**Guidance for loading and viewing .gpx files with BikeHike.co.uk**

These guidance notes apply to the use of the BikeHike website for viewing a .gpx file.

1. Save the file to a suitable location on your computer.
2. Open an internet browser and go to <http://www.bikehike.co.uk/>
3. Click on “Course Creator” near the top left of the screen. Wait for the Course Creator to load, which may take a minute or so.
4. In the Mapping Controls area select the distance units to be km or miles.
5. Click on Load Route.
6. In the “Upload GPS route from PC or GPS:” dialogue box make sure that it is set to upload from file and the “Upload coursepoints” box is ticked (If this is not ticked it will not load the waypoints in the file).
7. Click the “Browse” button and navigate to where you stored the .gpx file.
8. Select the track and click “Open”
9. Click the “Upload Route” button and wait for the track to load. It will show on the map on the left half of the screen.

Notes:

The track display area on BikeHike can display several different map views via the buttons at the top right of the left hand window area.

There is a full set of instructions on how to use the website: click the “Home” button under the “Mapping Controls” and then select “Help”. The instructions cover how to create courses/tracks, edit and save them.

If you “Add Coursepoint” to a track (as many as you like) they are listed in the .gpx file when it is saved and the lat/lon is accessible by opening the file using WordPad. Choose CoursePoint Type of Generic and give it a name – that name will appear in the gpx file and on the screen of your GPS device.

**Garmin Edge 705, 800 and 810 GPS Devices**

Manuals for these devices (and others) can be downloaded from the Garmin website at:

<http://www.garmin.com/uk/support/#/{6d19e750-030b-11dc-e9ab-000000000000}/Cycling/{fafd3c60-03bb-11dc-786a-000000000000}>

The gpx tracks can be loaded directly onto the device by simply copying them from a stored area on your computer to the appropriate folder on the device.

Edge 705:

See page 45 of the manual – Loading Files.

Edge 800:

See page 23 of the manual – Loading Files.

Edge 810:

The manual is unhelpful as far as loading the gpx files is concerned. It talks of needing a GarminConnect account to load files from the web. This is over complicated and not necessary for loading gpx files. The procedure is similar to that used for the 800; copy the files to the “NewFiles” folder. There is good information on how to use the 810 at: <http://www.plsmith.co.uk/garmin-edge-810-gps-review> .

To follow a gpx track on the Garmin 800 and have it provide turn directions there are some settings that need to be amended for each of the tracks, proceed as follows:

1. Select the “Menu”
2. Select Courses
3. Select the course you want to follow
4. Press the settings button (spanner symbol)
5. Switch “Turn Guidance” to “on”
6. Switch “Virtual Partner” to “off”
7. Make sure “Off Course Warnings” is “on”
8. Back out to the previous screen (bottom left arrow)
9. Press “Go”

Do the above for each track before you follow it. These settings only need to be changed once for each track, they will be remembered once set.

If additional maps are needed for Garmin devices a good source of free maps used by some of the riders is the Freizeitkarte website: <http://freizeitkarte-osm.de/>