



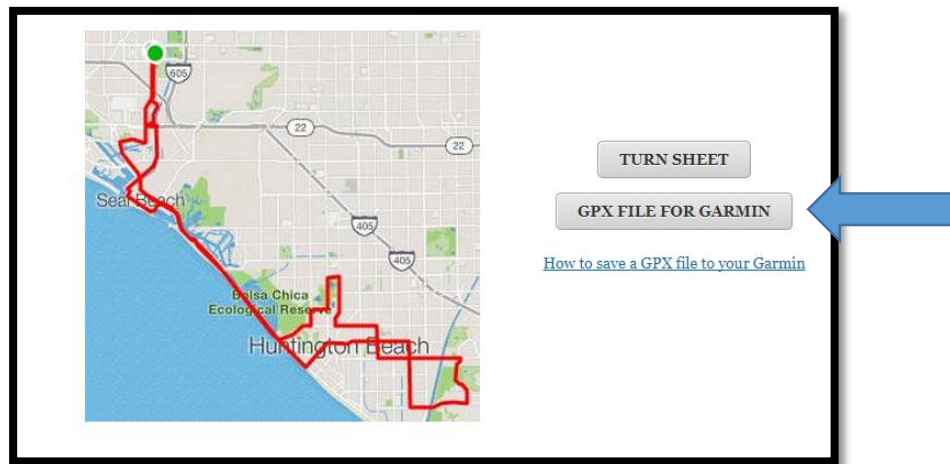
How to save a GPX file to your Garmin.

If you have any problems completing the steps in this document, [contact Garmin Support](#). Note that this document is produced by Lightning Velo for club members and Garmin Support will not have any knowledge of its contents.

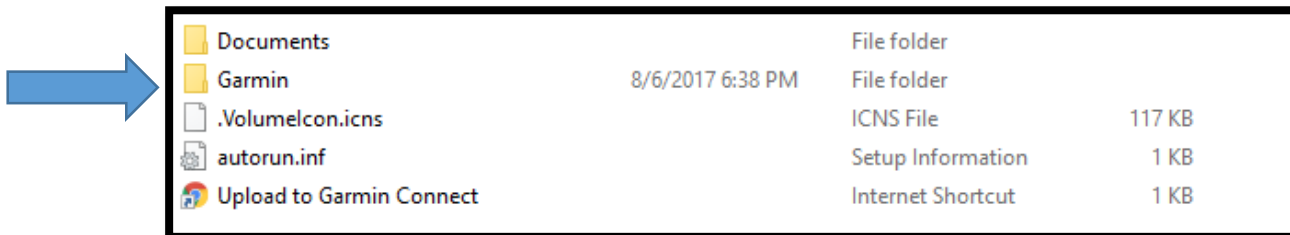
A “GPX” file contains all the data recorded by a Garmin device. GPX files can be downloaded, saved to a Garmin device and then played back for turn by turn directions.

While the Garmin Connect web site can be used to export activities into Course files and saved to a Garmin device for later playback, as of the summer of 2017, there are known issues with some Garmin devices not being able to play back turn by turn directions. However, saving the GPX file to a Garmin device has been shown to work more consistently.

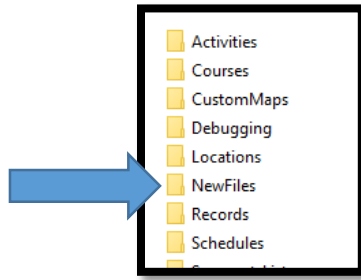
- Click the button labeled “GPX FILE FOR GARMIN DEVICE”



- This will initiate the download process in your Internet Browser and you may be prompted to save or open the file. If prompted, select “Save”. In most cases, the file will be saved to your Downloads folder.
- Navigate to the downloads folder, right click on the GPX file you downloaded and select “Copy”
- Connect your Garmin device to your computer using the USB cable provided by Garmin.
- Navigate to and click on the Garmin device to see the folders within the device
- You should see something like that shown below.
- Open the “Garmin” folder



- Navigate to the “New Files” folder on your Garmin, right click on it and select “Paste”.



- Disconnect the Garmin device from your computer
- Navigate to “Courses”
- The downloaded course should be listed