Rideventures Guide #1

How to Download a Route and put it on your Garmin

This guide is specific to the Garmin 800 and the "Ride with GPS" website but other models and online resources should follow similar patterns.
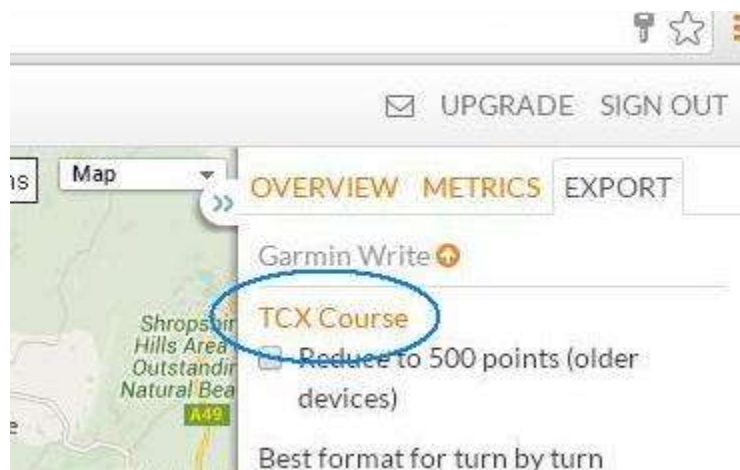
Step 1 – get the route off the website

Follow the link to the "Ride with GPS" route page.

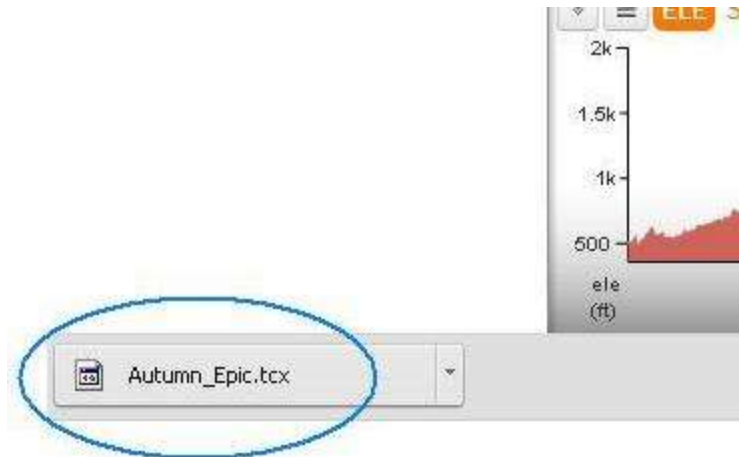Then look top right for "EXPORT" and click on it.

Next, click on the "TCX Course" link at the top of the column.

When you click the route should start to download to your computer. You may get notification of it at the bottom of the browser window – see right:

Make sure to take a note of what it's called – this download is called "Autumn_Epic.tcx"
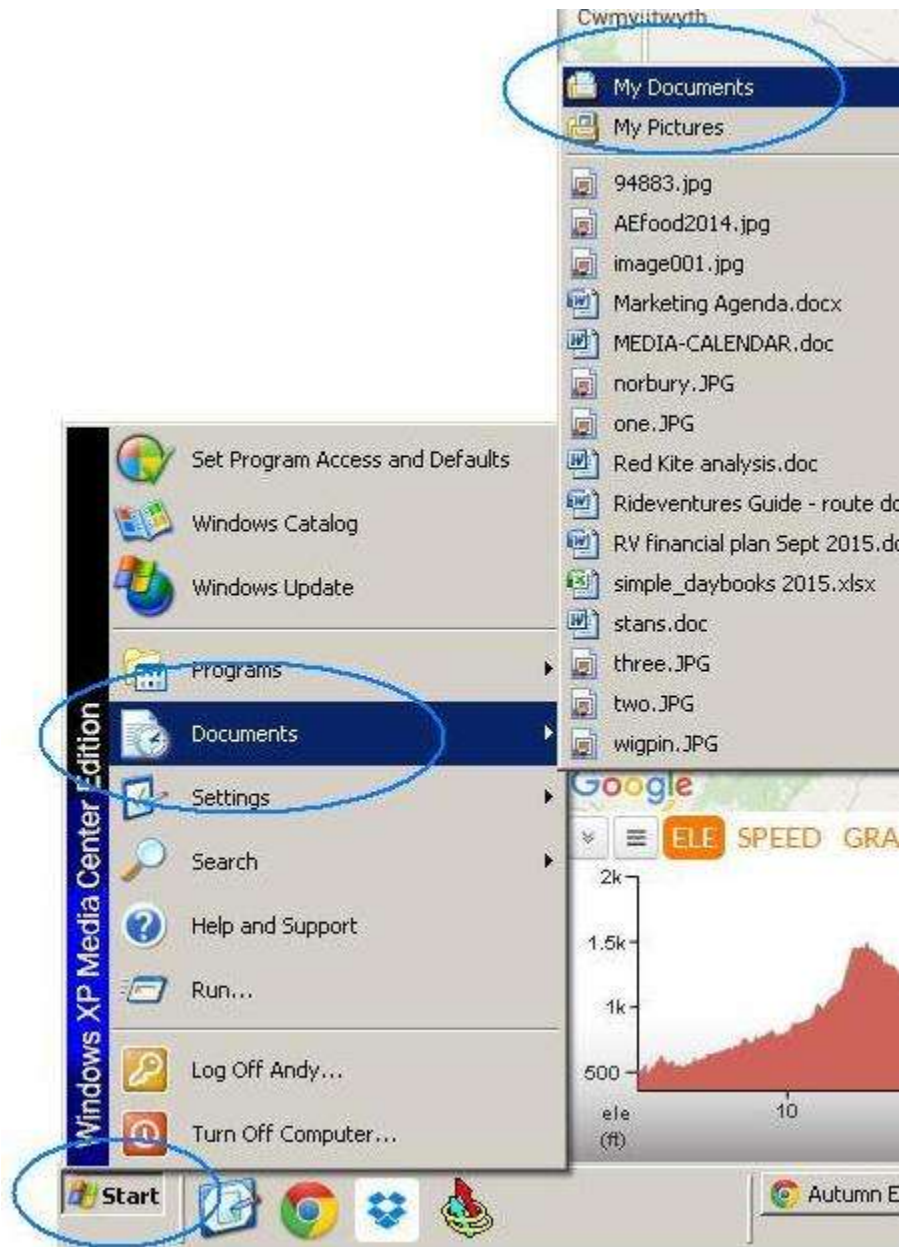

Well, done. That's **Step 1** complete – you now have the route on your computer.

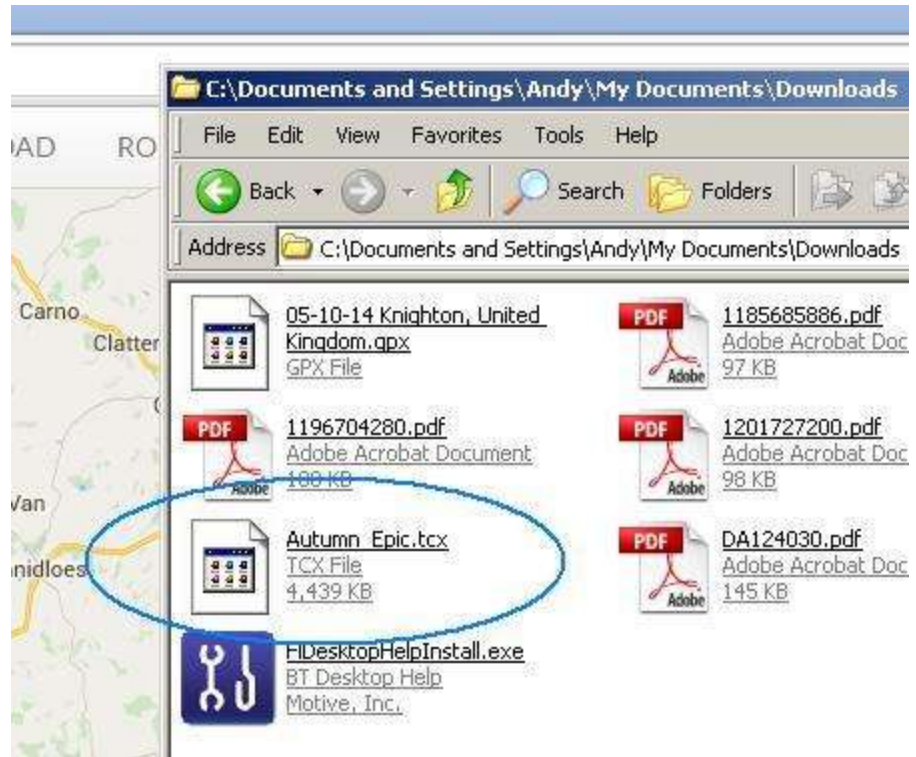**Step 2 – find the downloaded route on your computer**

Usually the TCX route will have been downloaded to your "Downloads" folder on your computer.
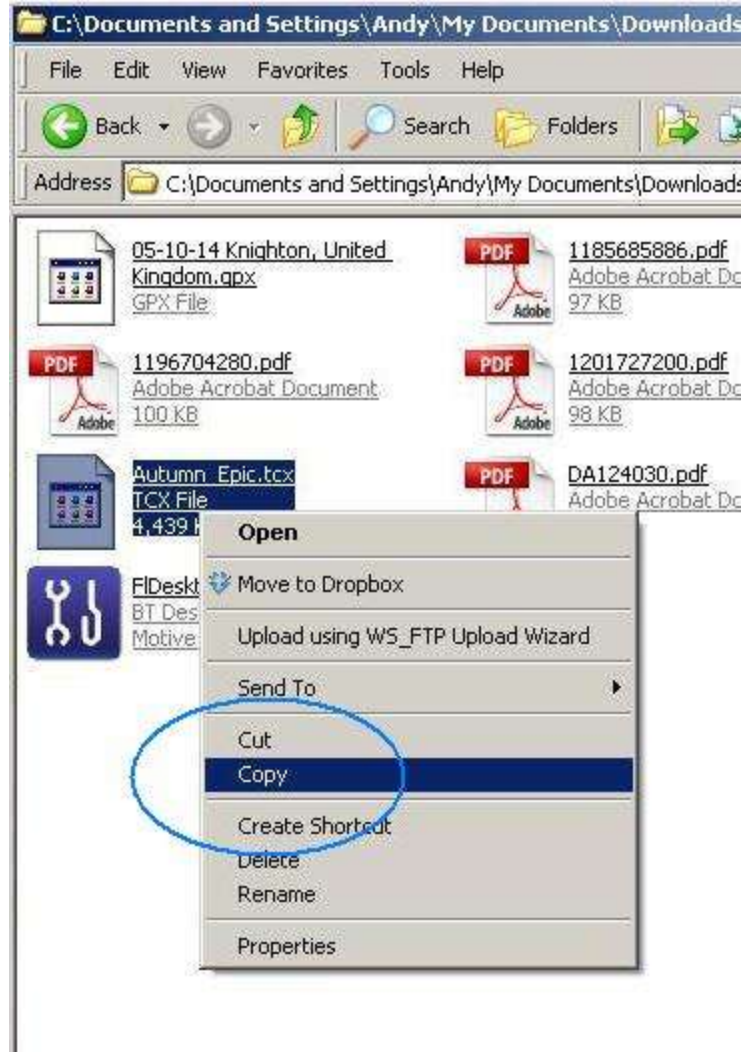
Find and open this folder by:
1) Click on "Start"
2) Then "Documents"
3) **Then "My Documents"**

Next, a new window should open – your "Downloads" folder – look inside and find the TCX file you just downloaded.

With your mouse put the pointer on the TCX file then click the right-hand mouse button. A small menu will appear and you then click on "Copy".
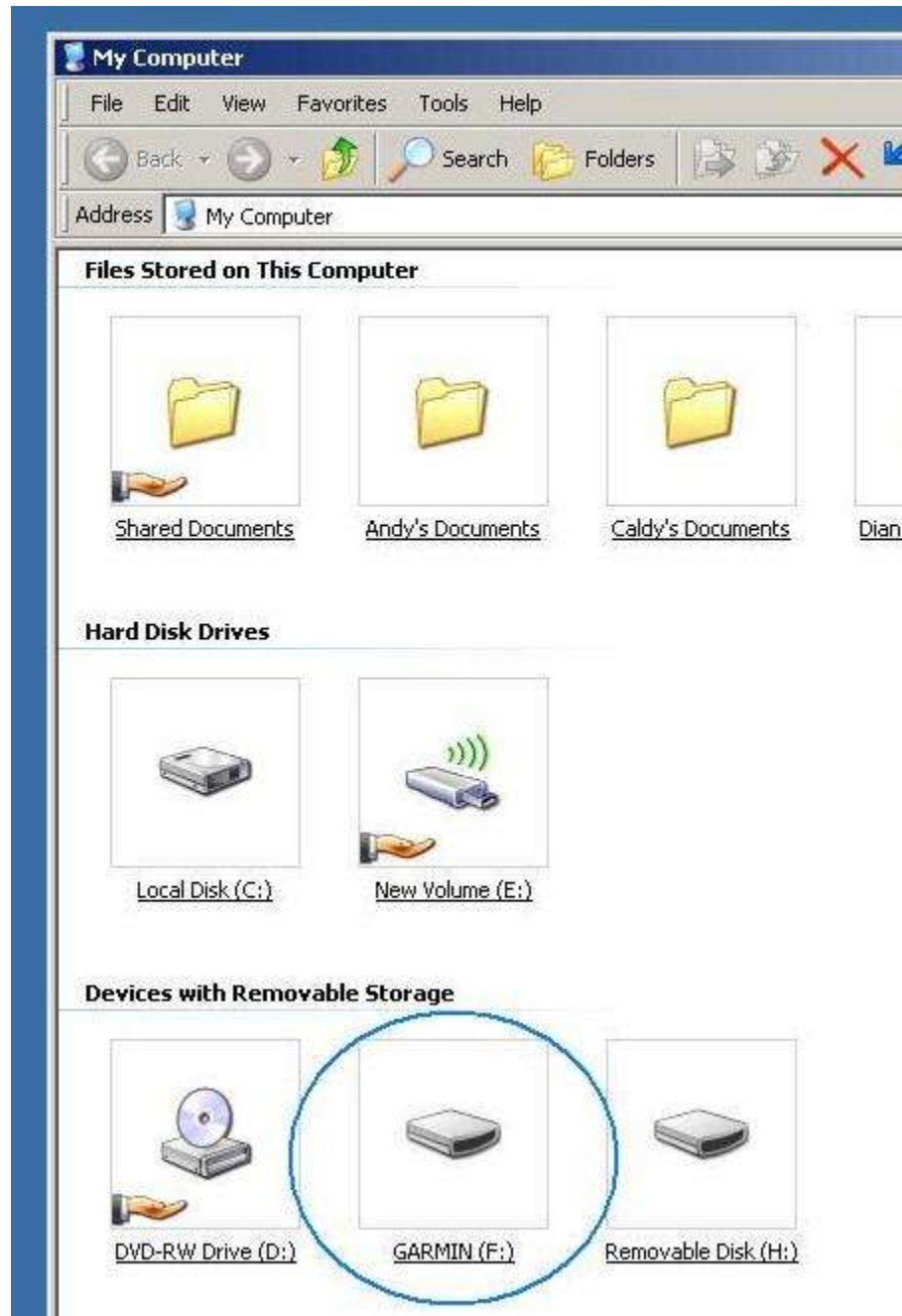

Well done, you now have your downloaded TCX file ready to transfer to your Garmin
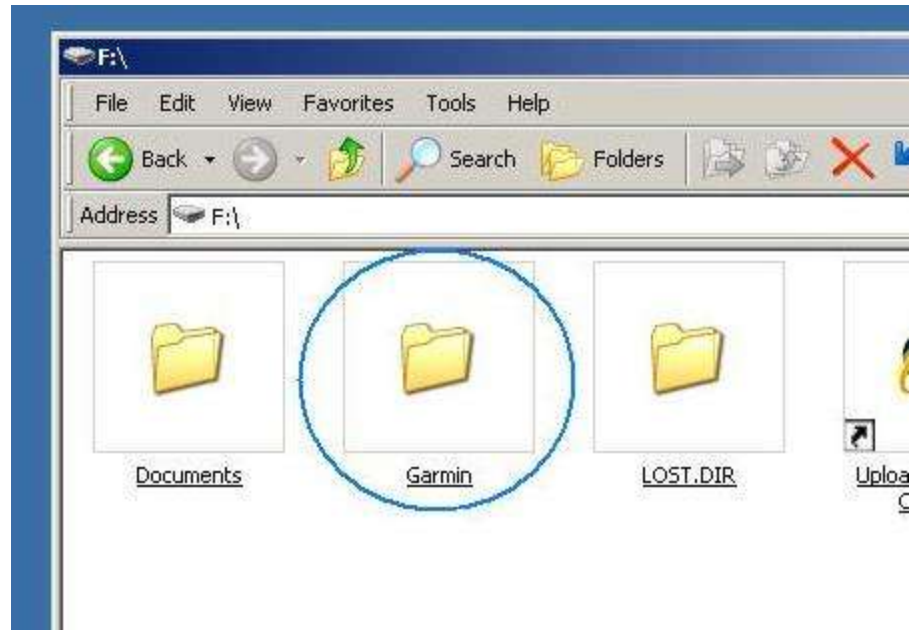
Step 3 – put it on your Garmin

First, connect your Garmin to your computer then click on "My Computer" on your Desktop – you should see a folder like the one right open.
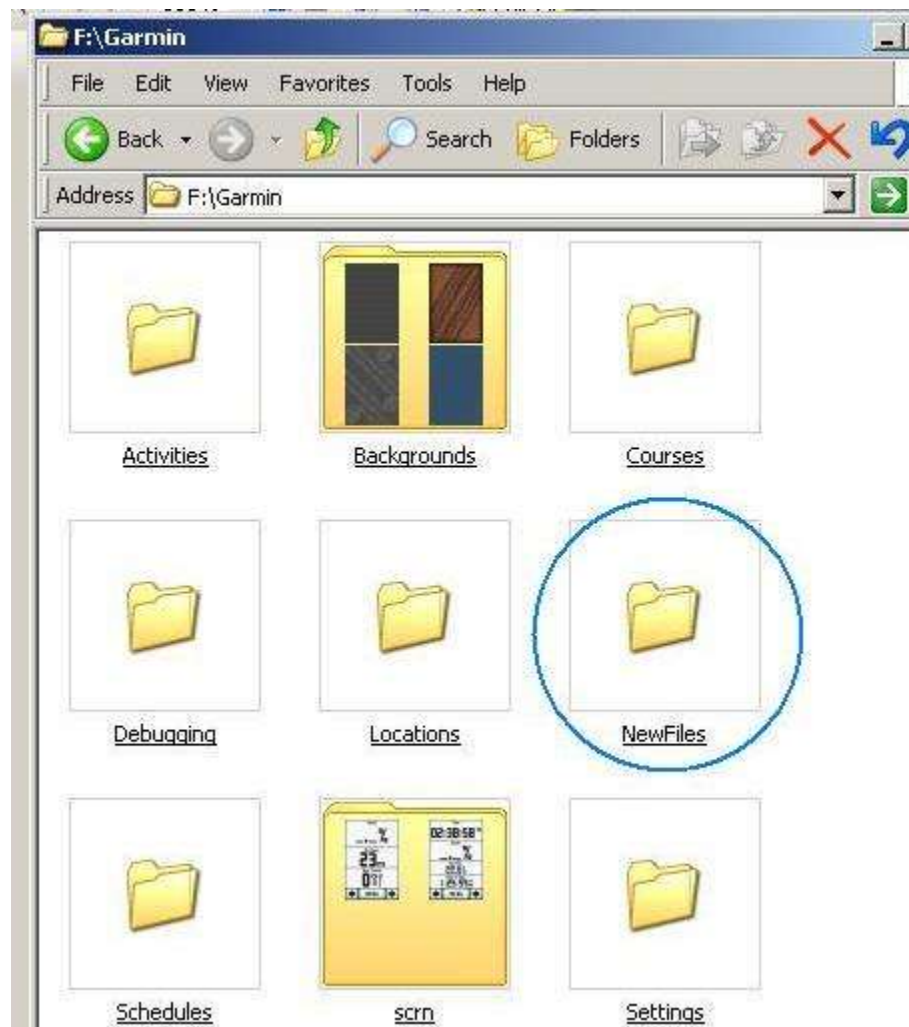
Click on the "GARMIN" folder.

Next, click on a second folder called "Garmin" (I know, confusing)

Now find the folder called "NewFiles" – open it.

Well done, you are now in the right folder to put your downloaded TCX file.
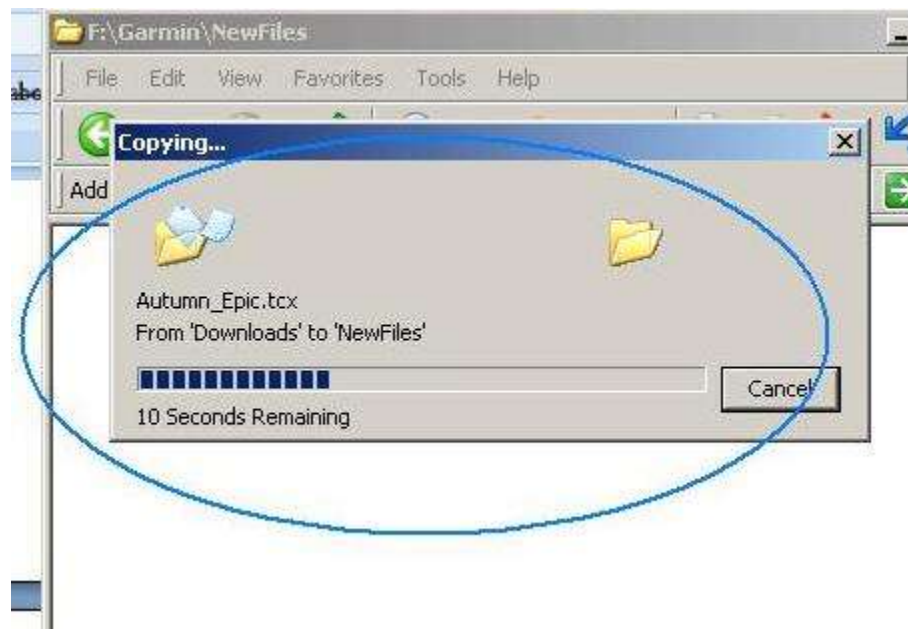
The NewFile folder will be empty (it always is) but you need to put the mouse pointer anywhere inside the folder and right click.
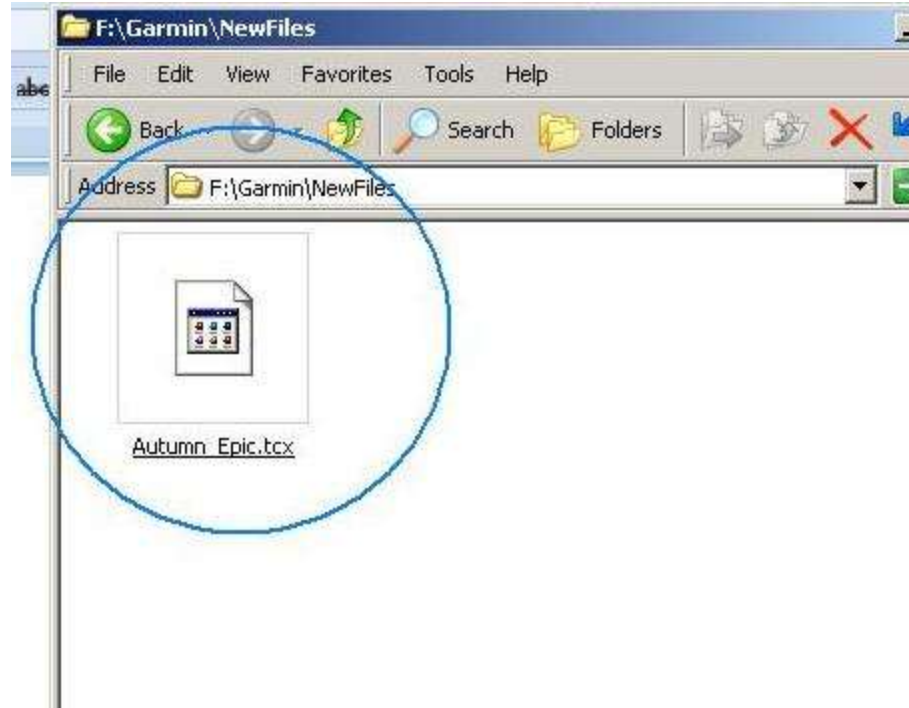
From the small menu that appears select "Paste"

A little "Copying…" box will appear confirming what's happening.

Once it's finished you should see this:

F:\Garmin\NewFiles

File   Edit   View   Favorites   Tools   Help

Back   Search   Folders

Address   F:\Garmin\NewFiles

Autumn_Epic.tcx

Brilliant, now unplug your Garmin and switch it on. Touch the "Menu" button bottom centre, then "Courses" bottom right – you should see something similar to the picture right (if you have loads of courses already loaded then you may have to scroll/search for the one you have just added).

All you need to do now it touch it to load it on to you Garmin and ready for use – just one last thing to sort out.

Weirdly, Garmins seem to be set so they normally don't provide "Turn Guidance" – instead you have to switch this on each time.

Here's how to do it:
1) Touch on the little Spanner icon on the left.
2) Then touch "Turn Guidance".
3) Then select "On"
4) Then use the little arrow bottom left to go back

Congratulations! You should now have access to thousands of TCX files, and can make your own routes online and then add them to your Garmin.

RIDEVENTURES