

All information below was copied from the 'Ride With GPS' Web Site...

Export Routine

- [TCX Course](#)

Notify before turn?
 meters in advance

Best format for turn by turn directions on **Edge 500, 510**. Will provide true turn by turn navigation on **Edge 800, 810, 1000** including custom cue entries. Great for training when we release those features. Not currently optimal for **Virtual Partner**.

- [GPX Track \(.gpx\)](#)

Include POI as waypoints?

Include cues as waypoints? Warning: can clutter your GPS with extra points. Don't use if you don't need it.

Reduce to 500 points (older devices)

Useful for any GPS unit. Contains no cuesheet entries, only track information (breadcrumb trail). Will provide turn by turn directions (true navigation) on the Edge 705/800/810/1000, but will not have any custom cues. Works great for Mio Cyclo. **Find GPS specific help in our [help system](#).**

GARMIN EDGE 510

Quick Summary

Map a route using our [bike route planner](#) and then export a GPX Track for breadcrumb navigation on the Edge 510, or a TCX Course file to get basic turn guidance using the cuesheet generated when you planned the route. If you load a TCX History file from a previous ride, you can race against your previous time using the Virtual Partner functionality of the Edge 510



OK, SO HOW DO I GET THE FILE ON MY GPS?

A Premium membership makes it even easier to get pre-planned routes on your Garmin 510 using our [Garmin Write](#) feature. Not a Premium User? Find out more about our [Premium Plan](#).

Anyone can manually load a route or ride on their Edge 510 and get navigation. Here's how:

1. Plug in your Garmin
2. On the website, navigate to your route or ride
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on your desired filetype, either **TCX Course** or **GPX Track**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop.
6. Using the **Finder, My Computer** or other tool on your computer, open up the drive associated with the Garmin, usually labeled **Garmin**
7. Open the **Garmin** folder located inside the Garmin drive.
8. Click/drag the exported file from your desktop to the **NewFiles** folder.
9. **Safely remove** the Garmin (Eject on an Apple machine) and unplug it from the computer
10. After powering it on click the folder icon, then select **Courses** and locate your route

WHAT FILE FORMAT SHOULD I USE?

The Edge 800 can use either a **GPX Track** or a **TCX**. A **TCX Course** has the advantage of embedding your planned route's cuesheet. So, alongside Garmin's dedicated navigation, you get beeps and text for each pre-planned cue entry in the cuesheet. This is especially helpful if you have custom cuesheet entries, as well as a nice double check to Garmin's own navigation.

The downside to a **TCX** file for navigation is the **Virtual Partner**. When we create a TCX Course file for a pre-planned route, we have to embed fake timestamps on each point, which is used for the virtual partner speed on the GPS unit. As a result, you'll end up racing against the virtual partner.

If you load a **TCX Course** or a **TCX History** of an uploaded ride on the site (a ride that you or someone else recorded and uploaded to our site) you will get virtual partner speeds identical to the speeds actually ridden along the ride. This is helpful when riding against your previous time, or someone else's previous time.

Note: Please practice navigating a route with something simple around your neighborhood, and don't try this right before a ride with friends or a big event!

GARMIN EDGE 605 AND 705



THE DIFFERENCE BETWEEN THE EDGE 605 & 705

Both units are essentially the same. The only difference is the Edge 705 incorporates a much more accurate barometric pressure based altimeter. The 605 uses GPS data for elevation, which is very inaccurate with errors up to 30meters. When using a 605, we recommend you correct the elevation data from the unit using our elevation data to get the most accurate results.

WHICH FILE SHOULD I USE?

An Edge 605 or 705 can use a TCX or a GPX Track. Each have their pros and cons, so read the descriptions carefully to understand which file format is best for you. In general we recommend using a **TCX Course** for pre-planned routes. I would strongly recommend trying each format on a simple test route around your neighborhood in order to get a solid feel for the pros/cons before using it for actually navigating a ride.

TCX

For navigation, good compromise between GPX Route and Track if you need custom cuesheet entries. Any cuesheet entries on a pre-planned route will be loaded on the unit along with the track, and you will receive a beep and 10 characters of the cuesheet entry. This is a great option if you don't have a map card installed, as well as a good double check to Garmin's own internal turn guidance.

If you have custom cuesheet entries on your route, this is the format you want to use!

One note: the TCX file is intended as a training aid. The Garmin Edge series will have a "virtual partner" that you are racing against – the partner's speed is set by the timestamps we put in the file. For now this is very basic – we don't set the timestamps to be of any help while training. So if you are just navigating a route, trying to avoid being lost rather than trying to maintain a certain speed, you should turn off virtual partner inside the GPS unit.

GPX TRACK

A GPX Track contains the hundreds/thousands of points used to draw a map, but it doesn't contain a cuesheet, so any custom created cuesheet entries will NOT be present when you navigate this route. However, the GPS unit will strictly follow the plotted route and if you have a map card installed will also provide you with true navigation style turn by turn instructions, with a stylized map and a superimposed direction arrow. Additionally, the compass on your GPS unit will always point in the direction you need to go, and you can see your route plotted on the Edge's map display.

HOW DO I LOAD A ROUTE ONTO THE UNIT?

A Premium membership makes it even easier to get pre-planned routes on your Garmin using our [Garmin Write](#) feature. Not a Premium User? Find out more about our [Premium Plan](#).

Anyone can manually load a planned route from the site onto the Edge 705. It takes a few extra steps over the handy Garmin Write feature. Here's how you do it:

1. Plug in your Garmin
2. On the website, navigate to your route or ride.
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on your desired filetype, either **TCX Course** or **GPX Track**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop.
6. Using the **Finder**, **My Computer** or other tool on your computer, open up the drive associated with the Garmin, usually labeled **Garmin**
7. Open the **Garmin** folder located inside the Garmin drive.
8. If you are using a **GPX Track** file, click/drag the exported file to the **GPX folder** on the unit. You may have to create the folder if it's not already present.
9. If you are using a **TCX** file, click/drag the exported file to the **Courses folder**. Again, if you have never done this before you may have to manually create the folder.
10. Safely remove the Garmin (Eject on an Apple machine) and unplug it from the computer
11. If you loaded a **GPX**, the file will be under **Menu -> Where To? -> Saved Rides**
12. If you loaded a **TCX**, the file will be under **Menu -> Training -> Courses**

Please practice navigating a route with something simple, around your neighborhood, and don't try this the first time right before a ride or a big event!

GARMIN EDGE 800

QUICK SUMMARY:

Map a route using our [bike route planner](#) and then export either a GPX Track if you have Garmin/OSM basemaps or a TCX file if you don't. If you want turn-by-turn directions and have basemaps installed, the following settings on your Edge 800 will help:

1. Routing => Bicycle
2. Guidance Method => Off Road (some people swear by On Road/Distance)
3. Lock on Road => No
4. Recalculate => Off or Prompted (important, or it will shortcut you back home!!! I use prompted, but almost always say no)
5. Signin to your account and upload your ride!



OK, SO HOW DO I GET THE FILE ON MY GPS?

A Premium membership makes it even easier to get pre-planned routes on your Garmin 800 using our [Garmin Write](#) feature. Not a Premium User? Find out more about our [Premium Plan](#).

Anyone can manually load a route or ride on their Edge 800 and get navigation. Here's how:

1. Plug in your Garmin
2. On the website, navigate to your route or ride
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on your desired filetype, either **TCX Course** or **GPX Track**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop.
6. Using the **Finder, My Computer** or other tool on your computer, open up the drive associated with the Garmin, usually labeled **Garmin**
7. Open the **Garmin** folder located inside the Garmin drive.
8. Click/drag the exported file from your desktop to the **NewFiles** folder.
9. **Safely remove** the Garmin (Eject on an Apple machine) and unplug it from the computer
10. After powering it on click the **Courses** icon and locate your route

WHAT FILE FORMAT SHOULD I USE?

The Edge 800 can use either a **GPX Track** or a **TCX**. A **TCX Course** has the advantage of embedding your planned route's cuesheet. So, alongside Garmin's dedicated navigation, you get beeps and text for each pre-planned cue entry in the cuesheet. This is especially helpful if you have custom cuesheet entries, as well as a nice double check to Garmin's own navigation.

The downside to a **TCX** file for navigation is the **Virtual Partner**. When we create a TCX Course file for a pre-planned route, we have to embed fake timestamps on each point, which is used for the virtual partner speed on the GPS unit. As a result, you'll end up racing against the virtual partner.

If you load a **TCX Course** or a **TCX History** of an uploaded ride on the site (a ride that you or someone else recorded and uploaded to our site) you will get virtual partner speeds identical to the speeds actually ridden along the ride. This is helpful when riding against your previous time, or someone else's previous time.

GARMIN EDGE 810

QUICK SUMMARY:

As of May 2013, the Edge 810 has a new software update to fix issues with loading TCX files into the NewFiles folder, per the instructions on this page. Check and make sure you have the newest Firmware from Garmin by visiting this page: [Edge 810 Updates and Downloads](#)

If you have a premium account, map a route using our [bike route planner](#) and then use the Garmin Write feature to load either a GPX Track if you have Garmin/OSM basemaps or a TCX file if you don't. If you want turn-by-turn directions and have basemaps installed, the following settings on your Edge 810 will help (Settings accessible from Training Profiles->(Your Profile)->Routing:

1. Activity => Cycling
2. Calculation Method => Minimize Distance
3. Lock on Road => No
4. Avoidance Setup => Disable all (to minimize crazy re-routing)
5. Recalculate => Off or Prompted (important, or it will shortcut you back home!!! I use prompted, but almost always say no)
6. Signin to your account and upload your ride!

OK, SO HOW DO I GET THE FILE ON MY GPS?

A Premium membership makes it even easier to get pre-planned routes on your Garmin 810 using our [Garmin Write](#) feature. Not a Premium User? Find out more about our [Premium Plan](#).

Anyone can manually load a route or ride on their Edge 810 and get navigation. Here's how:

1. Plug in your Garmin
2. On the website, navigate to your route or ride
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on your desired filetype, either **TCX Course** or **GPX Track**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop.
6. Using the **Finder, My Computer** or other tool on your computer, open up the drive associated with the Garmin, usually labeled **Garmin**
7. Open the **Garmin** folder located inside the Garmin drive.
8. Click/drag the exported file from your desktop to the **NewFiles** folder.
9. **Safely remove** the Garmin (Eject on an Apple machine) and unplug it from the computer
10. After powering it on click the **Courses** icon and locate your route



WHAT FILE FORMAT SHOULD I USE?

The Edge 810 can use either a **GPX Track** or a **TCX**. A **TCX Course** has the advantage of embedding your planned route's cuesheet. So, alongside Garmin's dedicated navigation, you get beeps and text for each pre-planned cue entry in the cuesheet. This is especially helpful if you have custom cuesheet entries, as well as a nice double check to Garmin's own navigation.

The downside to a **TCX** file for navigation is the **Virtual Partner**. When we create a TCX Course file for a pre-planned route, we have to embed fake timestamps on each point, which is used for the virtual partner speed on the GPS unit. As a result, you'll end up racing against the virtual partner.

If you load a **TCX Course** or a **TCX History** of an uploaded ride on the site (a ride that you or someone else recorded and uploaded to our site) you will get virtual partner speeds identical to the speeds actually ridden along the ride. This is helpful when riding against your previous time, or someone else's previous time.

GARMIN EDGE 1000

OVERVIEW

The Garmin Edge 1000 is a top of the line navigation enabled GPS unit. It offers many features that may be useful, though for 99% of users the Edge 810 or Edge Touring is just as capable. We recommend the 1000 only for those who wish to have the latest and greatest, but in general we steer users towards the 810 or Touring, both of which have similar navigation and recording abilities as the 1000.

SETTING UP YOUR EDGE

There are a few settings we recommend changing on the Edge 1000 to give you the best navigation experience. There are many settings available on the unit, but this should get you going.

First, review your **Activity Profiles**. The Edge 1000 is similar to the 810 in that you can have different settings based on different profiles. This allows you to associate different speed/cadence sensors with different profiles, so that way wheel size is always correct. Additionally, it lets you change per-activity routing options, which is useful if you use the 1000's routing system to calculate a route for you (not as helpful for loading pre-planned routes).

Once you have setup your Activity Profiles, let's move on to **navigation specific settings**.

1. Click the **Settings Icon** at the bottom of the home screen
2. Select **Activity Profiles** then select your preferred profile (**Train** in my case)
3. Select **Navigation**, then select **Routing**
4. Set **Routing Mode** to **Road Cycling**
5. Set **Calculation Method** to **Minimize Distance** (though Minimize Time shouldn't be too different)
6. Ensure **Lock On Road** is set to **Off**
7. Select **Avoidance Setup** and make sure all options are disabled. Since we are loading pre-planned routes onto the Edge, we don't want it recalculating the route on us if it thinks there may be a toll, highway etc.
8. Set **Recalculation** to **Prompted** or **Disabled**. If you lose GPS signal, or go slightly off course for a block or two, with recalculation enabled the Garmin has a tendency to shortcut you to the end of your ride with whatever it feels is the quickest way. This is almost always not what you want! By setting it to prompted, you can choose to recalculate or not.



Optionally, some users strongly prefer the map always be displayed with North at the top of the map. The default setting on the Garmin is for the map to always rotate so your current heading is towards the top of the map. To change this:

1. Select the **Settings Icon** at the bottom of the home screen
2. Select **Activity Profiles** then select your preferred profile (**Train** in my case)
3. Select **Navigation**, then select **Map**
4. Change **Orientation** to be **North Up**. You can also experiment with 3D mode.

HOW DO I LOAD A ROUTE ONTO THE UNIT?

A Premium membership makes it even easier to get pre-planned routes on your Garmin using our [Garmin Write](#) feature. Not a Premium User? Find out more about our [Premium Plan](#).

Anyone can manually load a planned route from the site onto the Edge 1000. It takes a few extra steps over the handy Garmin Write feature. Here's how you do it:

1. Plug in your Garmin
2. On the website, navigate to your route or ride
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on your desired filetype, either **TCX Course** or **GPX Track**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop.
6. Using the **Finder, My Computer** or other tool on your computer, open up the drive associated with the Garmin, usually labeled **Garmin**
7. Open the **Garmin** folder located inside the Garmin drive.
8. Click/drag the exported file from your desktop to the **NewFiles** folder.
9. **Safely remove** the Garmin (Eject on an Apple machine) and unplug it from the computer
10. After powering it on click the **Courses** icon and locate your route

WHAT FILE FORMAT SHOULD I USE?

The Edge 1000 can use either a **GPX Track** or a **TCX**. A **TCX Course** has the advantage of embedding your planned route's cuesheet. So, alongside Garmin's dedicated navigation, you get beeps and text for each pre-planned cue entry in the cuesheet. This is especially helpful if you have custom cuesheet entries, as well as a nice double check to Garmin's own navigation.

The downside to a **TCX** file for navigation is the **Virtual Partner**. When we create a TCX Course file for a pre-planned route, we have to embed fake timestamps on each point, which is used for the virtual partner speed on the GPS unit. As a result, you'll end up racing against the virtual partner.

Ride With GPS

If you load a **TCX Course** or a **TCX History** of an uploaded ride on the site (a ride that you or someone else recorded and uploaded to our site) you will get virtual partner speeds identical to the speeds actually ridden along the ride. This is helpful when riding against your previous time, or someone else's previous time.