When you first switch on your eTrex you'll get the **Main menu** screen appearing after a short time.

From here you can move around the screen using the **thumbstick** (also called the **joystick** or **toggle**)

zoom out button

zoom in button

menu button

thumbstick or joystick
or toggle

on/off button

Toggling - moving the thumbstick up or down or left or right - will highlight a different submenu . Initially the one in the top left-hand corner is highlighted – in this case **Map**

Clicking – pressing the thumbstick down gently – will bring up the submenu.

Pressing the **menu** button will bring up a list of options for the menu visible on the screen.

The **zoom in/out** buttons are only used to alter the image size when a map is shown

Since it is often easiest to navigate around by first returning to the main menu it is important to know that:

> *if at any stage you are in a submenu and wish to return to the **Main menu** just press the **menu** button **twice** [occasionally you may need to press the **back** button first]*

The main menu has 25 submenus of which only 6 can be seen on the screen at any one time.

These submenus "wrap around" so that from **Map** to **Adventures** you can toogle down 12 times or, more simply, up once

Many of these submenus are not of immediate interest to a hill walker and can be removed from the main menu – they can be restored very quickly should they become of interest.

f the main menu is reduced to the 9 submenus above and arranged as shown then, whenever you return to the main menu, **Map** is highlighted and the three most commonly used submenus can be selected very quickly.

toggle **up** to reach **Setup**

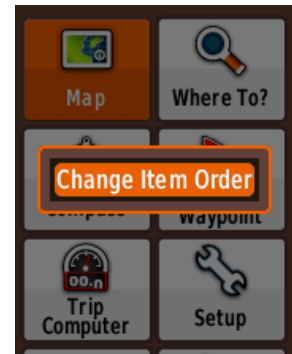toggle **right** to reach **Track Manager**

toggle **down** to reach **Trip Computer**

Customising the main menu - rearranging and shortening

Press the **menu** button once to bring up the **Change Item Order** option.

Click – by pressing the thumbstick down gently – to select this option.

You can see that the submenus are in the default order of

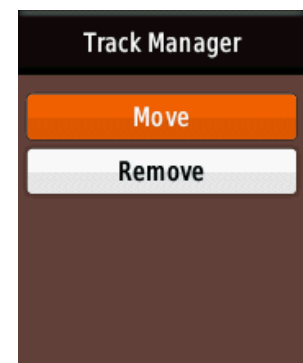**Map – Where To? – Compass – Mark Waypoint – Trip Computer – Setup** …………

We want to find **Track Manager** and move it so that it comes **after Map**

Use the **thumbstick** to toggle down to **Track Manager**

Click to select **Move.**

This will bring you back to the previous screen but this time, by **toggling** up, you can move **Track Manager** up until it comes just after **Map**.

Click to accept this position.

Now toggle down to **Trip Computer**, click and select **Move** and toggle up to move **Trip Computer** up until it comes just after **Track Manager.**

Repeat this process to get the first 9 submenus in order to be

Map – **Track Manager** – **Trip Computer** – **Mark Waypoint** – **Where To?** – **Compass** – **Active Route** – **Waypoint Mgr.** – **Setup**

Now to remove [temporarily – they can be restored at any time] the remaining 16 submenus.

Toggle down to below **Setup** to **Geocaches**, click and this time select **Remove**

Click and **Geocaches** is gone.

Now remove all the other submenus in the same way.

Note that when you have done this you will find a submenu **Add Page** at the bottom. Clicking on this allows you to restore any submenu.

Setting up your eTrex for hiking

Toggle to the **Setup** menu [toggle up if you have customised the main menu as described above] and click.
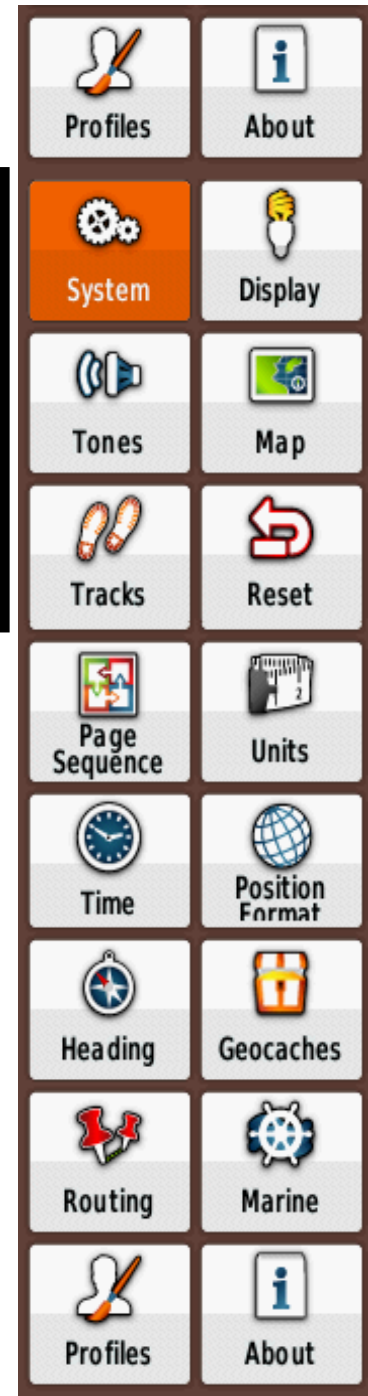
This instruction and future instructions will be shortened to

Main menu > Setup

The **Setup** submenu has itself a further 16 submenus. It is not possible to customise it.

Of these **Tracks** and **Reset** are used before and after every hike and **Map** is used from time to time.

Others need only be checked, changed from the default values where necessary and then left alone.
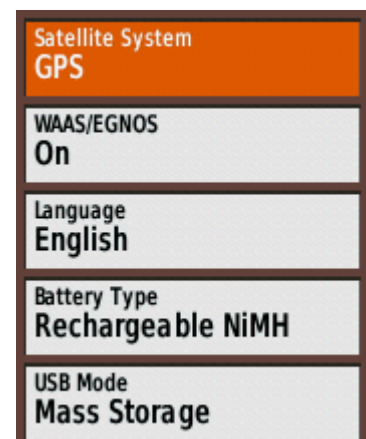

Main menu > Setup > System
WAAS/EGNOS should be set to **On**

Set **Battery Type** to the batteries you are using

USB Mode should be set to **Mass Storage**.
This ensures that the eTrex behaves like a USB memory stick when plugged into a computer.
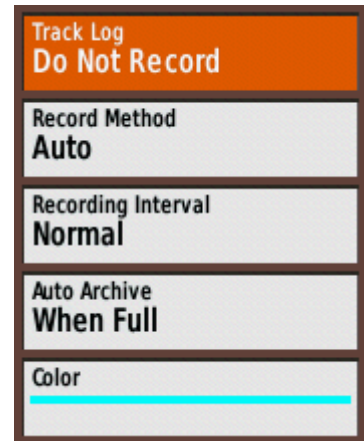
Main menu > Setup > Tracks

The default **Track Log** is **Record, Show On Map**.
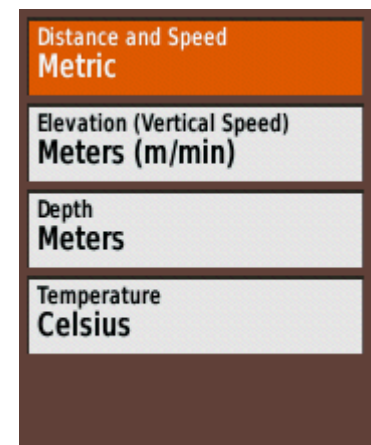Click on this and change it to **Do Not Record**

Only set this back to recording when you really mean to record
i.e. just before you take your first step of a hike.

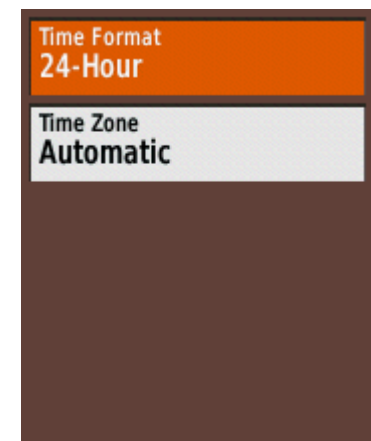At the end of a hike always change it back to **Do Not Record**

Track Log
Do Not Record
Record Method
Auto
Recording Interval
Normal
Auto Archive
When Full
Color

Main menu > Setup > Units

The default units are metric [unless you bought your eTrex
in the USA]

Distance and Speed
Metric
Elevation (Vertical Speed)
Meters (m/min)
Depth
Meters
Temperature
Celsius

Main menu > Setup > Time

Time Format can be changed to 12-Hour am/pm

Time Format
24-Hour
Time Zone
Automatic

Main menu > Setup > Position Format

The default is latitude/longitude given in degrees/minutes/decimals of minutes

Change this to the usual Irish Grid
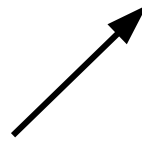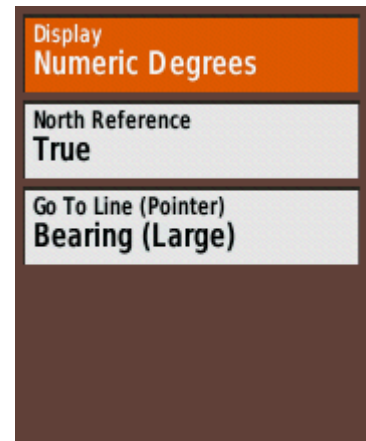

Main menu > Setup > Heading

The default heading/bearing is **Directional Letters**
i.e. *N*, *NE*, *SW* etc.

Change this to **Numeric Degrees**

During a hike your present position will be shown on the map
screen as a blue triangle.
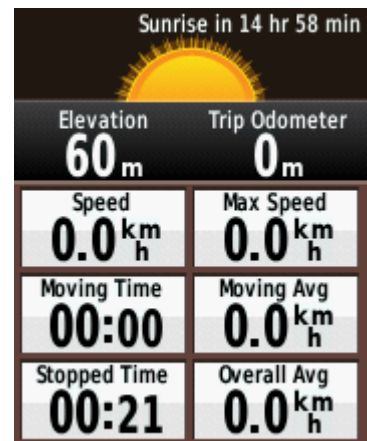The white arrow/cursor can be moved by toggling.
As this is done the distance and bearing from the
triangle to the arrow is shown at the top of the screen.

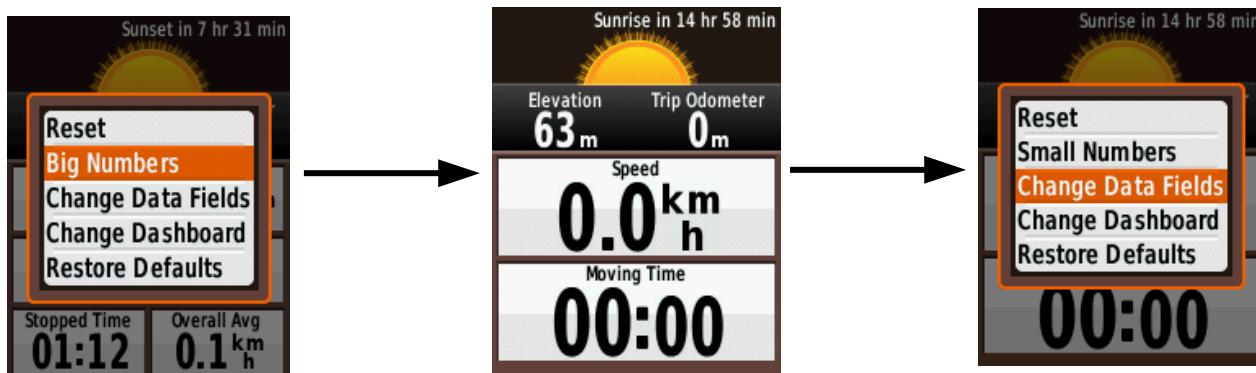

Customising the Trip Computer

By default the **Trip Computer** displays a lot of information in rather small lettering.

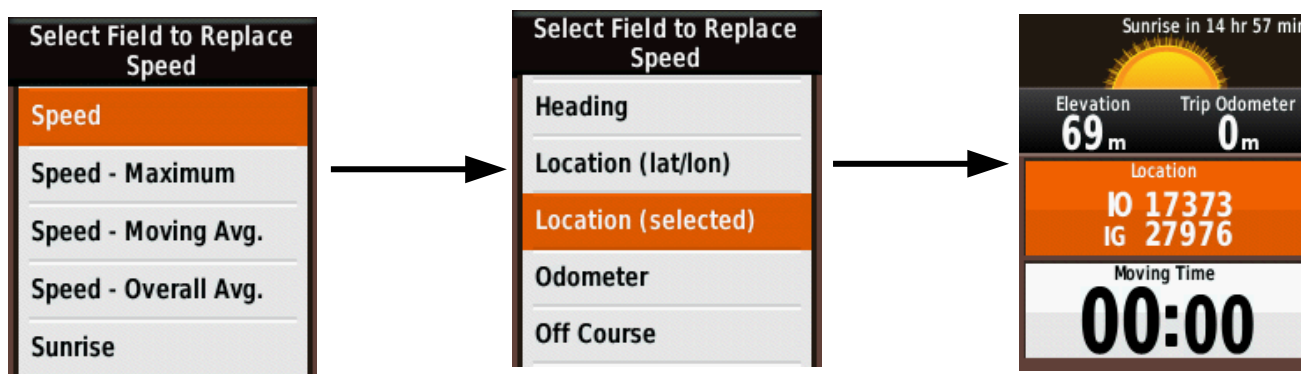The fields can be reduced to just three in a larger size as follows.

With the Trip Computer selected press on the **menu** button to get the options.

Click on **Big Numbers** then press on the menu button again and click on **Change Data Fields**


Toggle down to **Location (Selected)**, which will give you the Irish grid coordinates, and click

Now toggle down to the second field, **Moving Time**, and click to change that, in the same way, to **Elevation.** Press the **back** button to accept these changes.

Press on the **menu** button again and click on **Change Dashboard > Large Data Field**

Press the **back** button to get a screen showing **Battery condition**, **Time**, **Satellites**, **Distance**, **Location** and **Elevation**.
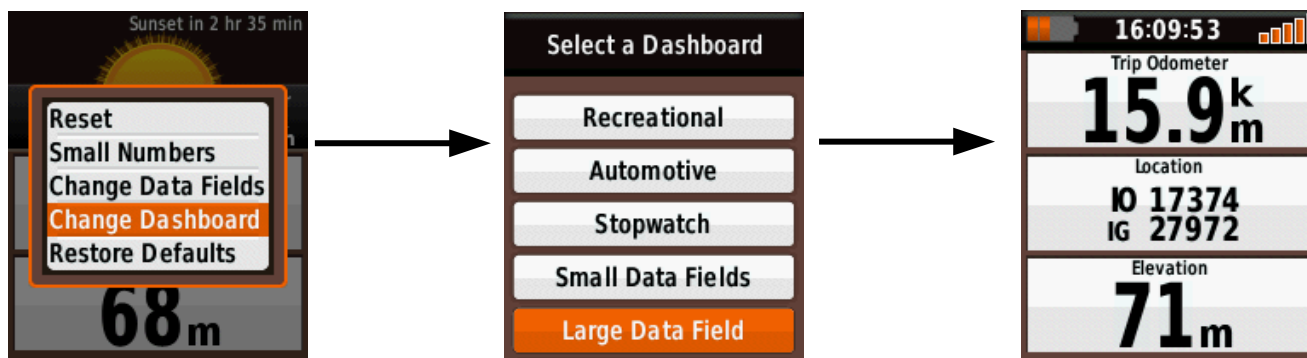
NOTE: If at any stage you wish to start all over again you can reset all these changes to the factory defaults by going to

Main menu > Setup > Reset > Reset All Settings [you will be asked if you're sure ?]