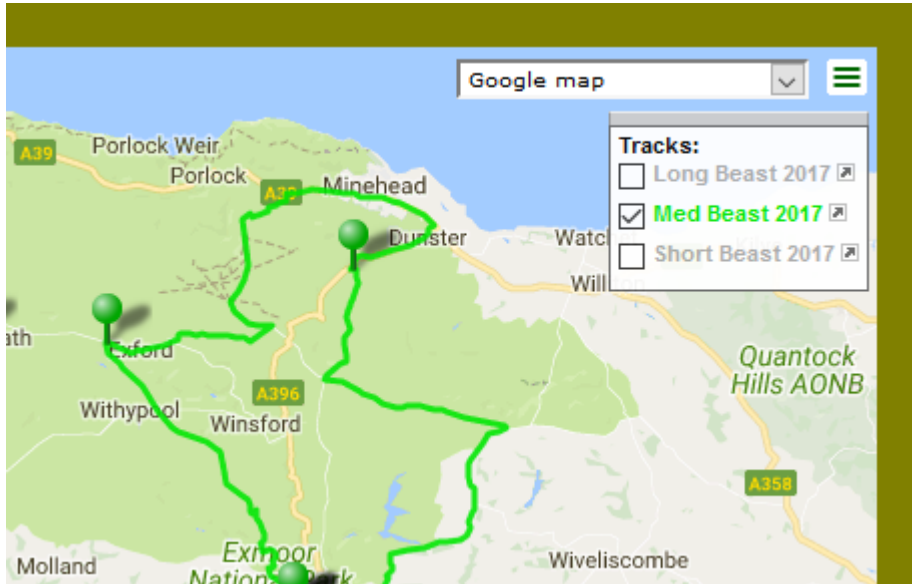


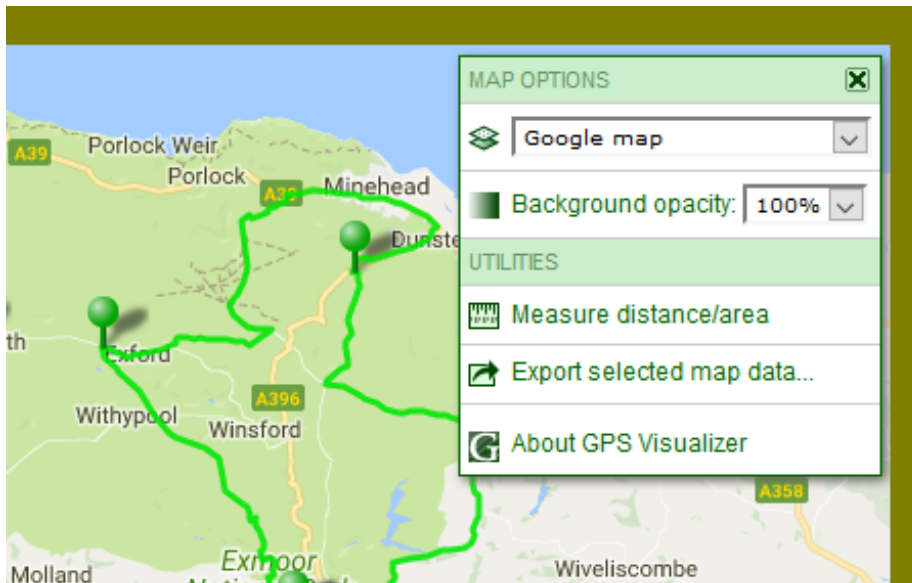


Instructions – download the gpx file

- 1) From the Routes and Downloads page select the route gpx file you want by selecting/deselecting by ticking the appropriate box:



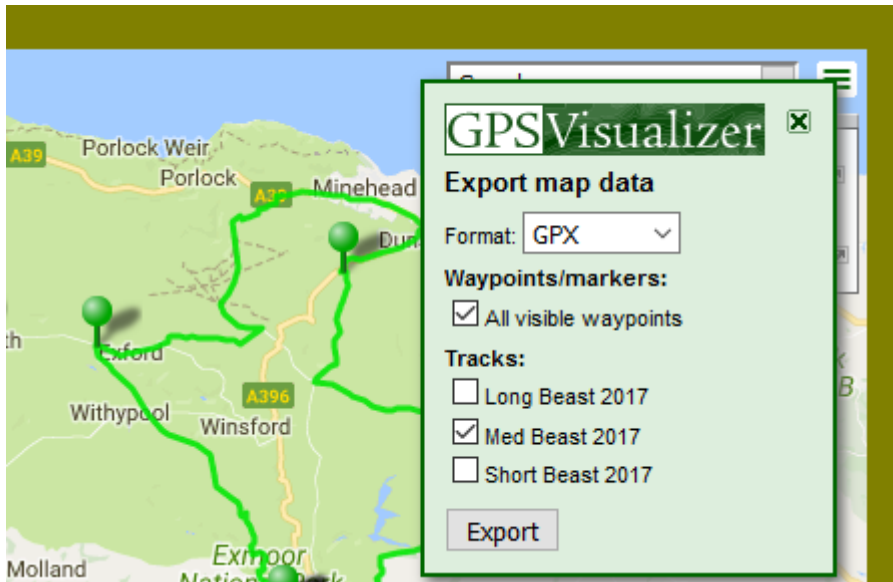
- 2) Click the menu icon (three little horizontal dashes top-right)



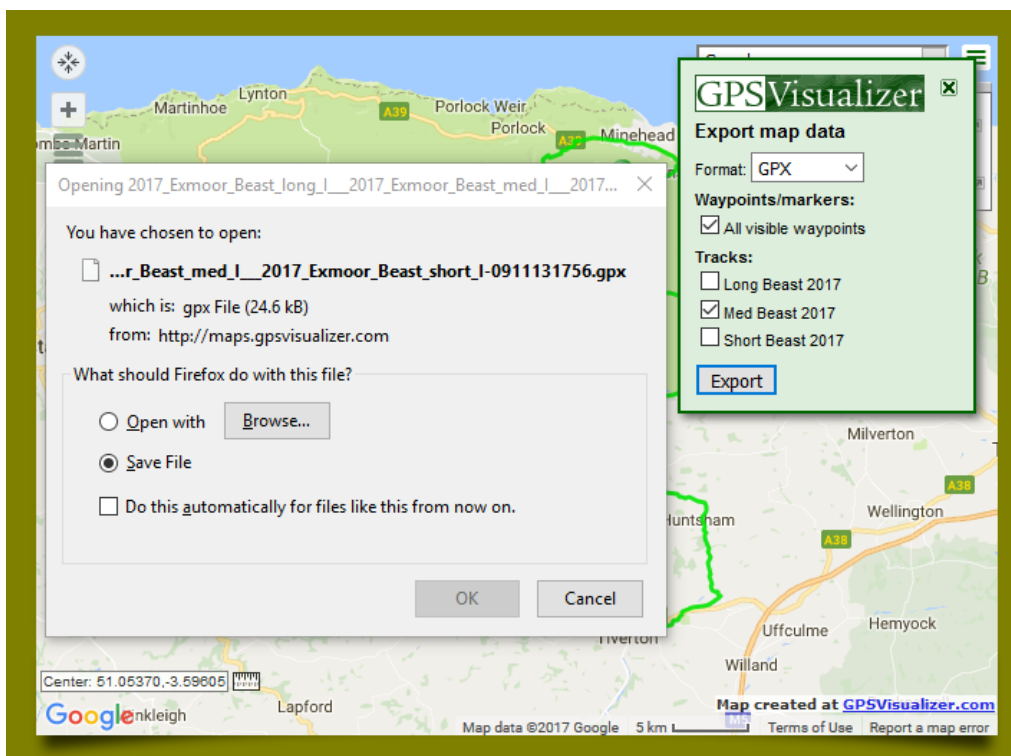


Instructions – download the gpx file

3) Click “Export selected map data...”



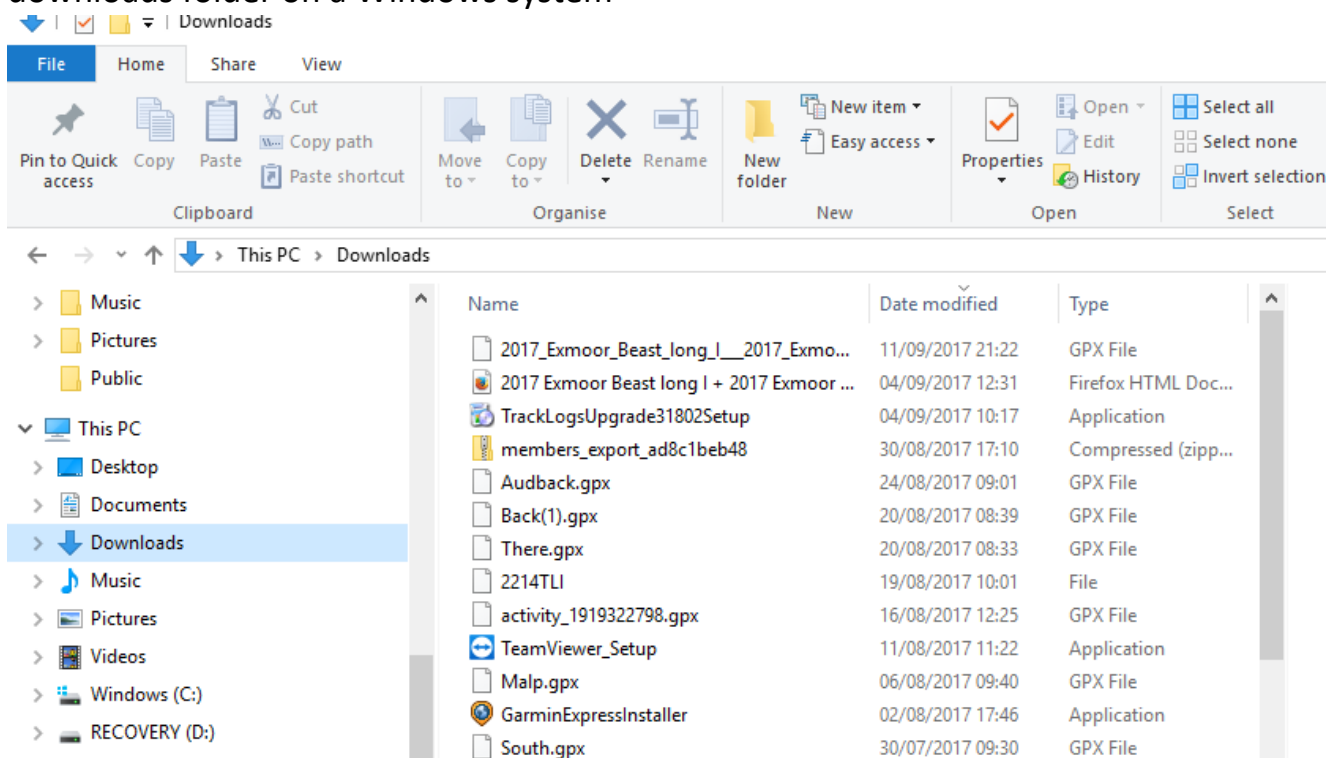
4) Ensuring your choice of file format is chosen (normally GPX), click export





Instructions – download the gpx file

- 5) Click “OK” to download the GPX file to you file system – typically in your downloads folder on a Windows system



- 6) In the picture above the file we just downloaded is at the top of the file list. Although we don't support your GPS computer, as an example of how to install the file onto a modern Garmin as a course, simply connect your Garmin to your computer and copy the GPX file to the “new_files” folder in you Garmin. This folder is within the “Garmin” folder. When you next power up you Garmin the route will be available to ride as a course.

