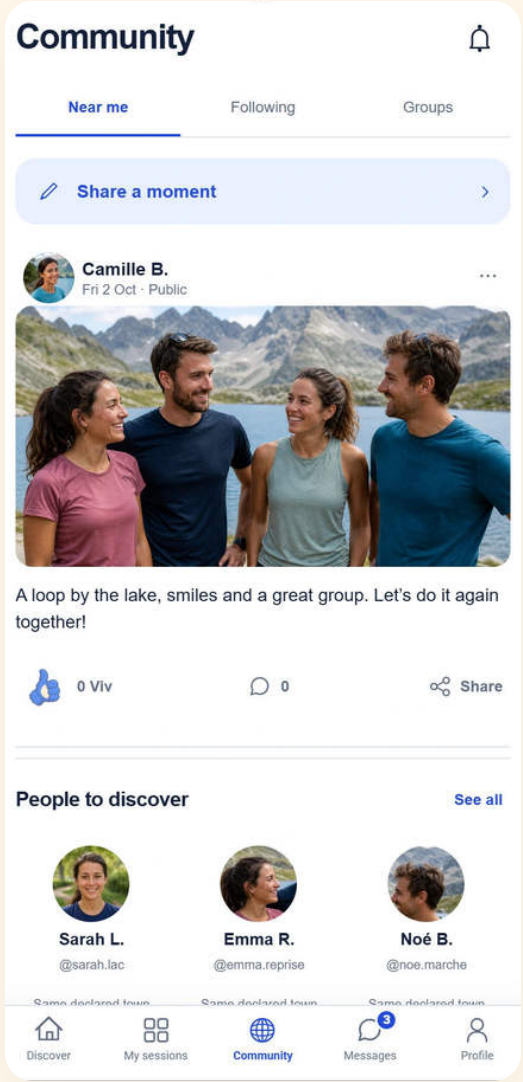


News between outings.

Posts, reactions and comments.

Share an idea or a memory from an outing. React to posts and open profiles to get to know people.

Community

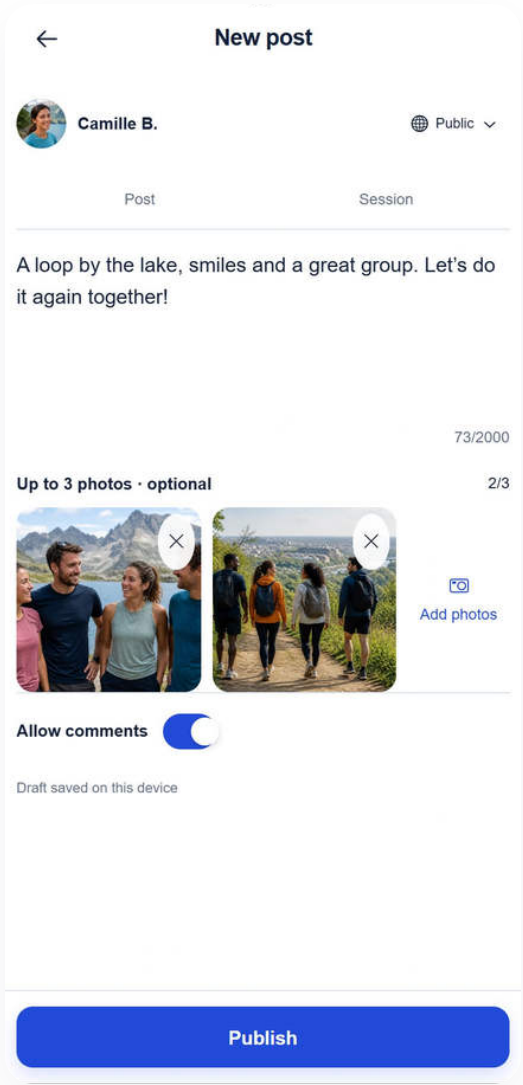


Your story, your audience.

Text, photos and a sharing choice.

Prepare your post and check its visibility before publishing. Ask permission from people who can be recognised in the photos.

Community / Post

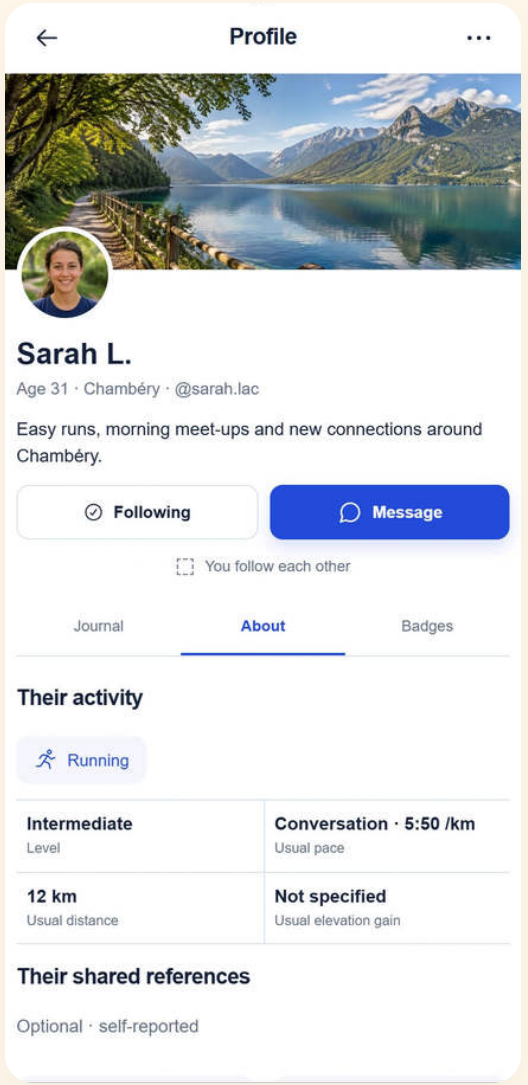


Keeping in touch.

A profile to find again for another outing.

Follow profiles that interest you. Starting a first conversation may require acceptance.

Someone's profile

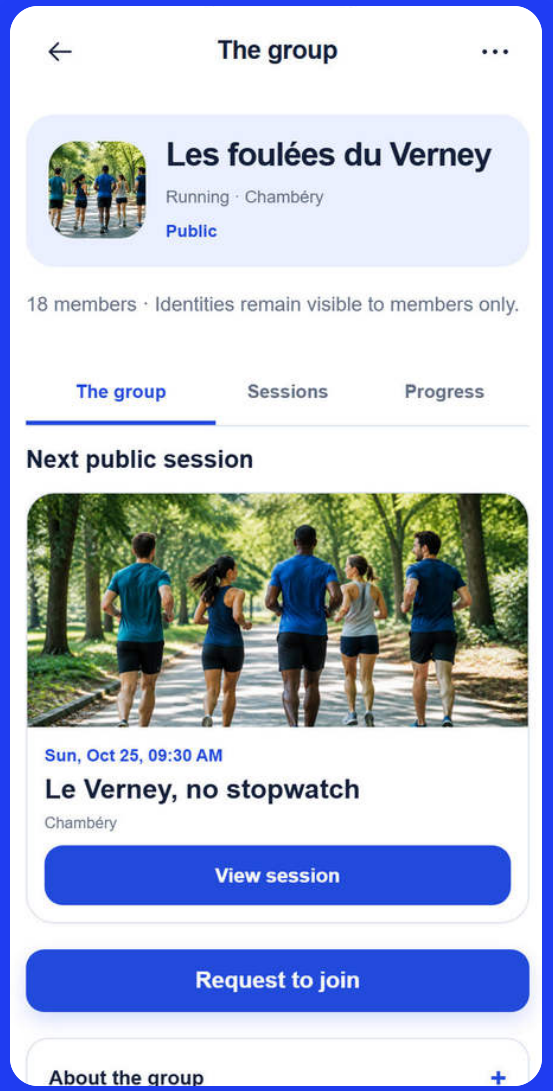


A group to come back to.

Shared activities and habits.

Explore groups, their introductions and outings. A private group's content remains available only to admitted members.

Community / Groups

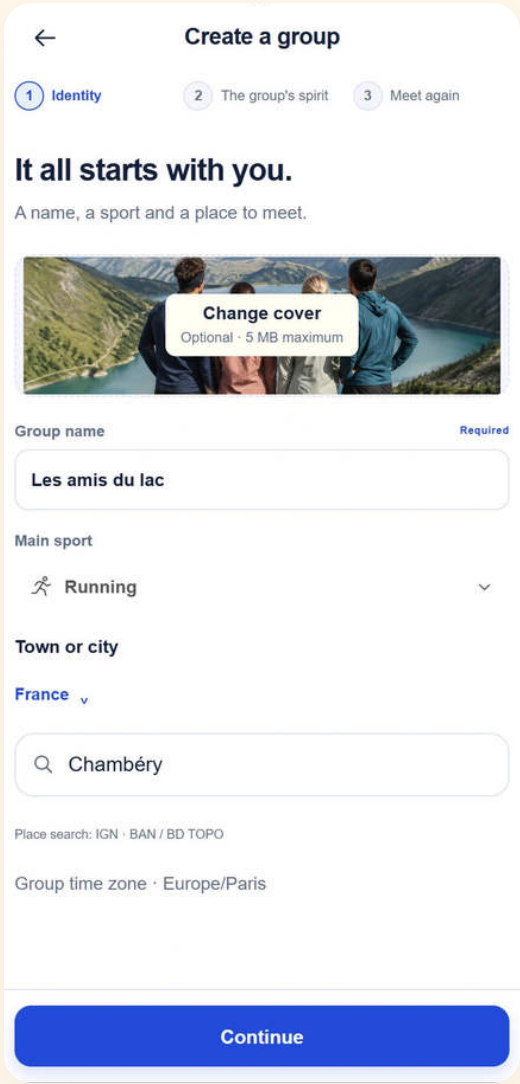


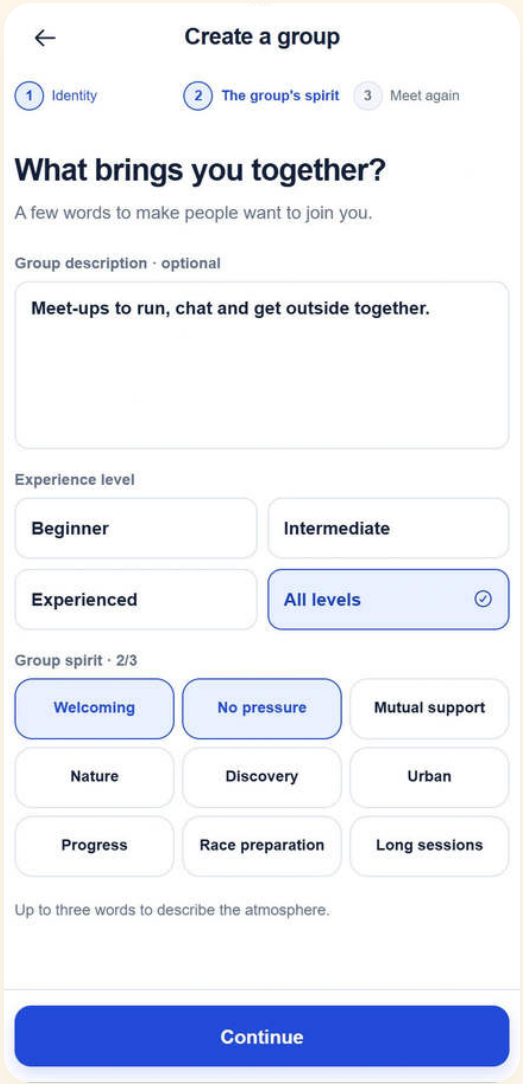
Your group, in three steps.

One main photo and a clear purpose.

Introduce the group, its activity and its shared rule. Optional details help convey its character before publishing.

Community / Create a group



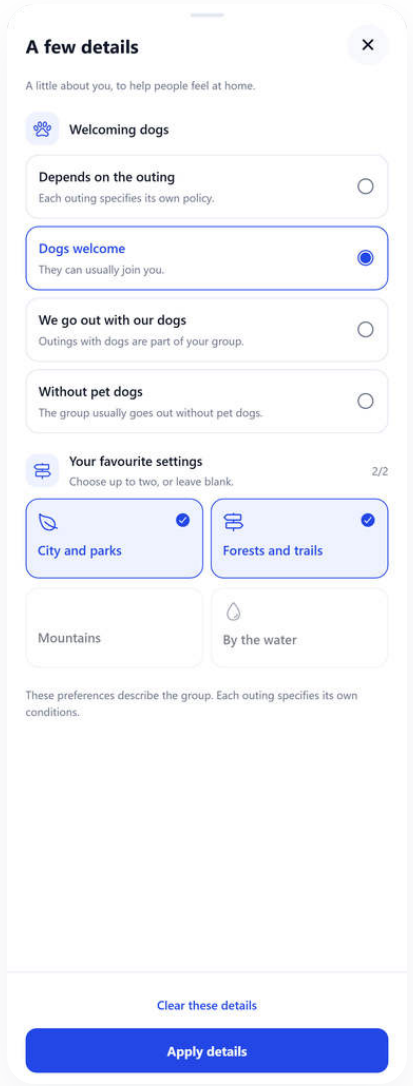


The group's habits.

Dogs, favourite terrain and usual times.

Add up to two types of terrain and usual days or times. These optional details help people get a feel for the group without creating an outing automatically.

Group / A few details

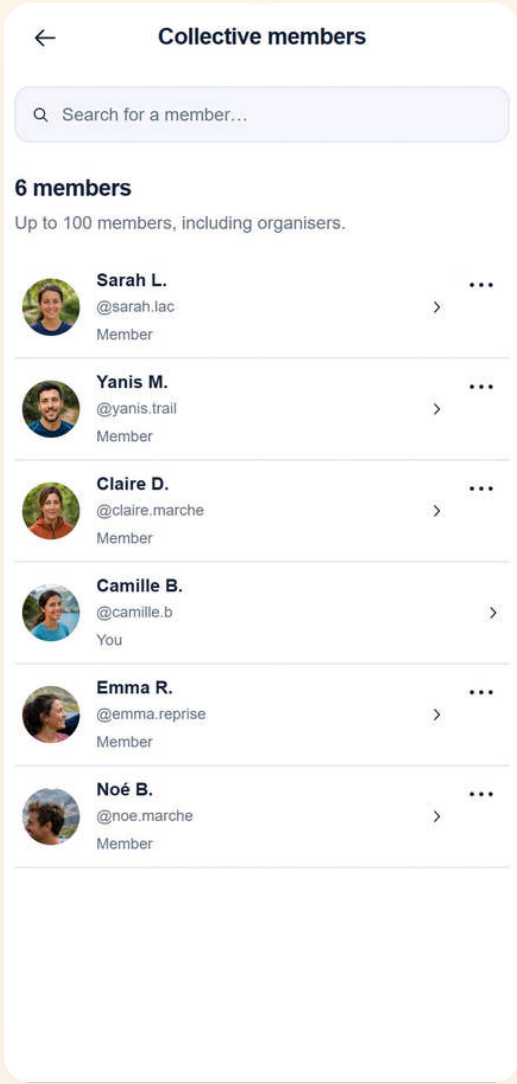


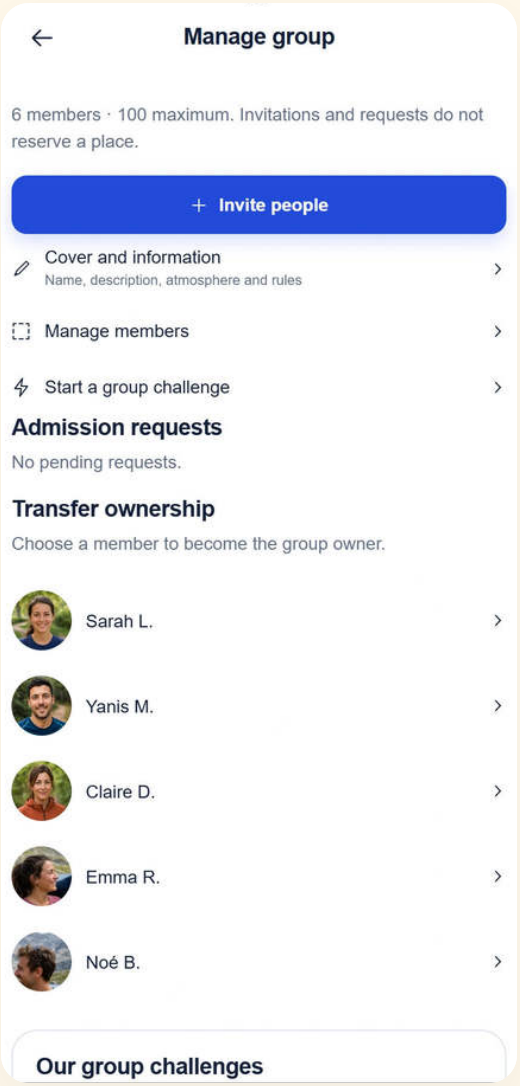
A place for everyone.

Members, invitations and requests are distinct.

Available actions depend on your role. An invitation or a request does not yet mean admission to the group.

Group / Members



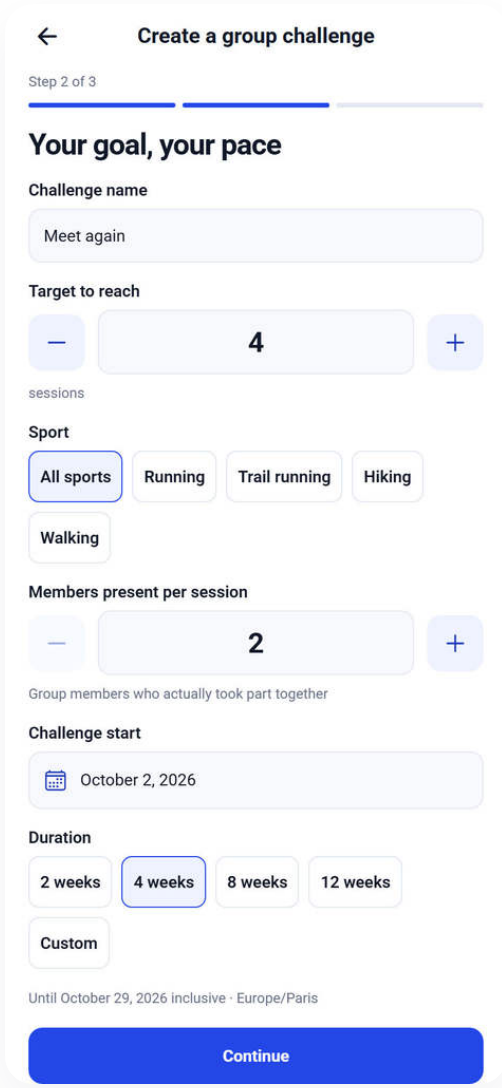


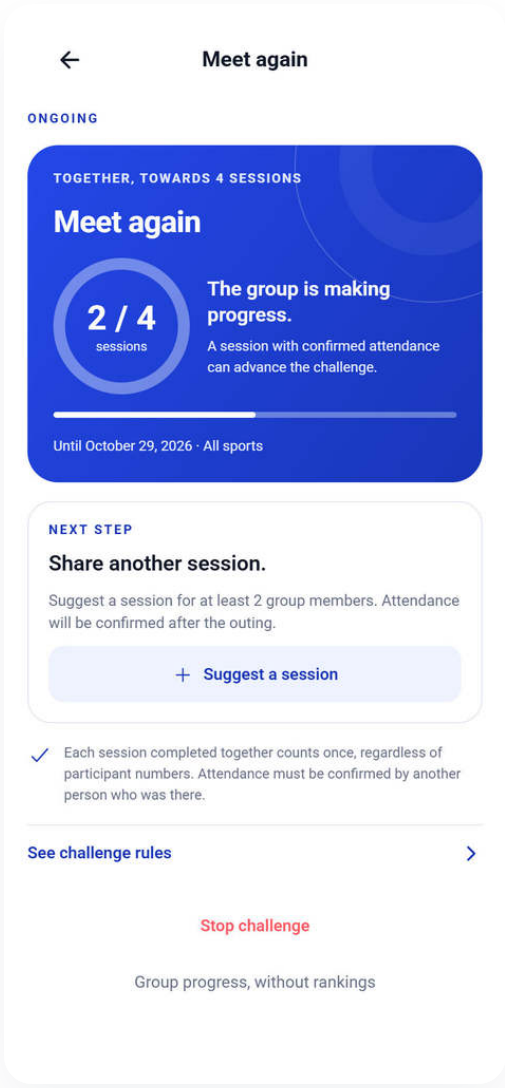
A shared goal.

The group chooses a challenge and follows its progress.

Read its rule to see what counts. Confirmed attendance contributes to the relevant challenges. Challenges remain optional.

Group / Challenges



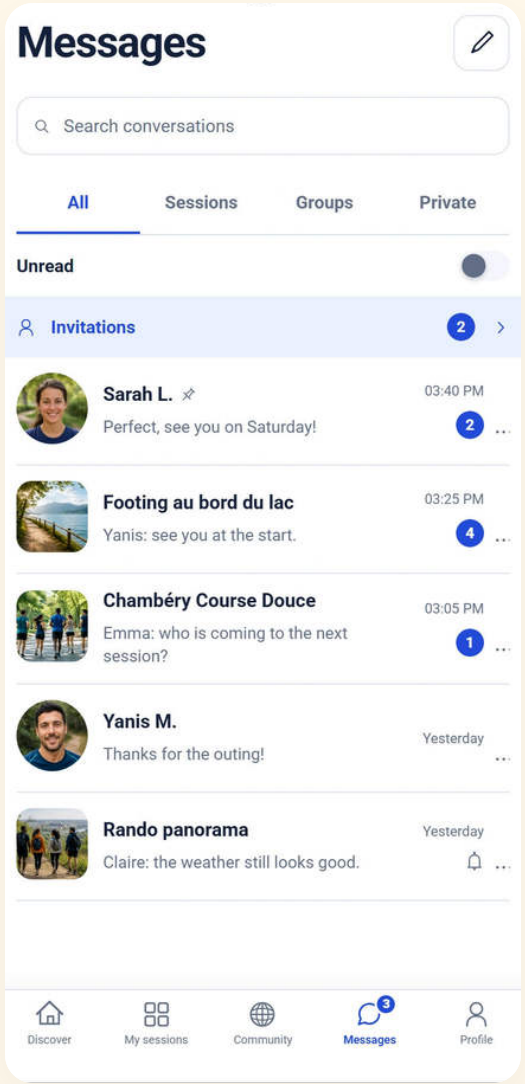


The conversation you need.

Private chats, sessions and groups.

Use categories and search to return to a conversation.
Shortcuts take you to useful actions.

Messages

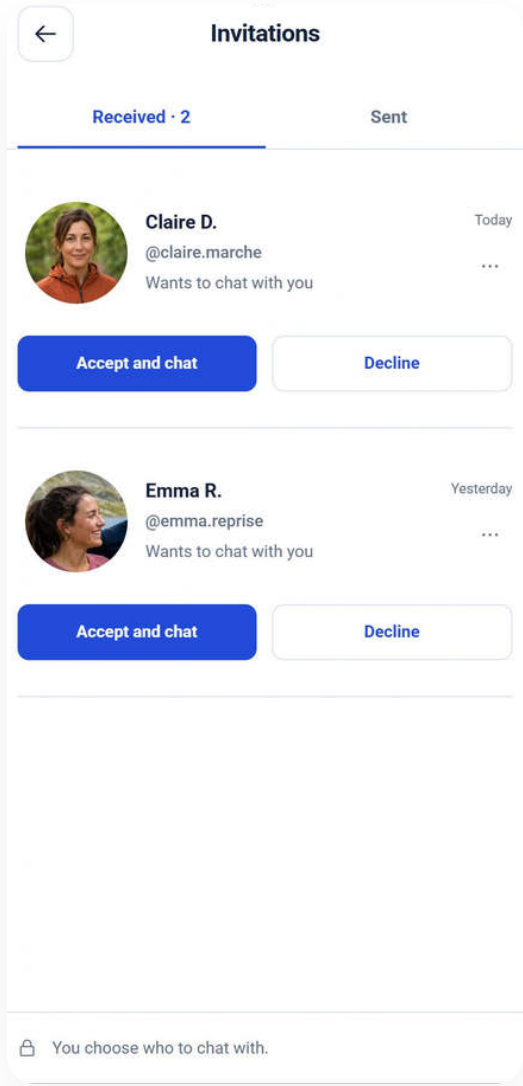


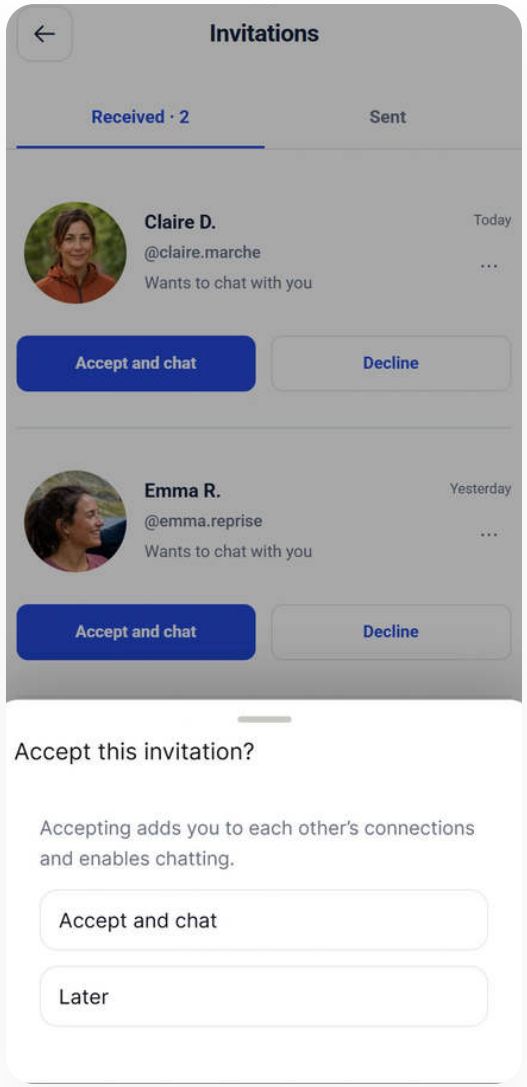
A first contact you choose.

You decide whether to start the conversation.

Check the person's profile before responding to their request. Accepting lets the conversation begin.

Messages / Requests



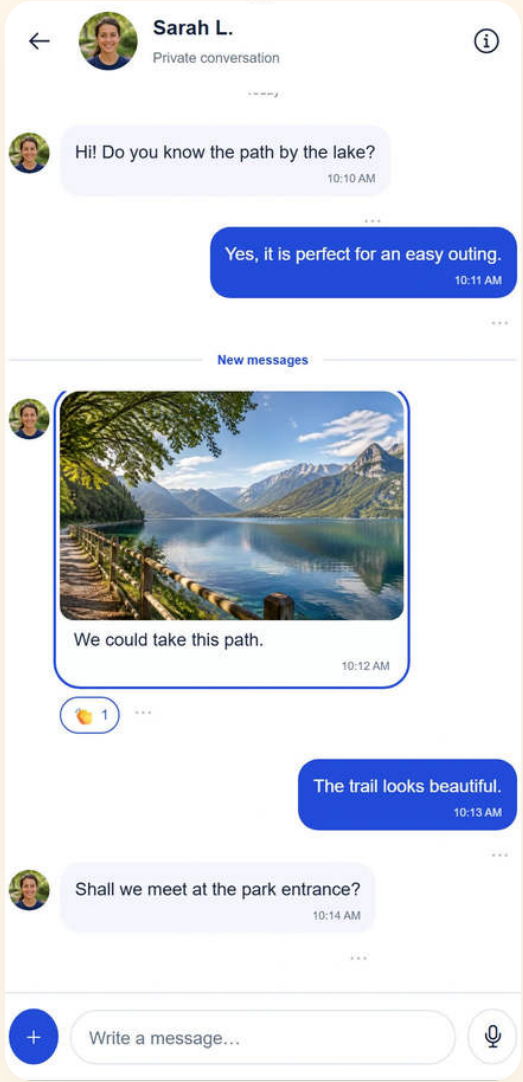


Planning the outing together.

Text, photos, audio and replies.

Clarify the meeting point, show your equipment or ask a question by voice. Session and group chats bring together their authorised members.

Conversation / Compose

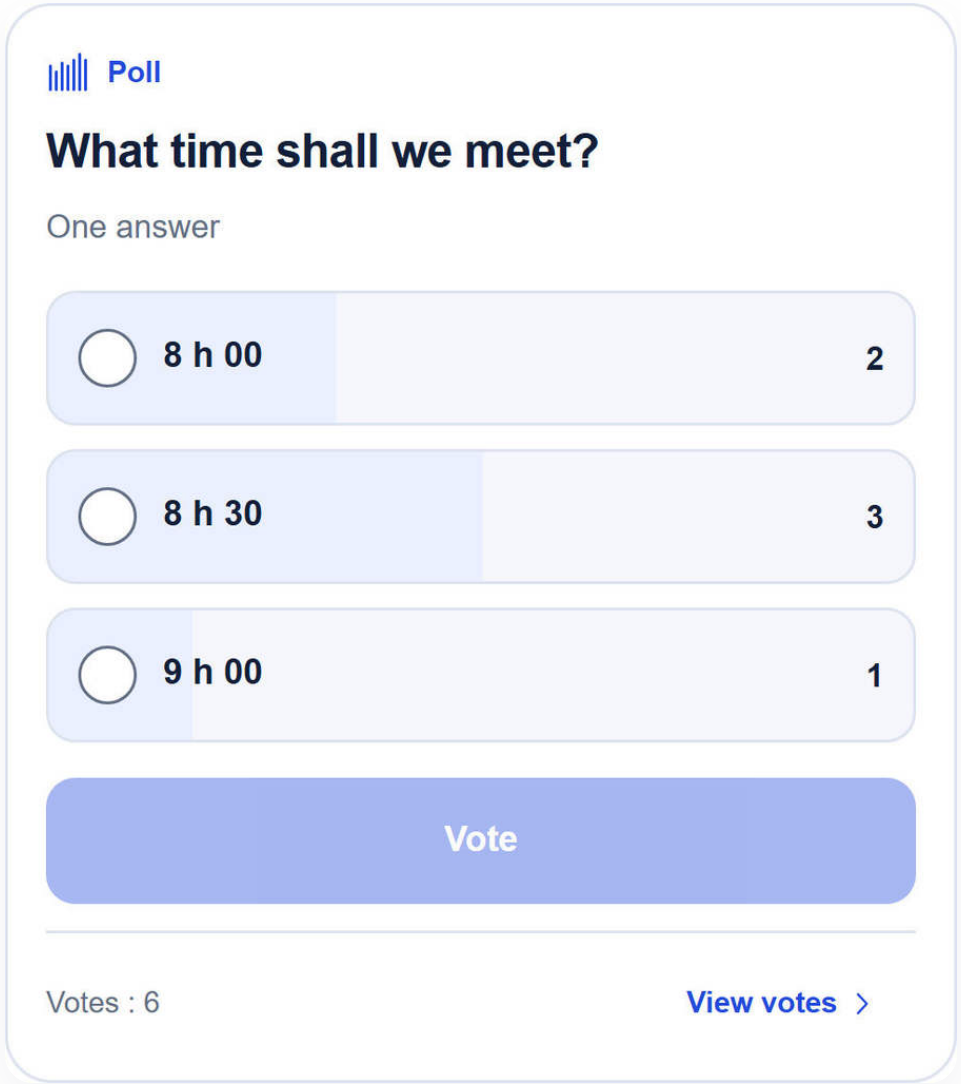


A decision with the group.

Suggest options and collect votes.

Find polls in the conversation information. Results help you decide without changing the outing details automatically.

Conversation / Polls

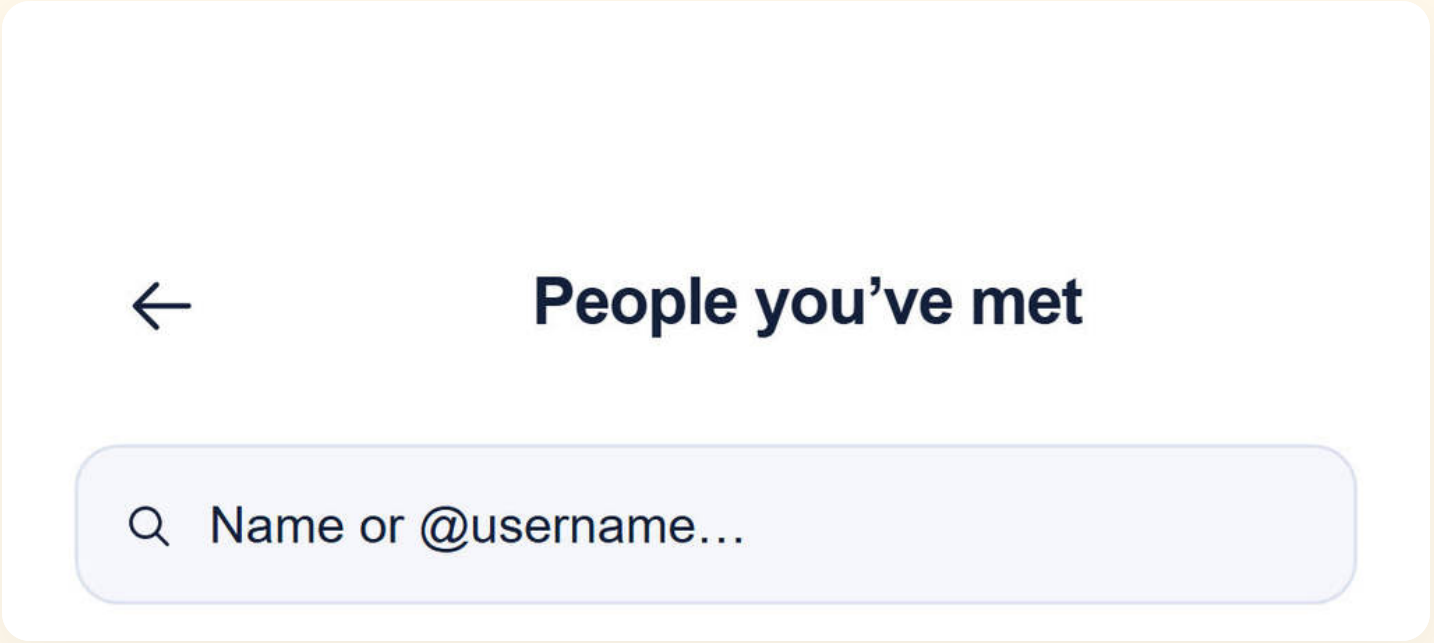


People you have met.

A personal list after outings.

It uses confirmed attendance in completed sessions. It does not track people's movements.

Community / People you've met

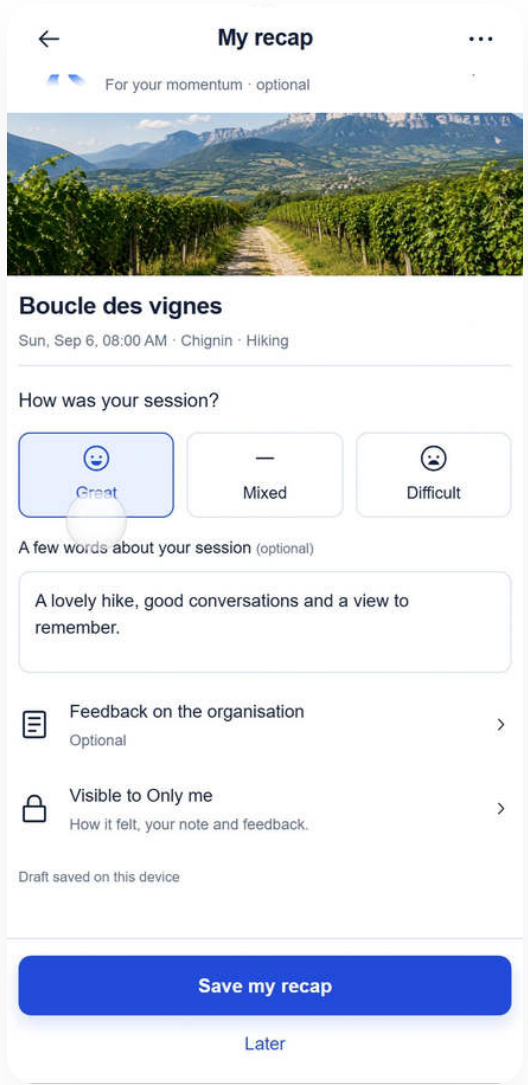


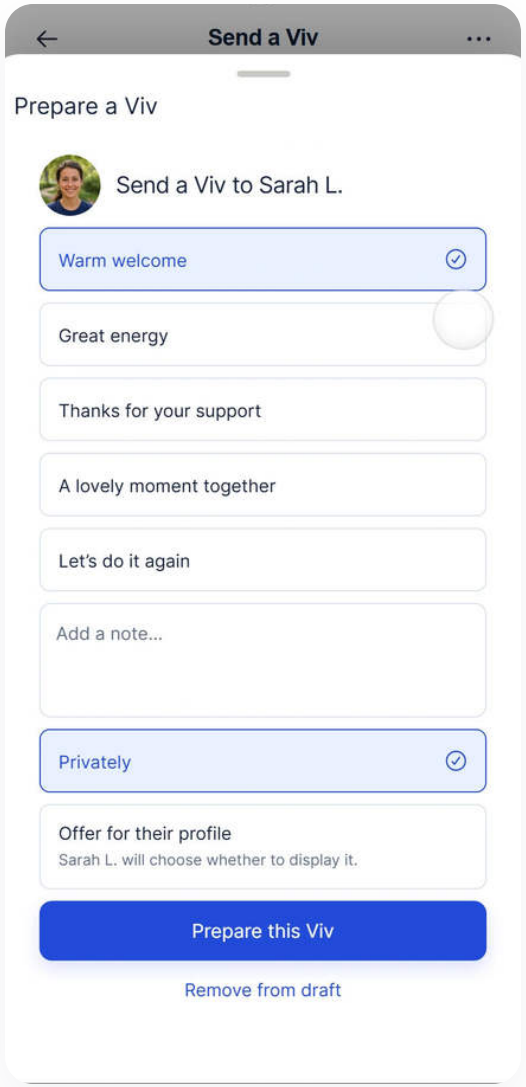
A recap after the outing.

Attendance, how it felt and thanks.

Confirm your attendance under the session's rules, then share your recap if you wish. Thanking someone and publishing a memory remain separate actions.

After my outing / Recap



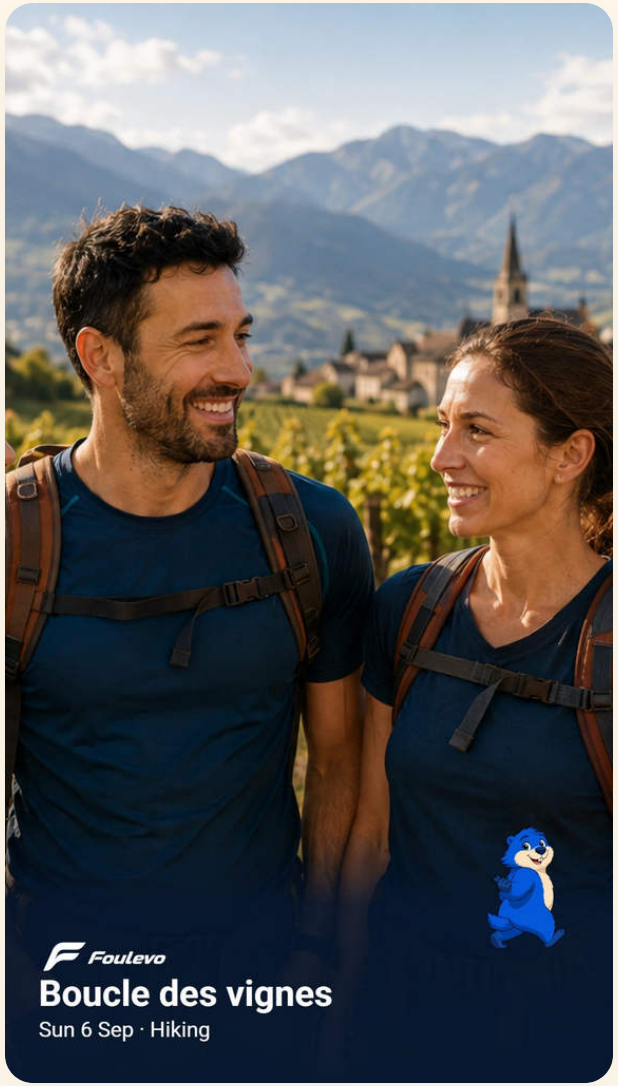


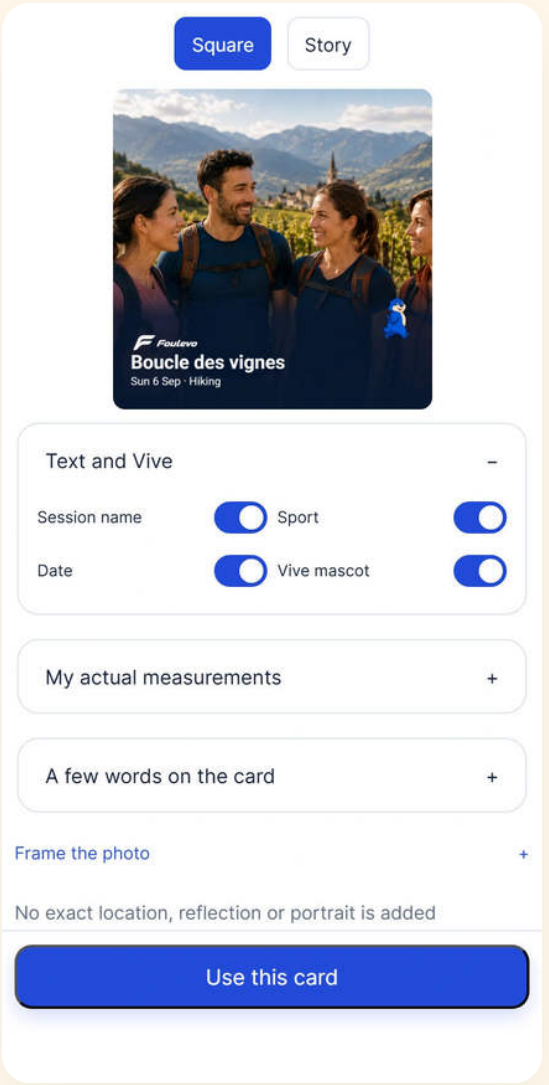
A memory to share.

Your photo and words in the format you choose.

Prepare a memory, then personalise its sharing card. Check the details and get the visible people's permission before sharing.

Memory / Sharing card



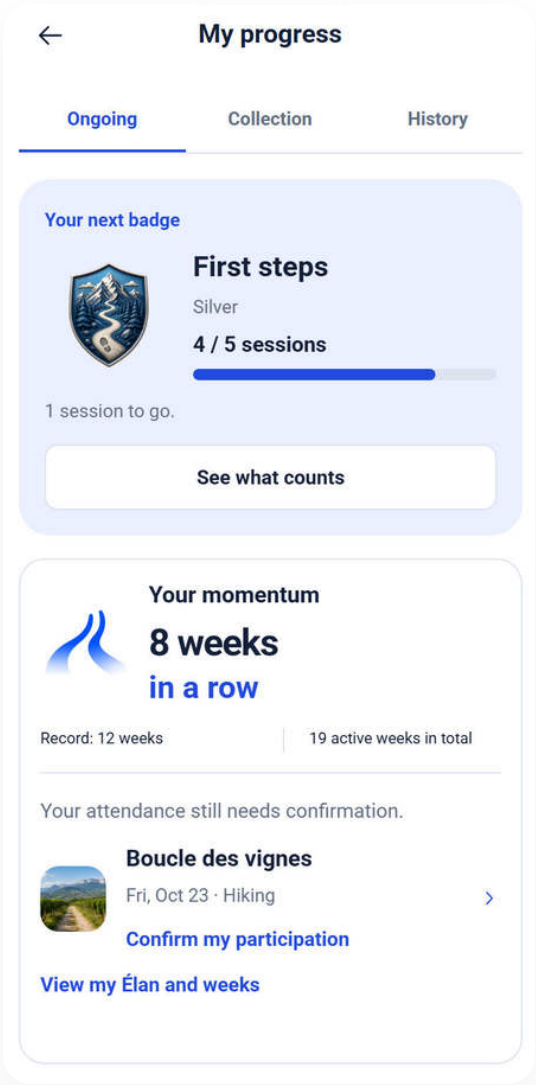


Your own momentum.

Encouragement to get outside again.

Find your progress and your goal. Consistency and enjoyment have their place, without any need to compare yourself with others.

Profile / Momentum



At your own pace

Pausing stops reminders. A week without a session breaks your Élan streak; your achievements remain.

Take a break — Off

Show my Élan on my profile — Off

Receive my Élan reminders — Off

At most one consistency reminder per week. Phone permissions and quiet hours always take priority.

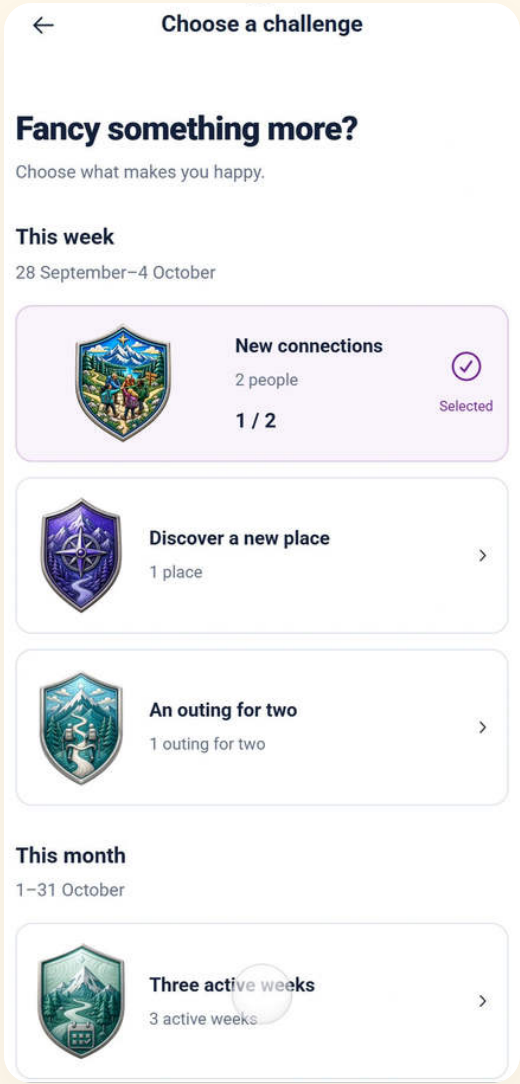
Find a session

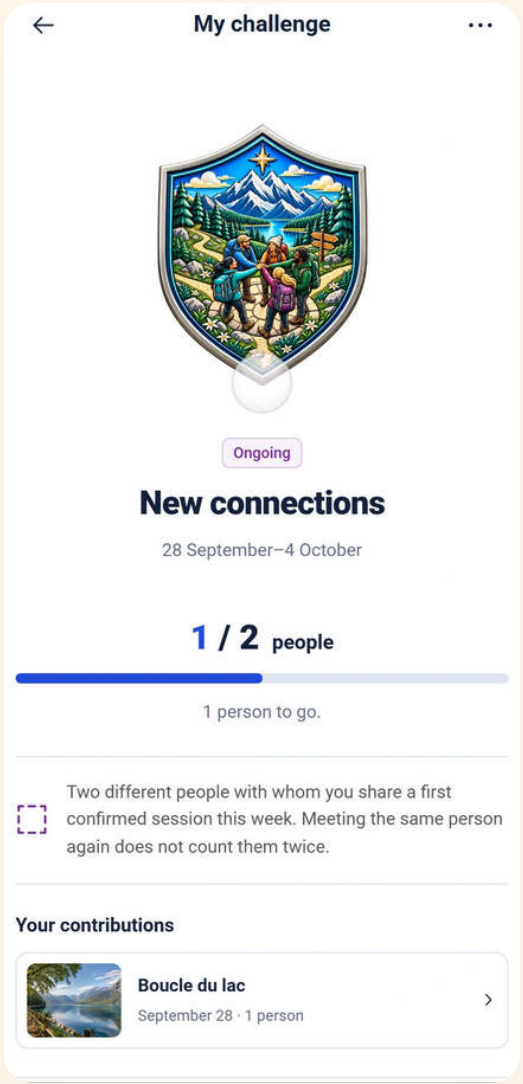
A challenge that suits you.

A personal goal whenever you want one.

Read its conditions and progress at your own pace. Personal challenges are independent of group challenges.

Profile / Challenges



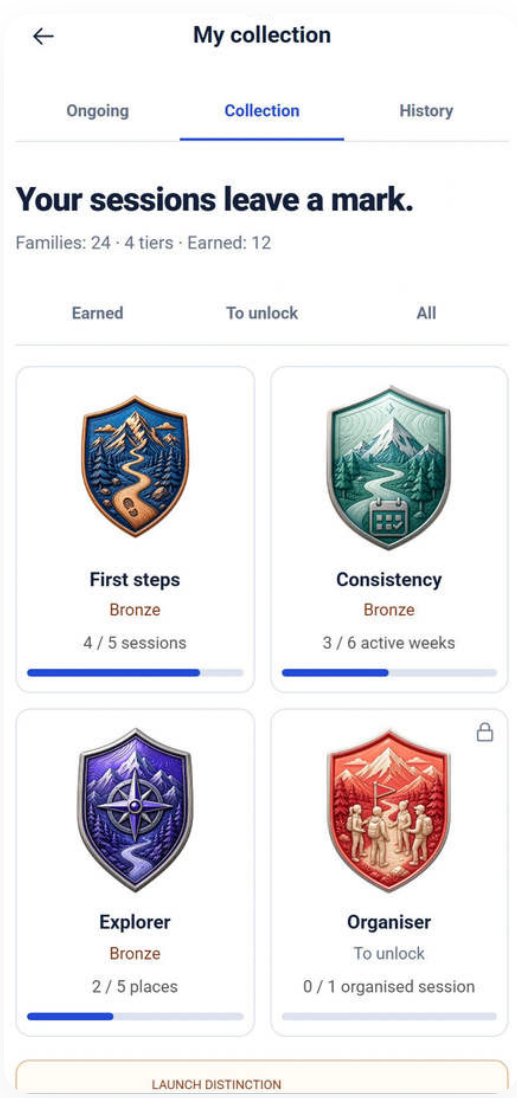


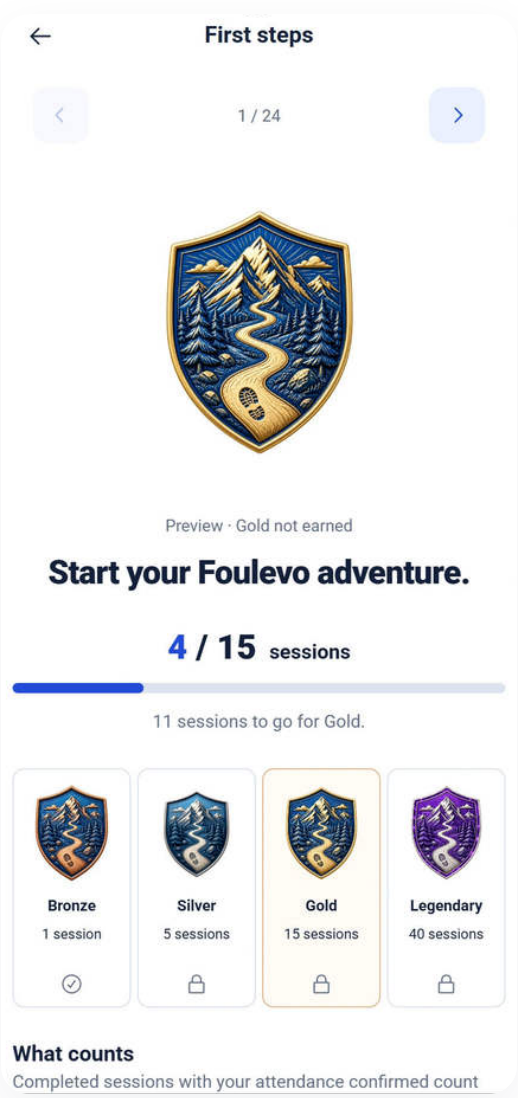
Milestones to celebrate.

Each badge explains how to earn it.

Explore the badges along your journey and choose which to show. Your showcase can hold up to three.

Profile / Badges



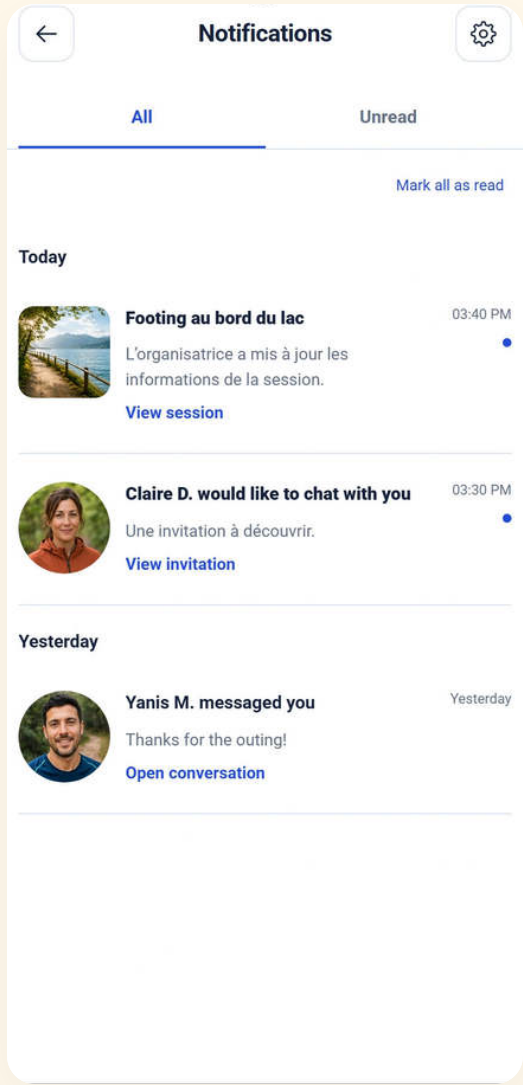


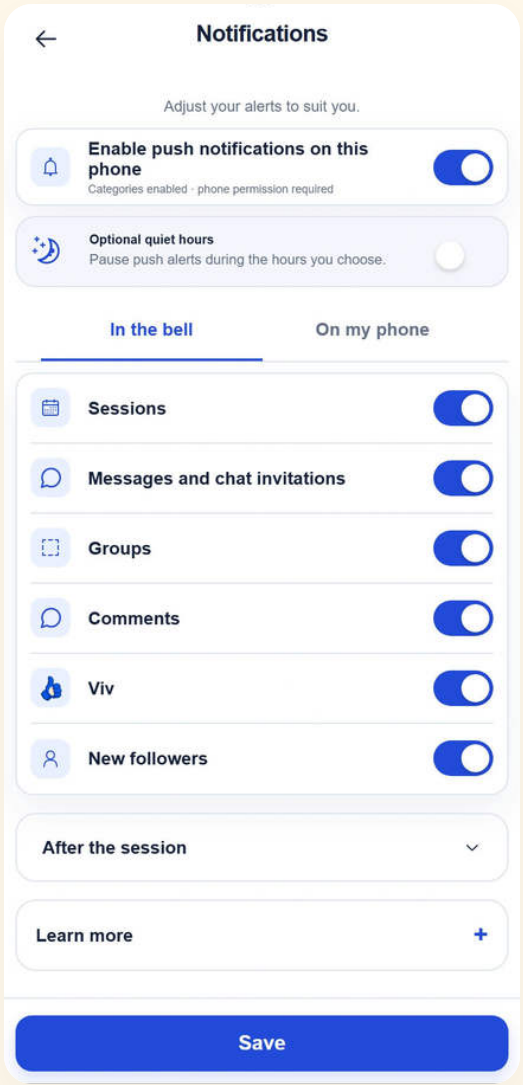
The updates you choose.

Notifications, quiet times and optional emails.

Adjust your preferences and your phone's permissions. Messages needed to operate your account remain separate from optional subscriptions.

Settings / Notifications



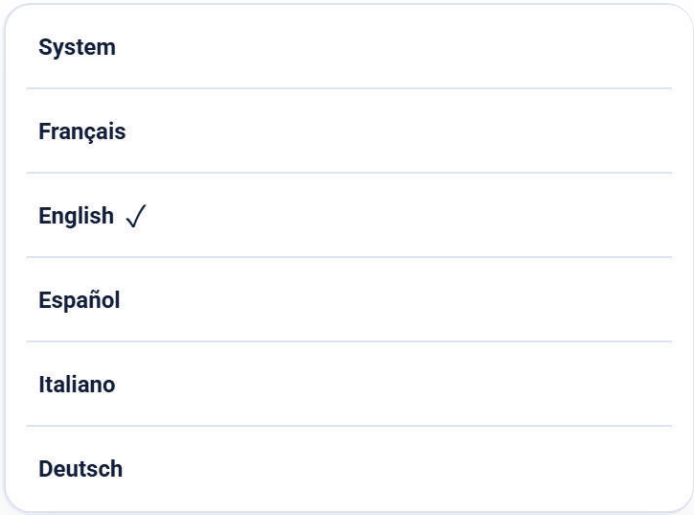


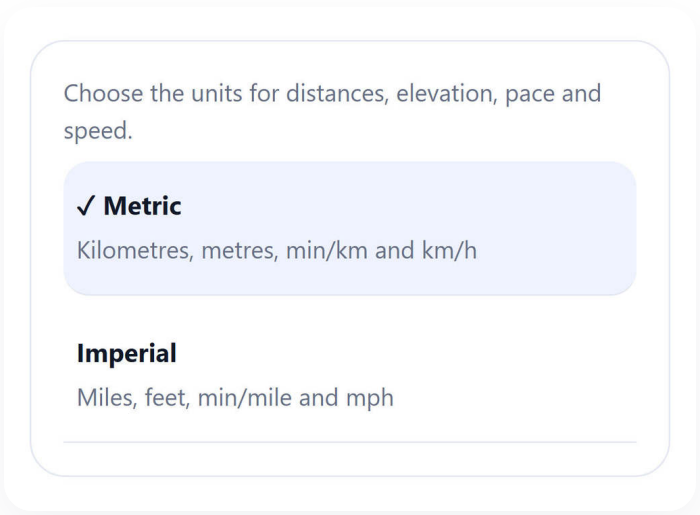
Foulevo, your way.

Language, appearance and units.

Choose from the five languages and available settings.
Find these preferences in the app settings.

Settings / Personalisation



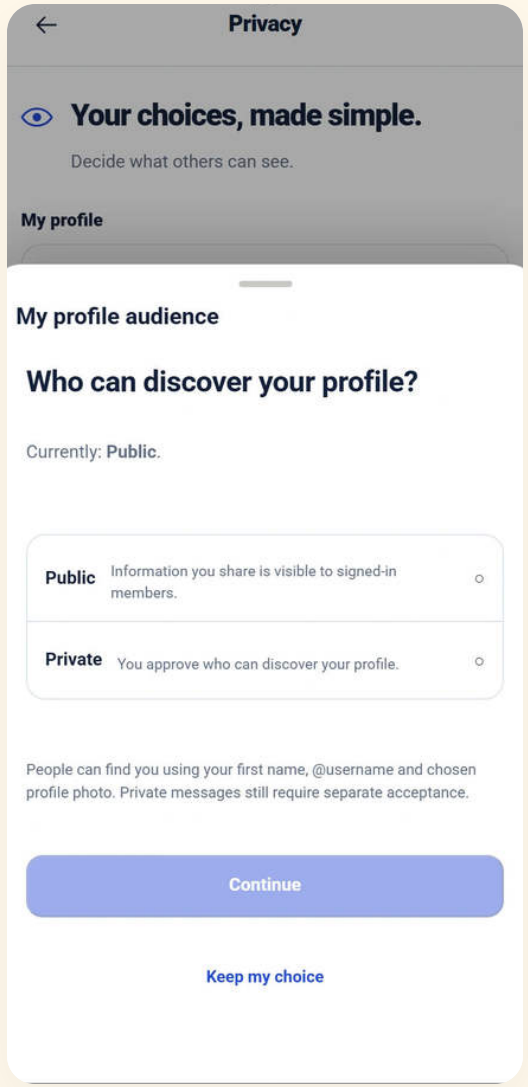


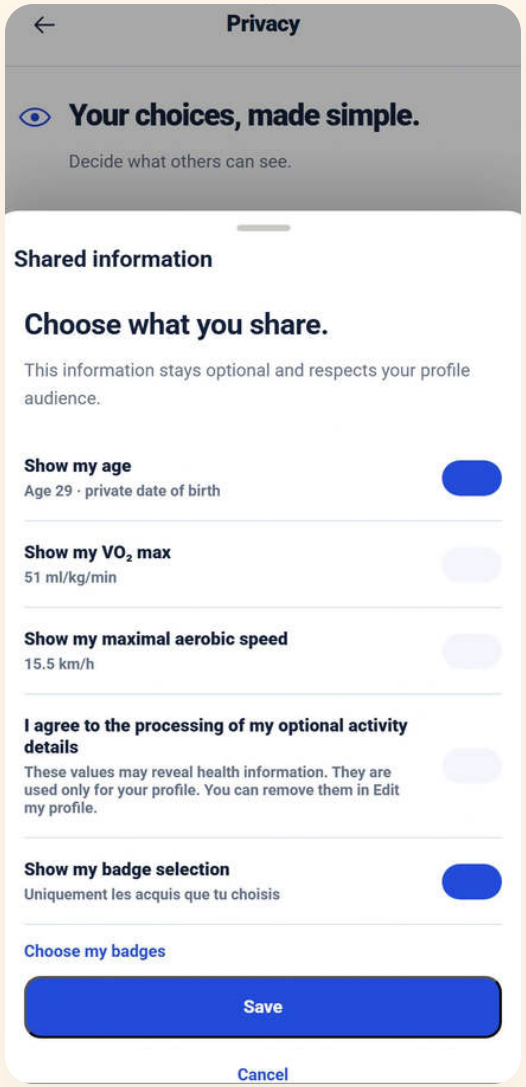
Sharing in the right place.

Profile, post, session and group.

Check the visibility of each item. The exact meeting point stays private before admission, even if a visible route can reveal its start.

Settings / Privacy



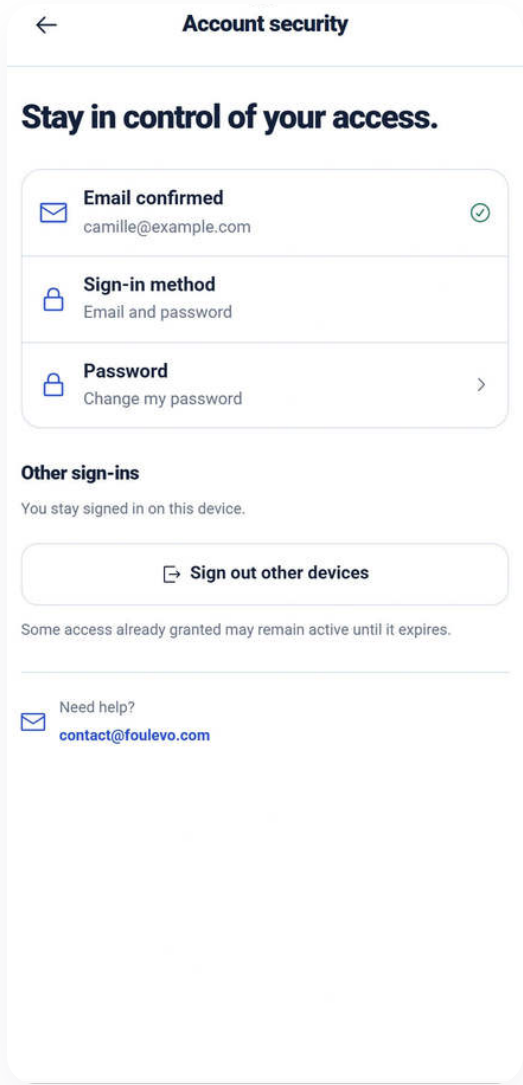


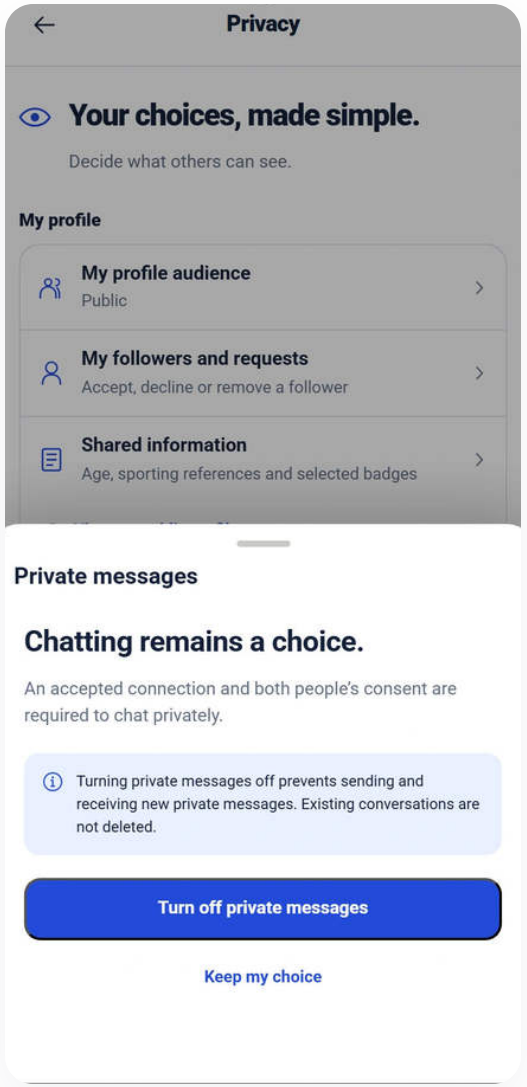
Boundaries you control.

Access to your account and private conversations.

Manage your password and connections. You can also block or report from the relevant content. In immediate danger, contact the emergency services.

Profile or content / Options



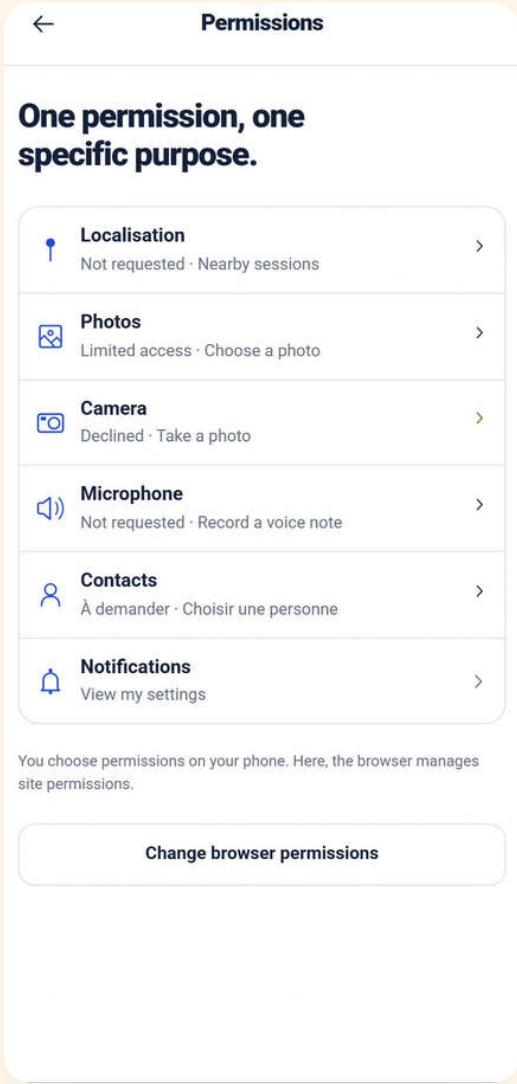


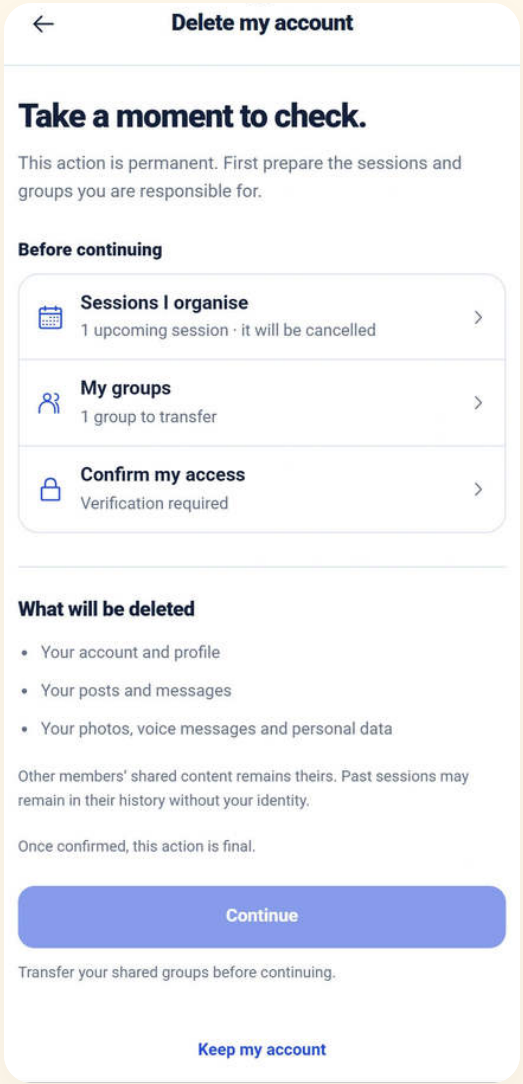
Control over your data.

Permissions, export and account deletion.

Check your phone's permissions and find the relevant steps in settings or help. Read the consequences before confirming deletion.

Settings / Account and data



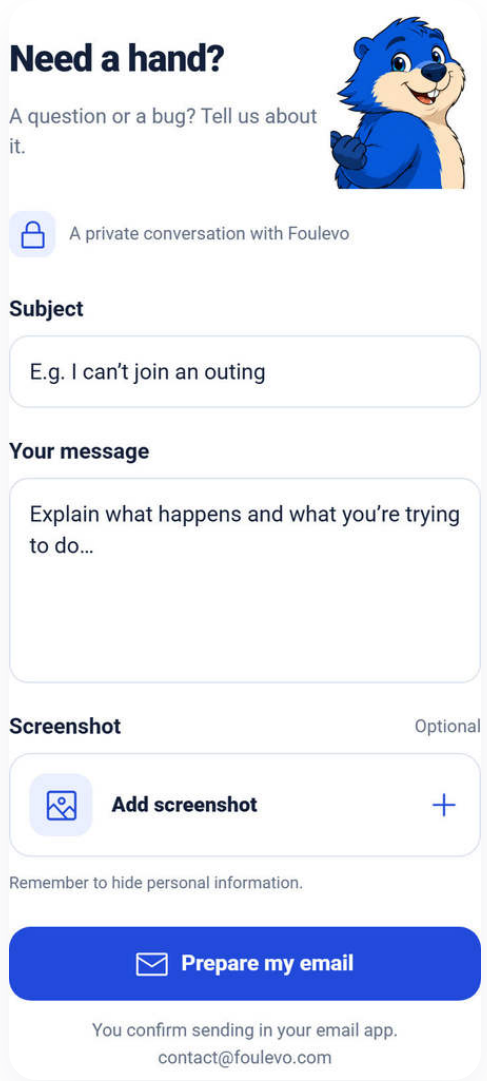


A question or an idea?

Help and feedback move Foulevo forward.

Check the help section, contact support or suggest an improvement. Describe your needs and, if useful, attach a screenshot without sensitive information.

Help / Support



Your next outing awaits.

Find a session, propose one or join a group.

Choose your first step. Find information and ways to access Foulevo at foulevo.com.

