

## How to download a route to your Garmin

- 1) Don't plug the Garmin in yet.
  - 2) Click on the route (Routes Library, Facebook, email etc) to open up the route on Ride with GPS.
  - 3) Click on 'Send to device'.
  - 4) Click on Garmin Edge.
  - 5) Click on TCX file. The route will now be in your download folder, easiest is to drag it onto desktop.
  - 6) Now plug your Garmin in and wait for it to appear on desktop (may take a few seconds)
  - 7) Select 'Garmin' then 'New Files'.
  - 8) Drag the route into new files.
- NB you cannot see the route on your Garmin it until you unplug it