

Suffolk Riders Navigation Help



Part 4 of 5 - Transferring a route to your unit

We are now in possession of a route to be proud of. What do we do with it to keep it? How do we get it across to our Garmin?

This depends on what you intend to do with it.

Is it a one-off ride that you probably won't use again?

Do you want to keep it on your unit for future repeat usage?

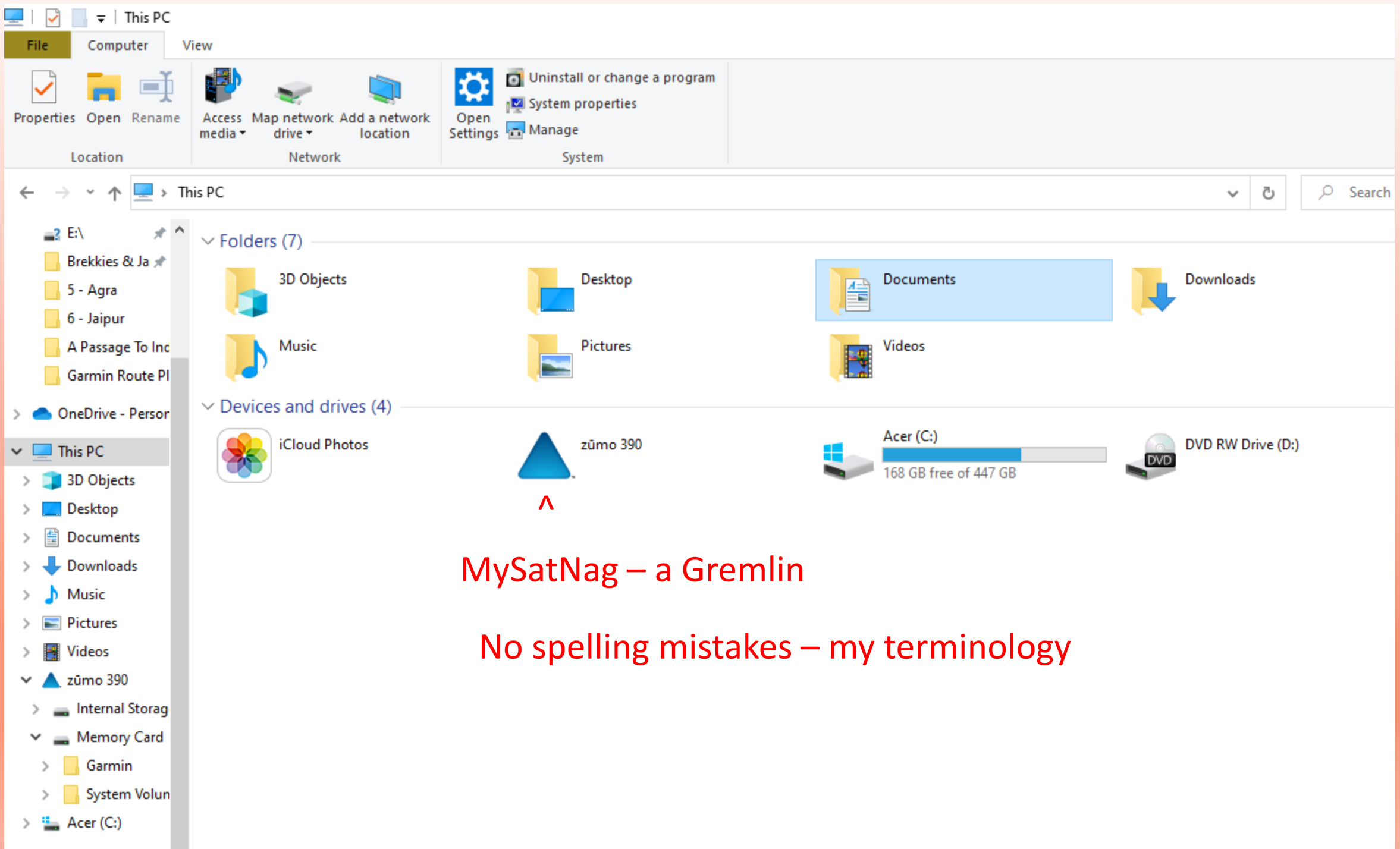
We now have a choice of two paths we can take in order to get it across to our GPS unit

1. Export it directly to the internal memory of your GPS unit
2. Transfer it to a micro SD card via a gpx file on your 'puter device

Obviously (???????) You now need to connect your unit to your computer with it's USB lead

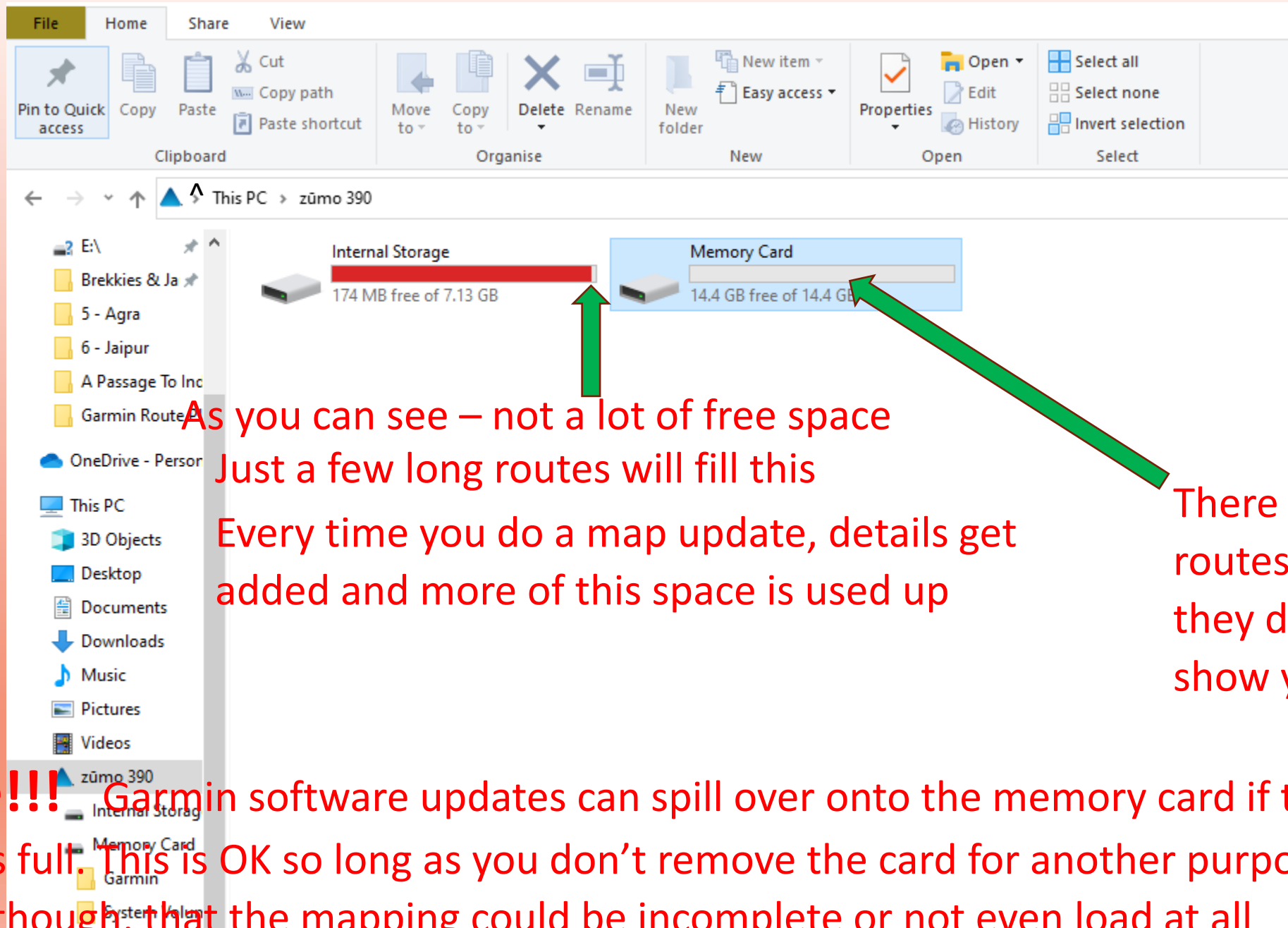
You must stay aware that the amount of spare space on the older models Garmins internal memory is quite tiny. You will fill it with about half a dozen trips on it. The way round this is to use a Micro SD memory card. You don't need a huge capacity one. A cheap and cheerful 4gb is more than adequate although the standard sizes seem to be getting larger and larger.

I gather that the 'New' Garmin Zumo XT carries its own gloomy cloud around with it and hides routes in there.



MySatNag – a Gremlin

No spelling mistakes – my terminology



As you can see – not a lot of free space

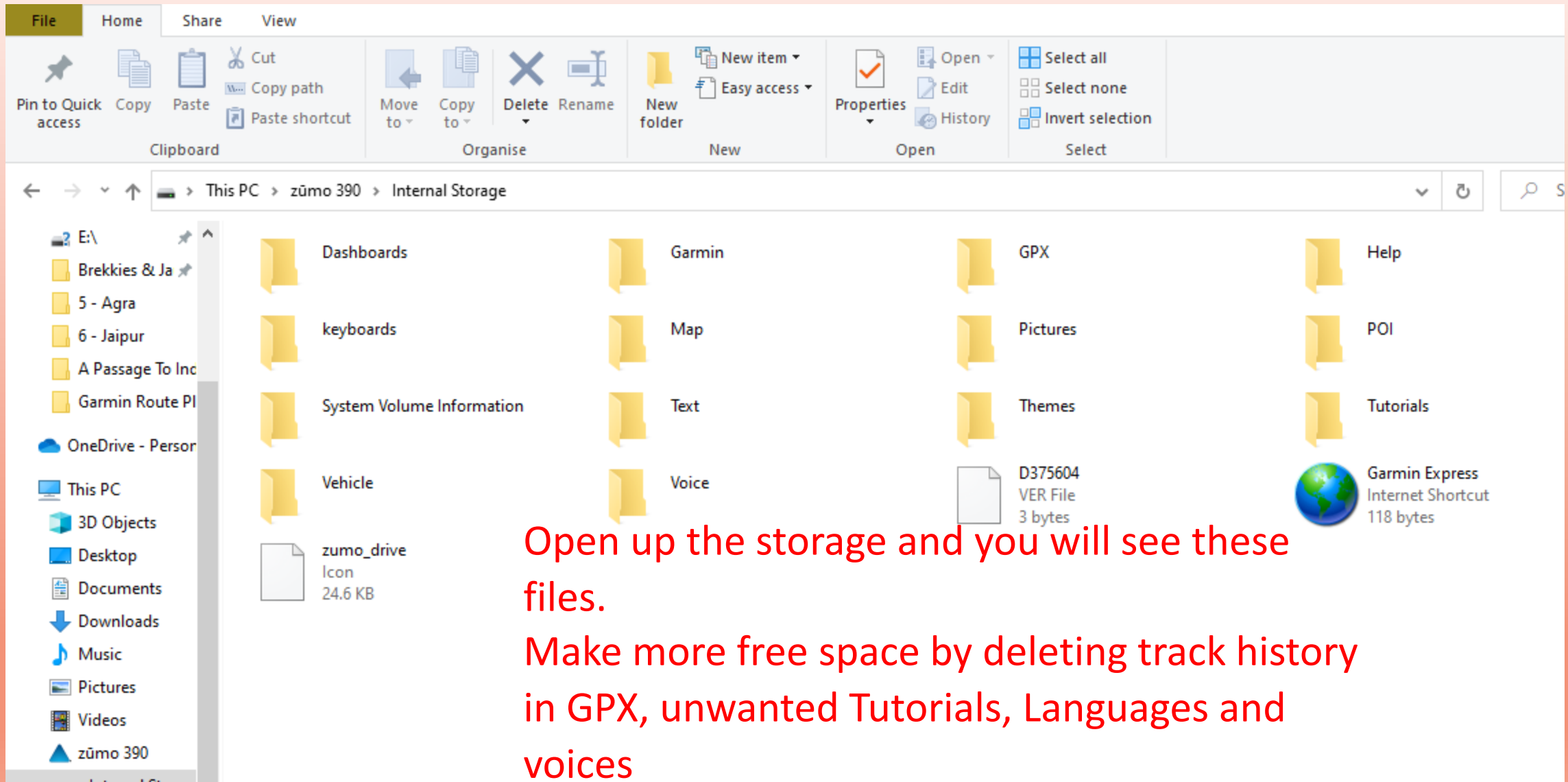
Just a few long routes will fill this

Every time you do a map update, details get added and more of this space is used up

There are over 40 routes stored and they don't even show yet

Beware!!! Garmin software updates can spill over onto the memory card if the internal memory is full. This is OK so long as you don't remove the card for another purpose. You may then find though, that the mapping could be incomplete or not even load at all

'Lifetime' maps may not have much useful life after all. Seven, eight(??) years down the line there probably won't be enough room left to import the routes for a days riding.



Open up the storage and you will see these files.

Make more free space by deleting track history in GPX, unwanted Tutorials, Languages and voices

But..... delete these items via your computer when hooked up to your unit.
Deleting them from your unit itself will only move them to an internal Archive
so still using up space.

File Home Share View

Clipboard: Pin to Quick access, Copy, Paste, Cut, Copy path, Paste shortcut

Organise: Move to, Copy to, Delete, Rename

New: New item, Easy access, New folder

Open: Properties, Open, Edit, History

Select: Select all, Select none, Invert selection

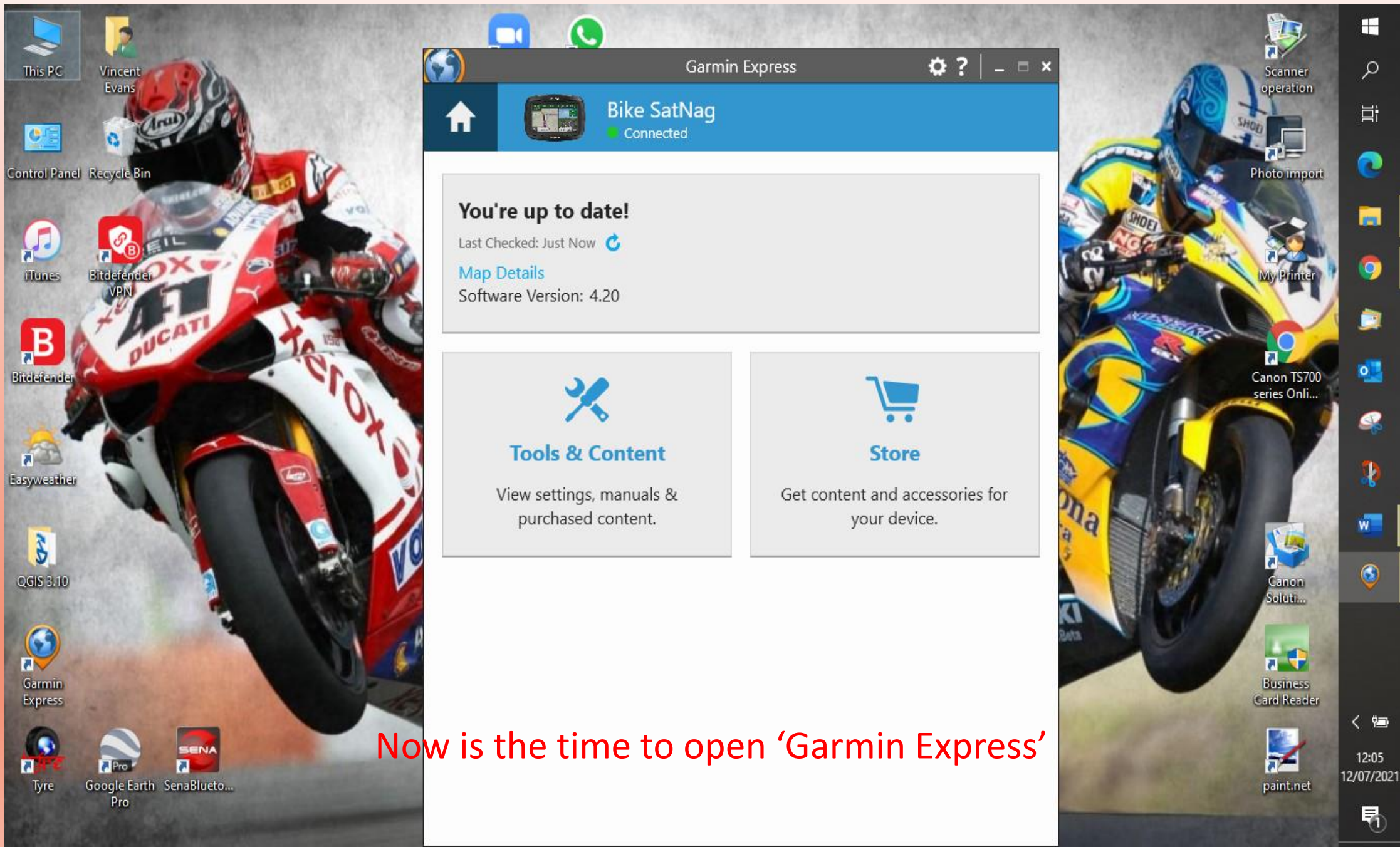
A selection of routes on the memory card

← → ↕ ↑ This PC > zūmo 390 > Memory Card Search Memory C

GPX Kersey Mill from Copdock 2 GP eXchange file 220 KB	GPX Ludlow from Shrewsbury GP eXchange file 163 KB	GPX Ludlow home petrol GP eXchange file 531 KB	GPX March Hippodrome from Stowmarket - lumpety bumpety -... GP eXchange file
GPX March Hippodrome from Stowmarket wet or windy GP eXchange file	GPX Marriotts return to Diss GP eXchange file 281 KB	GPX Melbourn return Braughing-Stansted-Hedingham GP eXchange file	GPX Melbourn return Madingley-Ely-Lakenheath GP eXchange file
GPX Melbourn return Thaxted-Nayland GP eXchange file 530 KB	GPX Mundford, Browns from Copdock 1 via Watton GP eXchange file	GPX Old Buckenham from Beacon Hill GP eXchange file 192 KB	GPX RoSPA_Training_-_Posh_Pigs_from_Beacon_Hill GP eXchange file
GPX Rutland, Manton from Bury fine GP eXchange file 395 KB	GPX Rutland, Manton from Bury. Cold, wet GP eXchange file	GPX Rutland, Manton return fine GP eXchange file 408 KB	GPX Rutland, Manton return wet GP eXchange file 414 KB
GPX Attleborough Mr Ds from Martlesham GP eXchange file	GPX St Neots Wetherspoons from Stow GP eXchange file 338 KB	GPX SAM MND Stag Long (1) GP eXchange file 387 KB	GPX SAM MND Stag longer medium GP eXchange file 301 KB
GPX SAM MND Stag Short GP eXchange file 150 KB	GPX Henstead from Stow GP eXchange file 179 KB	GPX Shrewsbury out GP eXchange file 323 KB	GPX Suffolk from Ludlow GP eXchange file 532 KB
GPX Test 100 GP eXchange file 7.10 KB	GPX Wales 21 Day 1 Leg 1 GP eXchange file 424 KB	GPX Wales 21 Day 1 Leg 2 long GP eXchange file 566 KB	GPX Wales 21 Day 1 Leg 2 short GP eXchange file 395 KB
GPX Wales 21 Day 2 GP eXchange file 527 KB	GPX Wales 21 Day 3 Anglesey Loop GP eXchange file 350 KB	GPX Wales 21 Day 4 Leg 1 GP eXchange file 514 KB	GPX Wales 21 Day 4 Leg 2 GP eXchange file 350 KB
GPX Wales 21 Day 5 - Loop VE reverse GP eXchange file 586 KB	GPX Wales 21 Day 5 Loop PS GP eXchange file 485 KB	GPX Wales 21 Day 5 Loop Vini GP eXchange file 593 KB	GPX Wales 21 Day 6 Trolls GP eXchange file 382 KB
GPX Wales 21 Day 7 Leg 1 GP eXchange file 434 KB	GPX Wales 21 Day 7 Leg 2 GP eXchange file 338 KB		

Whichever option you choose to use for saving – it can be either depending on the circumstances at the time – a communicator add-on will be required. That is ‘Garmin Express’ to let your gps unit talk to your computer device and the MyRoute-App Connector.


A good basic rule of thumb is that if you ‘Save’ then you can move your route to the memory card. If you upload direct from your mapping/routing programme then the route will go straight to the internal memory of your gps unit



Garmin Express

  **Bike SatNag**
● Connected

You're up to date!

Last Checked: Just Now 

[Map Details](#)

Software Version: 4.20



Tools & Content

View settings, manuals & purchased content.



Store

Get content and accessories for your device.

Now is the time to open 'Garmin Express'

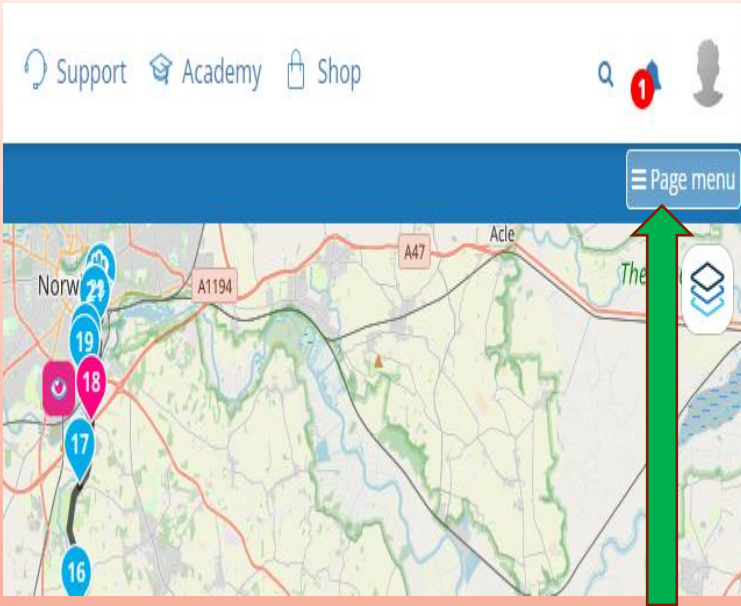
What do we want to do with the route Now?

The first process I'll show is saving our route to the SatNavs memory card that'll be 'Process (a)' – how clever

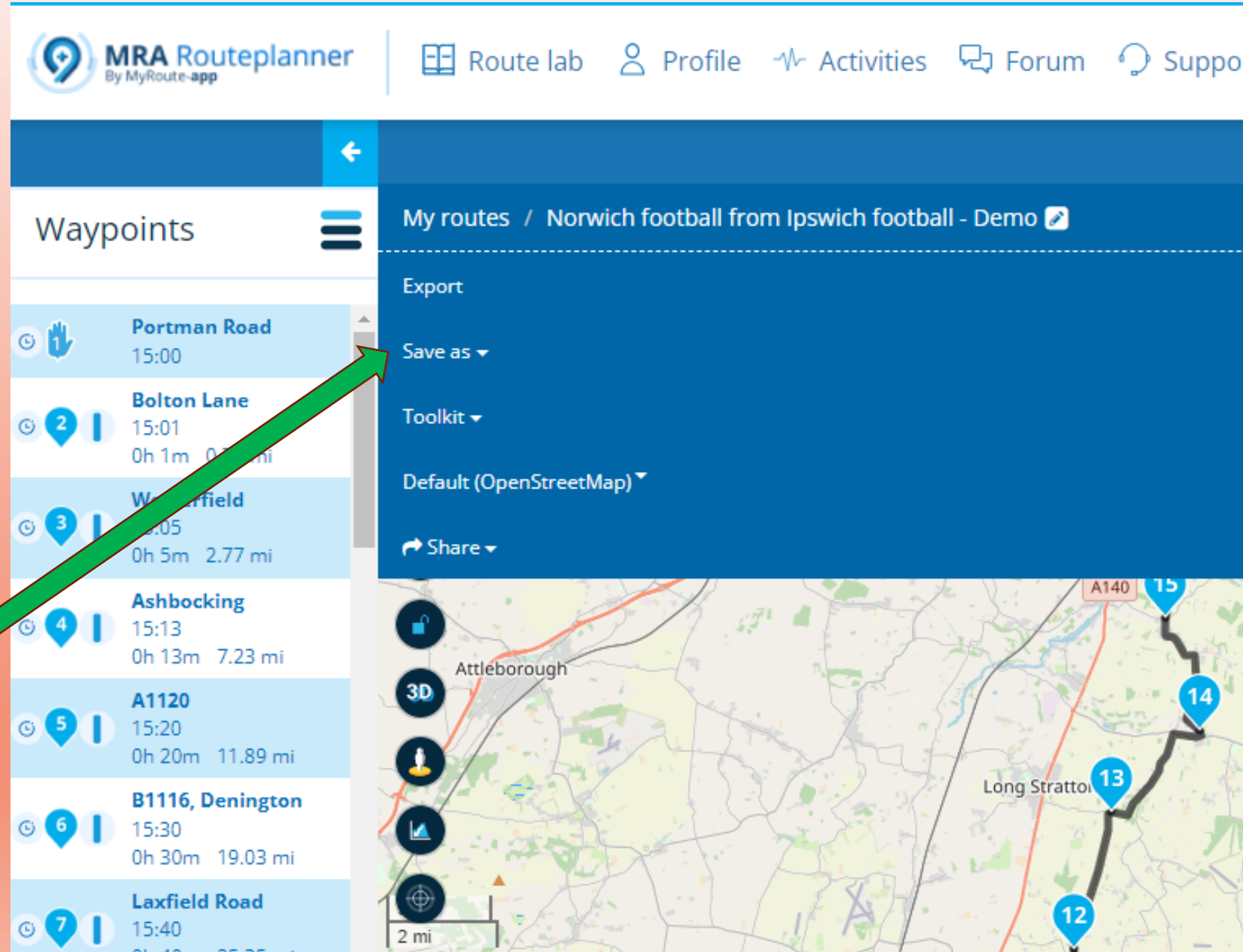
Next, I'll show how to save and keep the route on your computers hard drive so that you know you'll always have access to it. Perhaps we'll title this 'Process (b)'

The last option will show how to pop the route directly to your unit's internal memory – ready for immediate use. Now what shall we call this? Ah, I've an idea. How about 'Process (c)'

'Process (a)'



Click 'Page menu'



Then 'Save as'

The screenshot shows the MRA Routeplanner app interface. At the top, there's a navigation bar with the app logo and menu items: Route lab, Profile, Activities, and Forum. Below this, a blue header bar contains a back arrow and the text 'My routes / Norwich football from Ipswich football - Demo'. A 'Waypoints' sidebar on the left lists seven waypoints with their names, times, and distances. The main area shows an 'Export' menu with a 'Save as' dropdown and a list of file format options.

Waypoint	Time	Distance
Portman Road	15:00	
Bolton Lane	15:01	0h 1m 0.76 mi
Westerfield	15:05	0h 5m 2.77 mi
Ashbocking	15:13	0h 13m 7.23 mi
A1120	15:20	0h 20m 11.89 mi
B1116, Denington	15:30	0h 30m 19.03 mi
Laxfield Road	15:40	0h 40m 25.35 mi
Fressingfield		

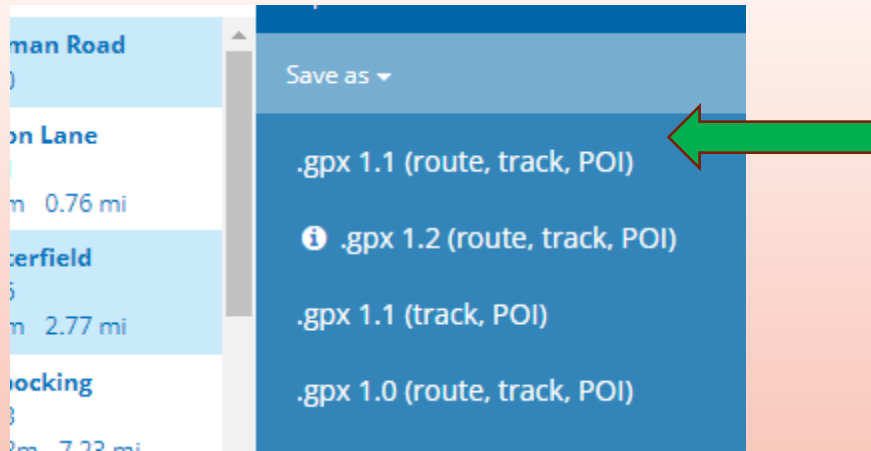
Export menu options:

- Save as ▾
- .gpx 1.1 (route, track, POI)
- ⓘ .gpx 1.2 (route, track, POI)
- .gpx 1.1 (track, POI)
- .gpx 1.0 (route, track, POI)
- .itn (route)
- .tpf (route)
- .trf (route)
- .kml (route)
- .kmz (route)
- .ov2 (POI)

Oh goodness. This is only about half of the available choices. Most of us have heard about gpx files so we'll stick with these. But I can see 4 options of these. Do they make any difference?

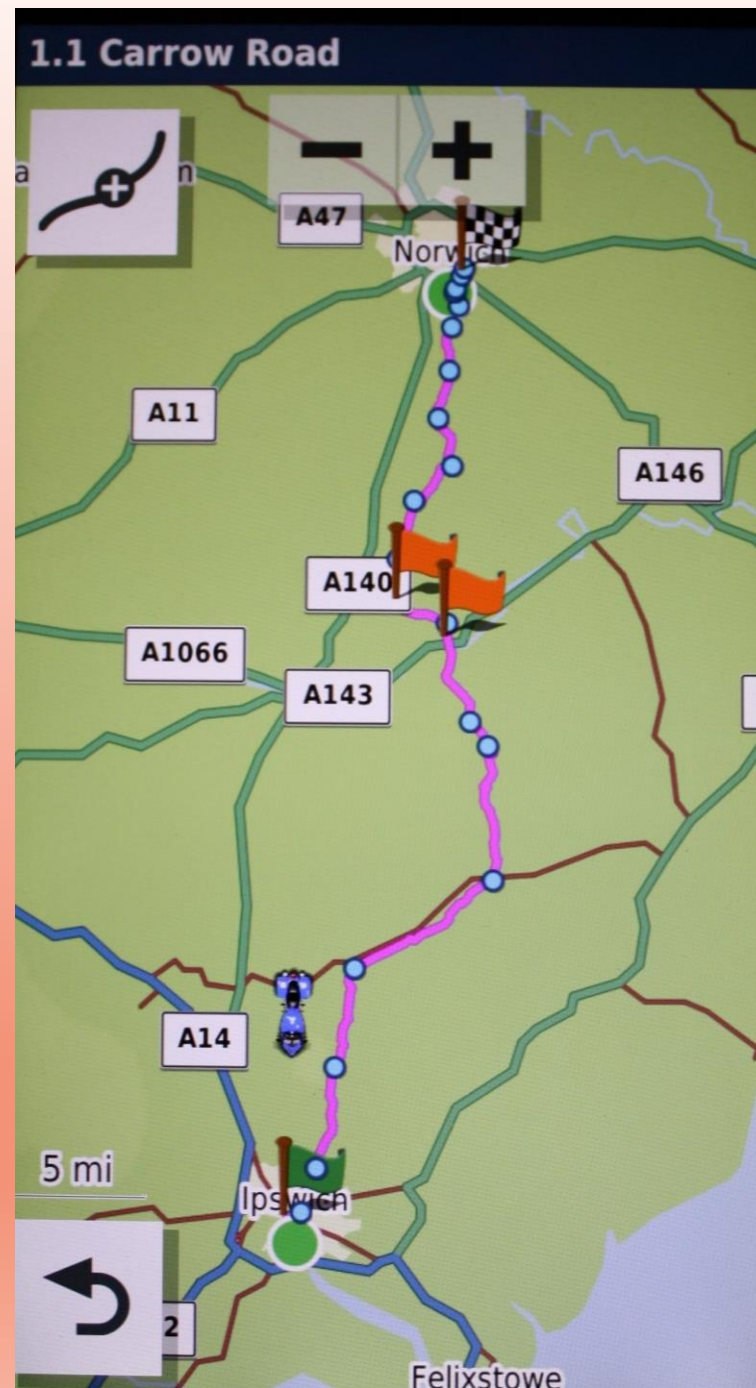
Sorry, but we'll have to fly off at a tangent for a while to sort these out.

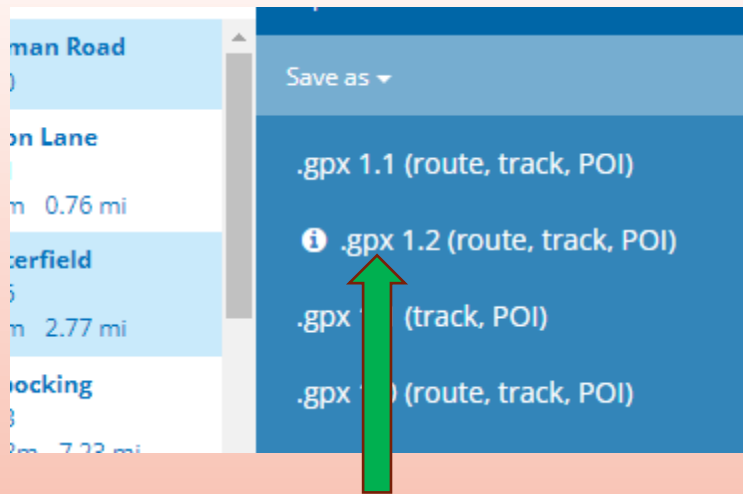
We'll need to know this for 'Process (b)' and 'Process (c)' as well



Gpx1.1 (route, track, POI)

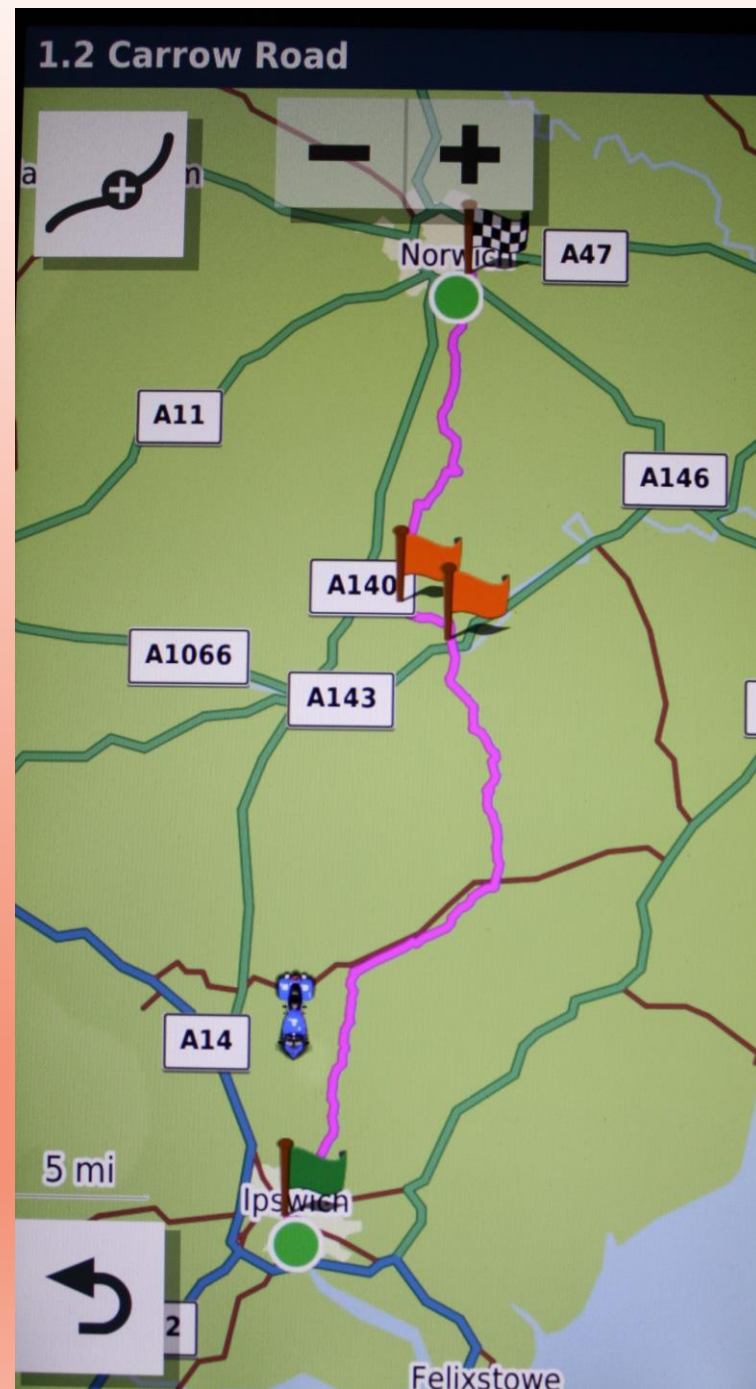
For use on late model Garmins.
Shaping points appear as blue dots
(upside down raindrop on MRA)
but **NO** Commentary. Via points
appear as orange flags (Hand on
MRA) and are announced over
headset.

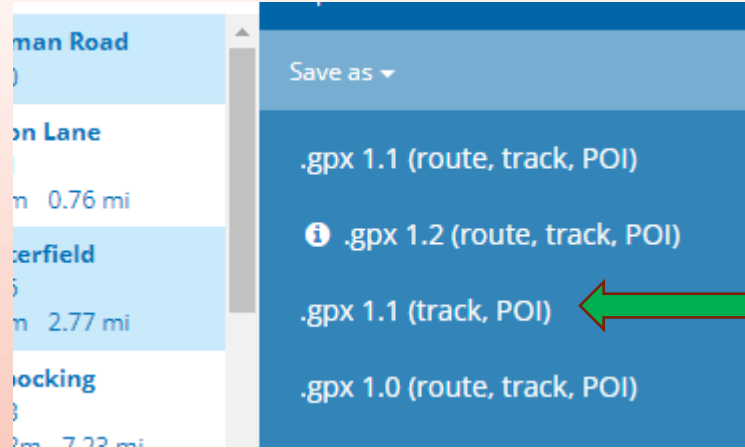




Gpx1.2 (route, track, POI)

On the very latest models – XT, Navigator VI – **ONLY** ‘Via’ Points (Flag/Hand) appear on device, ‘Shaping’ Points are not exported from your plotted route. This could mean that unless stoppages are planned then only the departure Green Flag and destination Chequered Flag are shown. This does reduce the options of monitoring deviations when using ‘Skip’

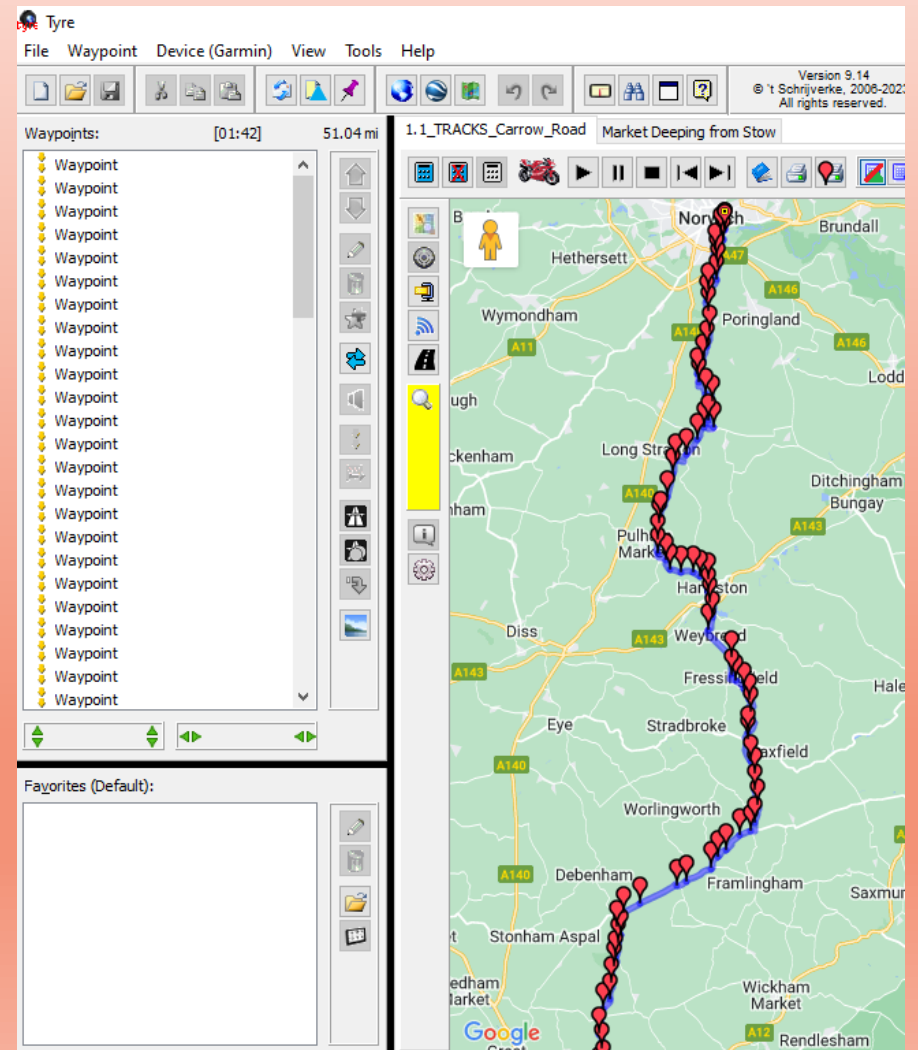


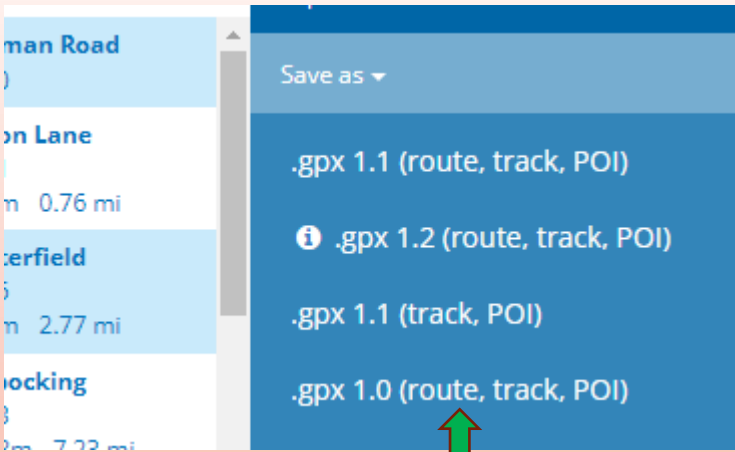


Gpx1.1 (track, POI)

Don't!!! Don't!!! Don't!!!

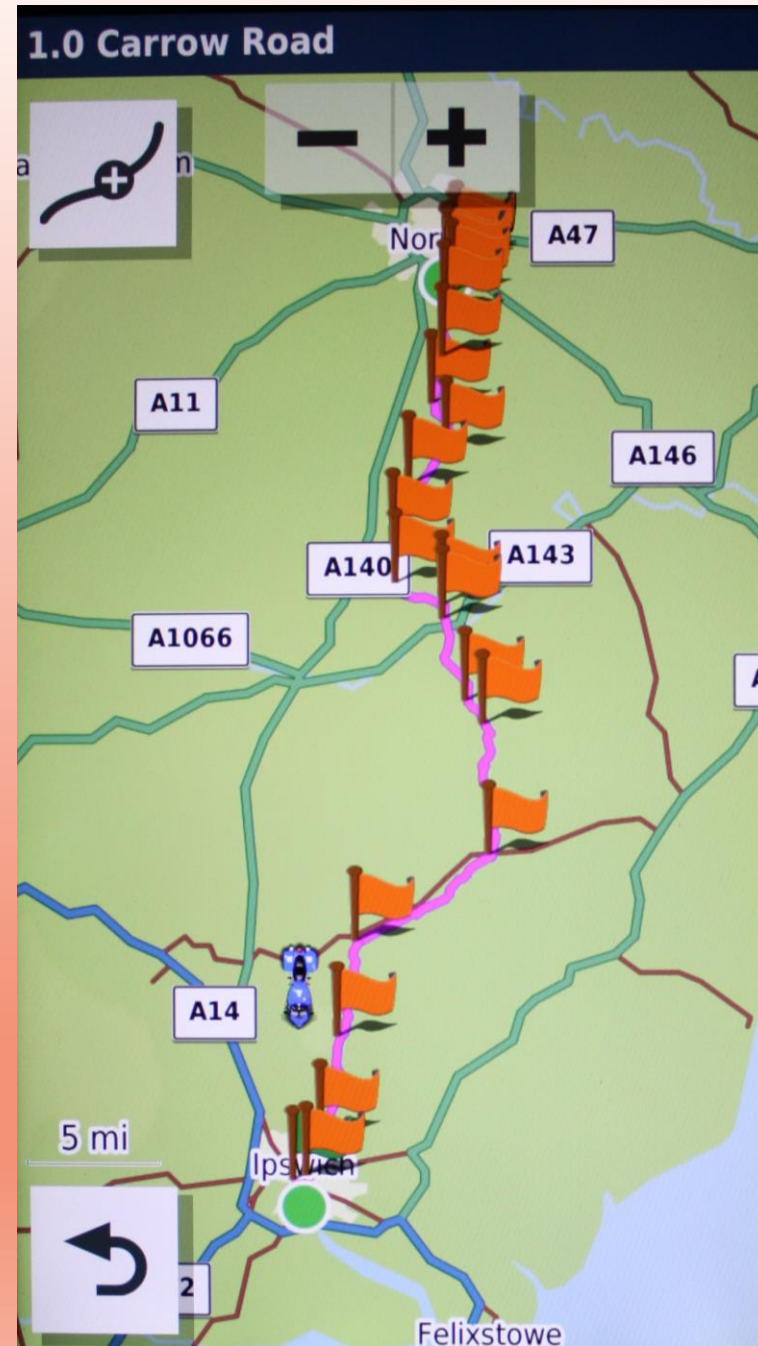
You'll get hundreds and hundreds (1349 in this case) of Waypoints with no location description. Too many for Garmin to cope with, it's around one every 67yds – even 'Tyre' had to reduce it to 81.





Gpx1.0 (route, track, POI)

Tried, tested and loved. Every Waypoint you set (shaping or via) will appear on your device as an orange flag with full location commentary over your headset. Later and updated doesn't necessarily mean better



All clear as mud for you?

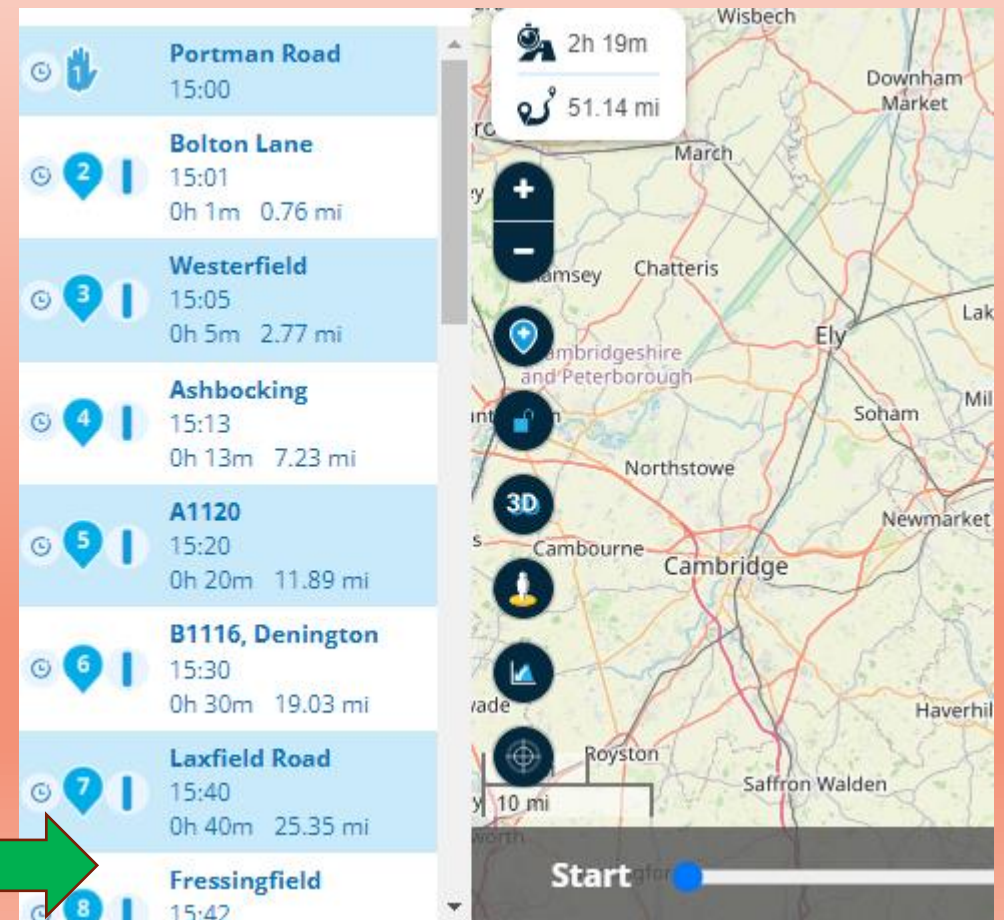
Now where were we? Ah! Still on.....

Process (a

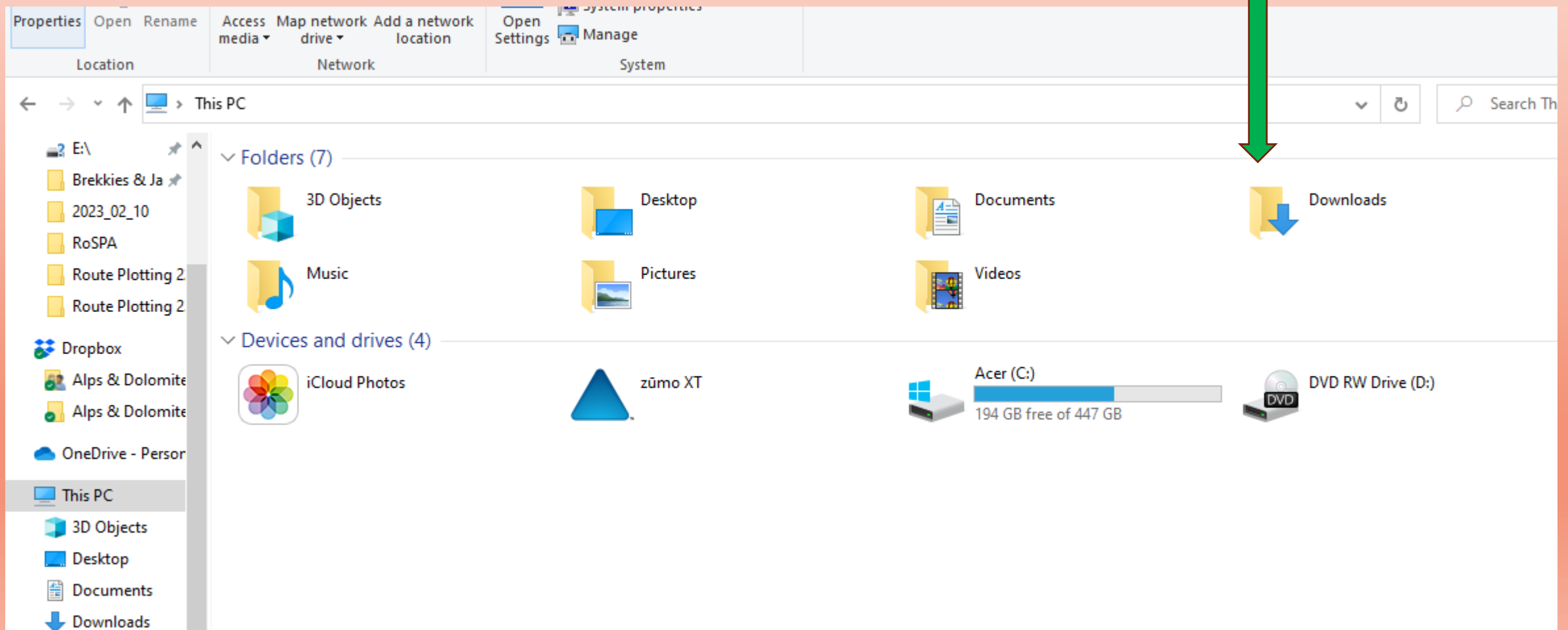
.....the memory card one

Right, so far we've clicked 'Page menu' and then 'Save as' – we'll stick with good old gpx1.0

A small 'Download' panel will fleetingly appear in the bottom left hand corner if your gpx software auto loads. If it stays there wait for the whizzy wheel to finish and then click on this panel.



Go to 'This PC' or 'My Computer' – whatever lists your folders and open 'Downloads'



Then simply 'Drag and Drop' from here



Name	Date modified	Type	Size
Today (2)			
Norwich football from Ipswich football - ...	10/02/2023 17:37	GP eXchange file	54 KB
1.1 TRACKS Carrow Road	10/02/2023 15:39	GP eXchange file	52 KB
Last month (10)			
Sudbury Codfather from Copdock (1)	28/01/2023 18:09	GP eXchange file	41 KB
Beccles, Urban Jungle from Beacon Hill	28/01/2023 17:15	GP eXchange file	48 KB
North Weald from Copdock via Thaxsted...	28/01/2023 17:13	GP eXchange file	4 KB
North Weald from Copdock via Thaxsted...	28/01/2023 17:08	GP eXchange file	80 KB
Mundford, Browns from Beacon Hill (1)	21/01/2023 10:12	GP eXchange file	53 KB
CROWFIELD-PARISH-COUNCIL-AGENDA...	05/01/2023 19:59	Microsoft Word D...	13 KB
CROWFIELD-PARISH-COUNCIL2-minutes-...	05/01/2023 19:55	Microsoft Word D...	15 KB
CROWFIELD-PARISH-COUNCIL-MINUTE...	05/01/2023 19:52	Microsoft Word D...	14 KB
minutes 8th Sept 2022	05/01/2023 19:47	Microsoft Word D...	19 KB
-r	02/01/2023 20:31	GP eXchange file	2 KB
A long time ago (423)			
Long Stratton, Goodies from Beacon Hill	28/12/2022 20:08	GP eXchange file	47 KB
Hatfield Peverel, Mr D's from Beacon Hill	28/12/2022 19:56	GP eXchange file	70 KB
Stonham Barns Bistro from Stow	05/12/2022 10:51	GP eXchange file	282 KB
Earsham - Grumpy's, from Beacon Hill, c...	03/12/2022 13:39	GP eXchange file	30 KB
Mundford, Browns from Beacon Hill	03/12/2022 13:24	GP eXchange file	53 KB
login	03/11/2022 09:18	Chrome HTML Do...	24 KB
Your-TV-Licence (1)	29/10/2022 18:12	Adobe Acrobat D...	488 KB
Bromeswell, Wild Blackbury from Beacon...	21/10/2022 15:16	GP eXchange file	34 KB
Woolpit Stag from Copdock B&M	21/10/2022 14:53	GP eXchange file	48 KB

to here



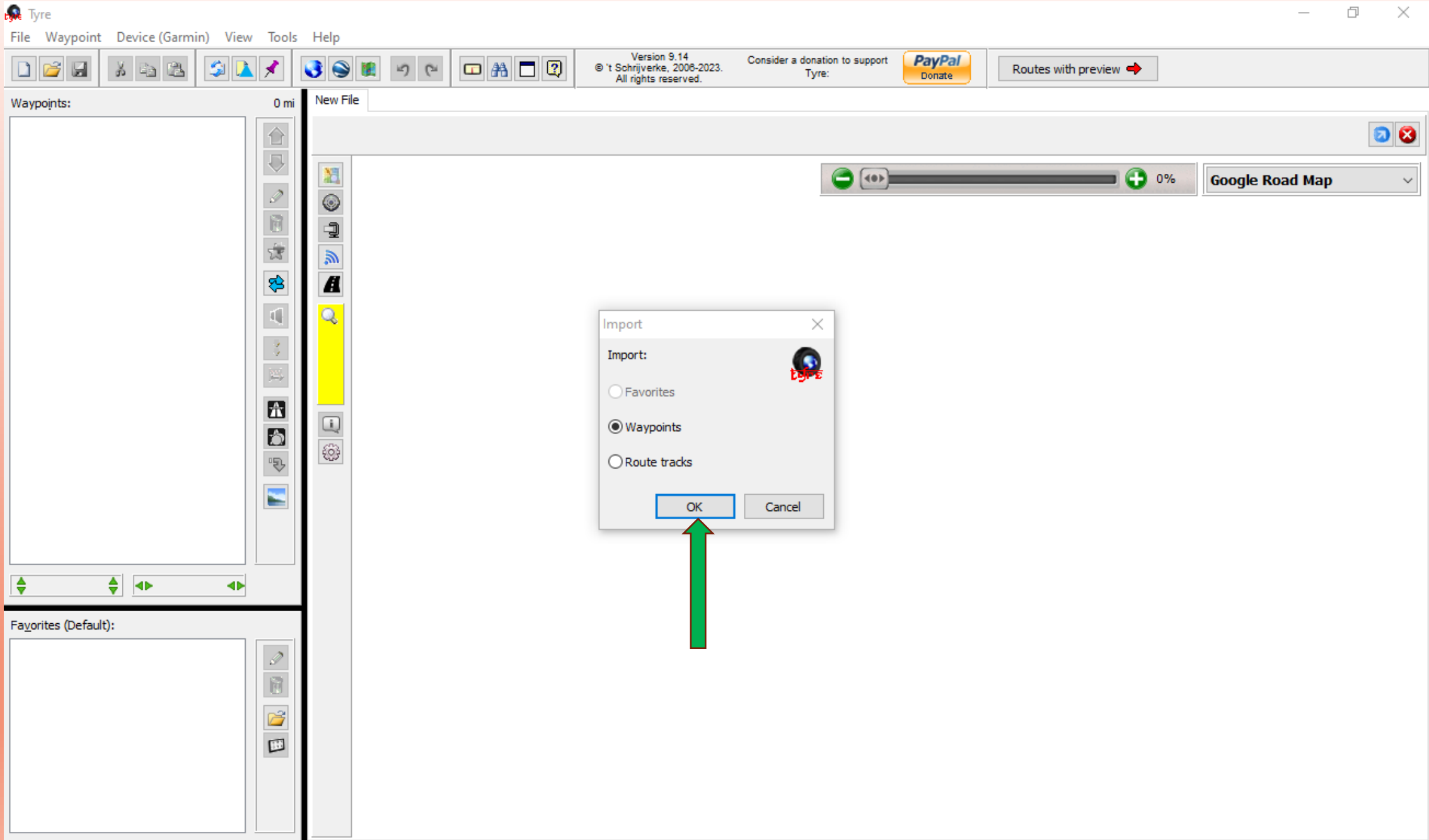
Process (b)

Saving routes to your hard drive with software suitable for gpx files is a safeguard in case your Cloud based system ever ceases to exist for whatever reason.

For years I've used 'Tyre', which in it's current guise is called 'Tyre2Navigate'.

As before, click 'Page menu' and 'Save as', the small 'Download' panel will fleetingly appear in the bottom left hand corner if your gpx software auto loads. If it stays there wait for the whizzy wheel to finish and then click on this panel.

'Tyre ' (for me) opens, then click OK



The same route
(hopefully) now opens
on your gpx file
software

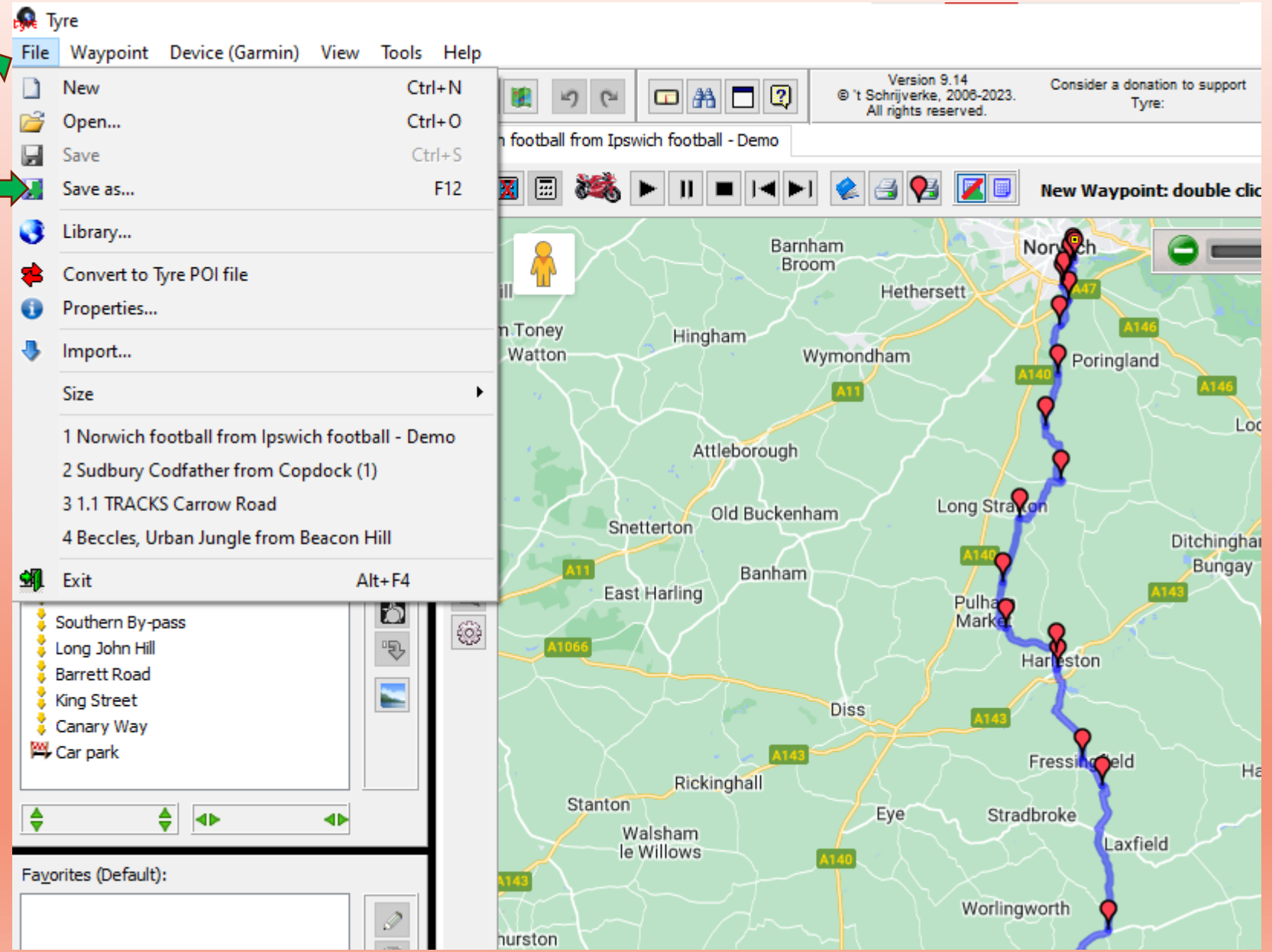
The screenshot displays the Tyre software interface. At the top, the title bar reads "Tyre" and the menu bar includes "File", "Waypoint", "Device (Garmin)", "View", "Tools", and "Help". The toolbar contains various icons for file operations, navigation, and settings. The status bar shows "Version 9.14", "© 't Schrijverke, 2006-2023. All rights reserved.", and a "PayPal Donate" button. The main window title is "Norwich football from Ipswich football - Demo".

The left sidebar is divided into two sections: "Waypoints: [01:42] 51.13 mi" and "Favorites (Default)". The "Waypoints" list includes:

- Portman Road
- Bolton Lane
- Westerfield
- Ashbocking
- A1120
- B1116, Denington
- Laxfield Road
- Fressingfield
- Petrol stop
- The Street, Harleston, IP20 9, Unit...
- Coffee and cake
- Hardwick Road
- Blacksmiths Lane
- The Street, Hempnall
- Saxlingham Nethergate
- Stoke Holy Cross
- Caister St Edmund
- Southern By-pass
- Long John Hill
- Barrett Road
- King Street
- Canary Way
- Car park

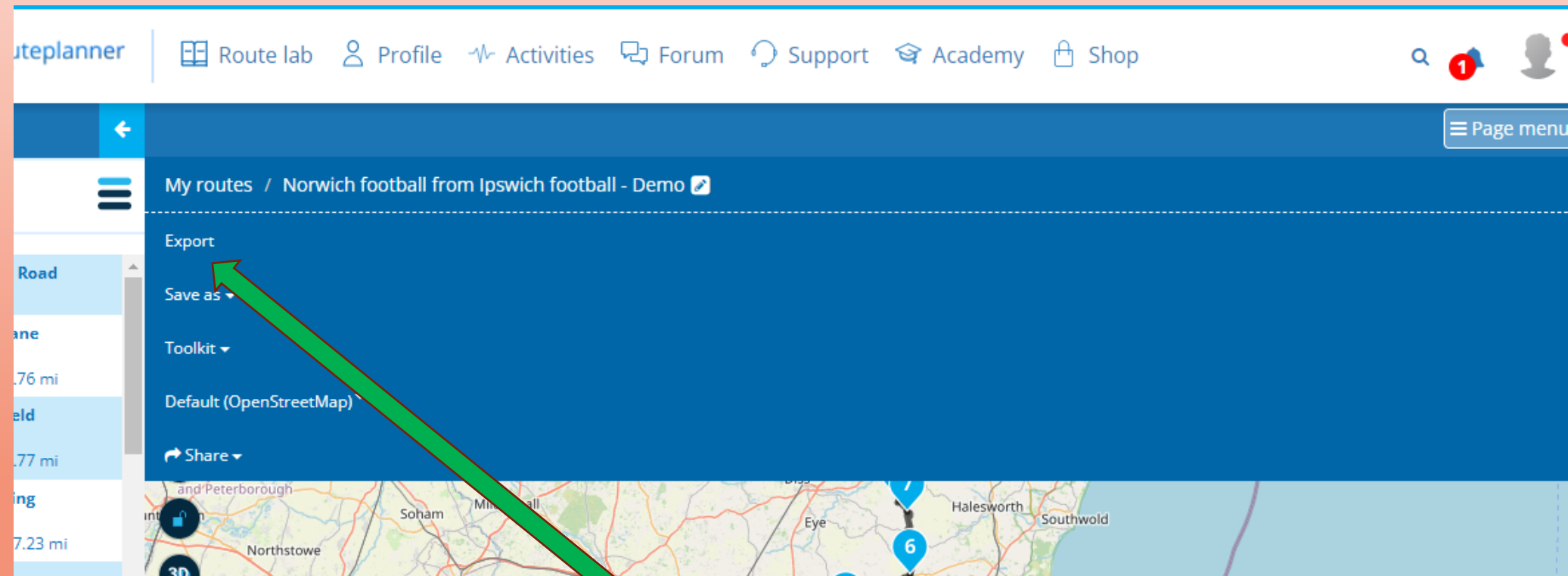
The main map area shows a blue route starting from Ipswich and ending in Norwich. The map includes labels for various locations such as Barnham Broom, Hethersett, Poringland, Loddon, Ditchingham, Gillingham, Beccles, Harleston, Fressingfield, Laxfield, Framlingham, and Debenham. A "New Waypoint: double click on the map" tooltip is visible. The map also shows major roads like A11, A140, A143, A146, and A12.

Now click 'File' and then 'Save as' and tuck it safely away in your chosen file



'Process (c'

Loading your route directly to your unit's internal memory



'Page menu'

And this time 'Export'

If you've never used the connector before then now is the time to instal it

Export to device

Installation

The connector enables you to put routes directly onto your navigation system through USB. Before being able to use this convenient tool, the program must be installed.

Install the connector

Windows macOS

Use the connector

- 1 Through the "Open route"-button, the connector is started.
- 2 Connect your navigation system through USB.
- 3 Click on the "Export" button. Your navigation system is now ready for the trip!

Help with navigation system **Open route**

Once installed simply click 'Open route'

The screenshot shows the MyRouteApp interface. At the top, there is a navigation bar with icons for home, Route lab, Profile, Activities, Forum, Support, Academy, and Shop. Below this is a search bar with the text "Find a place...". The main area is a map showing a route from Ipswich to Norwich, marked with numbered blue pins (1-17). A sidebar on the left contains various map controls like zoom in/out, location, and 3D view. A pop-up window titled "MyRouteApp - v4.9" is open, displaying the route details: "Route: Norwich football from Ipswich football - Demo". Below the route details is a dropdown menu labeled "Select your device:" with the following options: TomTom (ITN), TomTom Rider (GPX 1.1), **Gamin old (GPX 1.0)**, Gamin (GPX 1.1), Gamin Zumo (GPX 1.2), Interphone (KML), BMW Car (TAR.GZ), and BMW Motorbike (GPX 1.2). A green arrow points to the "Gamin old (GPX 1.0)" option.

Use the dropdown to select your device and your favoured version

The screenshot shows the MyRouteApp interface. At the top, there is a navigation bar with icons for 'Route lab', 'Profile', 'Activities', 'Forum', 'Support', 'Academy', and 'Shop'. Below this is a search bar with the text 'Find a place...'. The main area is a map showing a route from Ipswich to Norwich, marked with numbered blue pins (4-17). A sidebar on the left contains various map controls like zoom in (+), zoom out (-), and a 3D view button. A dialog box titled 'MyRouteApp - v4.9' is open in the foreground. It displays the route name 'Norwich football from Ipswich football - Demo' and the MyRoute-app CONNECTOR logo. Below the logo, there is a section 'Select your device:' with a dropdown menu showing 'Gamin old (GPX 1.0)' and an 'Export to device' button. A green arrow points to this button.

Go on!

You know you want to

The screenshot shows the MyRouteApp interface. At the top, there is a navigation bar with a back arrow and a menu icon. Below this is a search bar labeled "Find a place...". The main area displays a map with a route marked by numbered blue pins (5-17). A sidebar on the left shows route statistics: "2h 19m" and "51.14 mi". A "Completed" dialog box is open in the foreground, displaying the message "The route is exported to your device. Enjoy!" with an "OK" button. In the background, a "Route-app CONNECTOR" window is visible, showing a "Select your device:" dropdown menu with "Garmin old (GPX 1.0)" selected and an "Export to device" button.

By jove. You've done it!