

On your hike

At the start of a hike

Switch on your Garmin

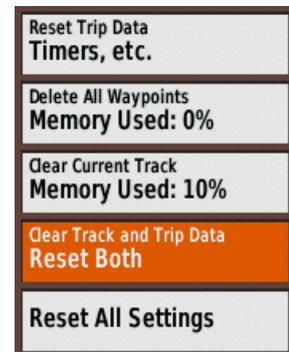
Make sure that the current track and the trip odometer are set to zero by going to

Main Menu > Setup > Reset

and click on

Clear Track and Trip Data – Reset Both

[If your Garmin does not have the **Reset Both** option you will have to **Reset Trip Data** and **Clear Current Track** separately]



Go to

Main Menu > Setup > Tracks

and change the **Track Log** to either

Record, Do Not Show or **Record, Show On Map**

Your track will be recorded from now on – even if you change batteries.



Go to **Main Menu > Map**

Your **current location** will be shown as a **blue triangle** and shortly the map will be shown behind it. Which map is shown depends on which map you have enabled.

Use the **Zoom In/Out** buttons to zoom in or out – the resulting image will be shown centred on the position of the white arrow, **not** the current location blue triangle.

The information shown here at the top of the screen is:

the **grid reference** of the **white cursor arrow** [not the blue triangle]

the **distance** from your current location to this white cursor arrow

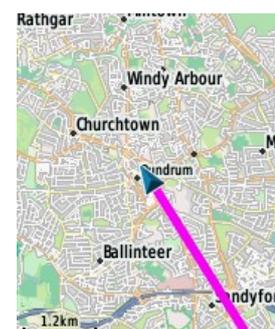
the **bearing** from your current location to this white cursor arrow



The purple line issue

You may find that on your map you see an unwanted purple line.

This is because you have, probably inadvertently, started to navigate from one point to another.

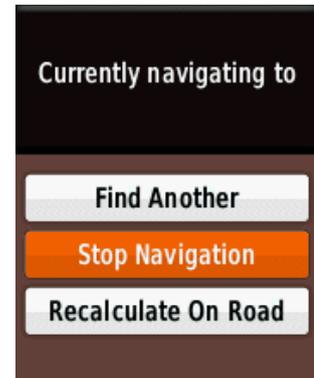


To delete the line go to

Main Menu > Where To?

and then click on

Stop Navigation



North Up or Track Up

Going to

Main Menu > Setup > Map

will allow you to change the map **Orientation**

When set to **North Up** the map is displayed with North at the top of the screen. As you move so does the blue triangle but the map doesn't move with it. At intervals you will need to move the map yourself by moving the white cursor arrow to the top/bottom/edge of the screen.

When set to **Track Up** the map is continually rotated so that the direction of motion is towards the screen top.

If at any time you wish to see the screen and it has dimmed just toggle in any of the four directions. Do **not** click

Head off and enjoy your hike.

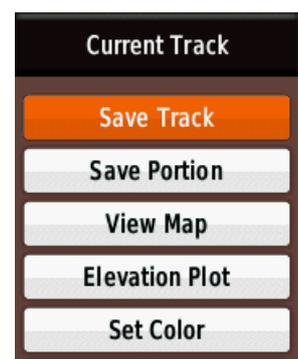
At the end of a hike

Go to **Main Menu > Setup > Tracks** and change the **Track Log** back to **Do Not Record**

Go to

Main Menu > Track Manager > Current Track > Save Track

Where it says **Enter Name** move the cursor down to the bottom of the screen and select **Done**



The current track of your hike is saved with **<Date><Time>** as default name e.g.

2015-01-01 163329

and is stored in a GPX file under the name

Track_2015-01-01 163329

[A GPX file can contain a number of tracks as well as waypoints and routes]



Switch off your Garmin.

Back at home

Switch on your Garmin

Go to **Main Menu > Track Manager** and click on the day's track, **2015-01-01 163329**, which you saved earlier.

Select **Change name** and use the keyboard to change the track name to something more informative: **Laragh - Scarr**, say.

[The upward arrow below **K** toggles upper/lower case and the "open box" above the **Done** key is the space bar]



Now connect the Garmin to your computer – the Garmin can be either switched on or not.

After a while the computer will recognise the Garmin as a USB drive called, depending on the device, something like **Garmin eTrex 20 (F:)** or **Garmin GPSMAP 64 (E:)**

Use File Explorer to open the folder **Garmin eTrex 20 (F:) > Garmin > GPX**

You will see two folders, **Current** and **Nav** [do not at any stage try to make changes to these], and one or more GPX files

Select **Track_2015-01-01 163329**, the GPX file containing the track of your hike – it will still have this name [you have only changed the name of the track, not (yet) the name of the file containing it]

Copy it to the clipboard [Ctrl – C]

Open the folder containing your GPX files [it could be **Hill walking > GPX files**] and, using Ctrl – V, paste your GPX file into it.

Now rename this GPX file to something more informative such as:

2015-01-01 Laragh – Paddock Hill - Scarr .gpx

Disconnect your Garmin. It will automatically switch itself off.

Looking at your track on the Garmin

Your track is still on the Garmin and you can look at it by switching it on and going to

Main Menu > Track Manager

and clicking on the track **Laragh - Scarr**, say.

Now click on **View Map** [checking that **Show On Map** is set]

You should then see your track with, after a lapse in time perhaps, a map behind it – assuming that you have a map enabled .



Sharing tracks

You can now share your track with someone else by sending an email with a copy of the GPX file attached. Conversely you can receive someone else's track by the same method.

You could also contribute it to the GPX Library by renaming it appropriately:

Add the Grade at the beginning: **4-2015-01-01 Laragh – Paddock Hill - Scarr .gpx**

add the Area after the date: **4-2015-01-01-Glendalough-Laragh – Paddock Hill - Scarr .gpx**

add the Starting point grid reference:

4-2015-01-01-Glendalough-Laragh (T 144 966) – Paddock Hill - Scarr .gpx

and email it to gpplibary@theramblers.ie for uploading

You'll find more complete information about naming files for the GPX Library in the document **Downloading and contributing GPX files** which you will find on the GPX Library page in the section named **Using the GPX Library**