

GARMIN®

Oregon® 700 Series



Owner's Manual

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, Auto Lap®, BlueChart®, City Navigator®, Oregon®, and TracBack® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. ANT+®, BaseCamp™, chirp™, Garmin Connect™, Garmin Express™, Connect IQ™, HomePort™, tempe™, VIRB®, and GSC™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Wi-Fi® is a registered trademark of Wi-Fi Alliance Corporation. Mac® is a registered trademark of Apple Computer, Inc. Windows® is a registered trademark of Microsoft Corporation in the United States and other countries. microSD™ and the microSDHC logo are trademarks of SD-3C, LLC. Other trademarks and trade names are those of their respective owners.

NMEA® is a registered trademark of the National Marine Electronics Association. NMEA 2000® and the NMEA 2000 logo are registered trademarks of the National Marine Electronics Association.

This product is ANT+® certified. Go to www.thisisant.com/directory for a list of compatible products and apps.

Table of Contents

Introduction	1	Finding an Address.....	7
Device Overview.....	1	Navigating with the Compass.....	7
Battery Information.....	1	Calibrating the Compass.....	7
Installing AA Batteries.....	1	Course Pointer.....	7
Installing the NiMH Battery Pack.....	1	Marking and Starting Navigation to a Man Overboard	
Turning On the Device.....	2	Location.....	7
Home Screen.....	2	Navigating with Sight 'N Go.....	7
Using the Touchscreen.....	2	Elevation Plot.....	7
Locking the Touchscreen.....	2	Navigating to a Point on the Elevation Plot.....	7
Acquiring Satellite Signals.....	2	Changing the Plot Type.....	7
Connected Features	2	Resetting the Elevation Plot.....	8
Connected Feature Requirements.....	2	Calibrating the Barometric Altimeter.....	8
Connecting to a Wireless Network.....	3	Waypoints	8
Setting Up Wi-Fi Features.....	3	Creating a Waypoint.....	8
Pairing Your Smartphone.....	3	Finding a Waypoint.....	8
Viewing Widgets.....	3	Editing a Waypoint.....	8
Connect IQ Features.....	3	Deleting a Waypoint.....	8
Downloading Connect IQ Features.....	3	Increasing the Accuracy of a Waypoint Location.....	8
Downloading Connect IQ Features Using Your Computer.....	3	Projecting a Waypoint.....	8
Activities	3	Routes	8
Selecting an Activity.....	3	Creating a Route Using Route Planner.....	8
Viewing Activity Data Screens.....	3	Creating a Route Using the Map.....	8
Recording an Activity.....	4	Editing the Name of a Route.....	8
Creating a New Activity.....	4	Editing a Route.....	9
Editing an Activity Name.....	4	Viewing a Route on the Map.....	9
Editing an Activity Icon.....	4	Deleting a Route.....	9
Pausing an Activity.....	4	Viewing the Active Route.....	9
Customizing Your Activity Log.....	4	Reversing a Route.....	9
Saving the Current Activity.....	4	Viewing the Elevation Plot of a Route.....	9
Saving a Location on an Activity.....	4	Garmin Adventures	9
Cycling with Your Device.....	4	Sending Files to BaseCamp.....	9
Viewing Activity Information.....	4	Creating an Adventure.....	9
Viewing the Elevation Plot of an Activity.....	5	Starting an Adventure.....	9
Changing the Color of an Activity Trail.....	5	Camera and Photos	9
Clearing the Current Activity.....	5	Taking a Photo.....	9
Deleting an Activity.....	5	Applications	10
Deleting an Activity History.....	5	Sending and Receiving Data Wirelessly.....	10
Opening Track Manager.....	5	Setting a Proximity Alarm.....	10
Geocaches	5	Calculating the Size of an Area.....	10
Registering Your Device at Geocaching.com.....	5	Viewing the Calendar and Almanacs.....	10
Connecting to Geocaching.com.....	5	Viewing Weather Conditions and Forecasts.....	10
Searching for a Geocache.....	5	Setting an Alarm.....	10
Navigating to a Geocache.....	5	Starting the Countdown Timer.....	10
Using Hints and Clues to find a Geocache.....	5	Opening the Stopwatch.....	10
Logging the Attempt.....	5	Satellite Page.....	10
Filtering the Geocache List.....	6	Changing the Satellite View.....	10
Saving a Custom Geocache Filter.....	6	Turning Off GPS.....	10
Editing a Custom Geocache Filter.....	6	Simulating a Location.....	10
Applying a Custom Filter to a Geocache List.....	6	Controlling a VIRB® Action Camera.....	11
Downloading Geocaches Using a Computer.....	6	Phone Notifications.....	11
chirp.....	6	Hiding Notifications.....	11
Enabling chirp Searching.....	6	Fitness	11
Finding a Geocache with a chirp.....	6	History.....	11
Removing Live Geocache Data from the Device.....	6	Viewing an Activity History.....	11
Removing Your Device Registration From Geocaching.com.....	6	Deleting an Activity from Your History.....	11
Navigation	6	Using Garmin Connect.....	11
Navigating to a Destination.....	6	Optional Fitness Accessories.....	11
Stopping Navigation.....	6	About Heart Rate Zones.....	11
Navigating with the Map.....	6	Fitness Goals.....	11
Navigating Using TracBack®.....	7	Setting Your Heart Rate Zones.....	11
Finding a Location Near Another Location.....	7	Customizing the Device	12
Optional Maps.....	7	Customizing the Keys.....	12
		Adjusting the Backlight Brightness.....	12
		Setting the Touchscreen Sensitivity.....	12

Rotating the Screen	12
Display Settings	12
Configuring the Maps	12
Map Settings	12
Advanced Map Settings	12
Custom Data Fields and Dashboards	12
Enabling the Map Data Fields	12
Customizing the Data Fields	12
Customizing Dashboards	12
Customizing the Data Screens	12
Adding a Shortcut to the Main Menu	12
Creating a Shortcut	13
System Settings	13
Satellite Settings	13
GPS and GLONASS	13
Appearance Settings	13
Setting the Device Tones	13
Routing Settings	13
Heading Settings	13
Altimeter Settings	13
Position Format Settings	14
Changing the Units of Measure	14
Time Settings	14
Geocaching Settings	14
ANT+ Sensor Settings	14
Fitness Settings	14
Setting Your Fitness User Profile	14
Marking Laps by Distance	14
Marine Settings	14
Setting Up Marine Alarms	14
Resetting Data and Settings	14
Restoring Default Values for Specific Settings	14
Restoring Default Values for Specific Page Settings	15
Restoring All Default Settings	15
Setting the Home Screen to Classic Mode	15
Device Information	15
Support and Updates	15
Setting Up Garmin Express	15
Getting More Information	15
Registering Your Device	15
Attaching the Carabiner Clip	15
Device Care	15
Cleaning the Device	15
Cleaning the Touchscreen	15
Water Immersion	15
Data Management	15
File Types	15
Installing a Memory Card	15
Connecting the Device to Your Computer	16
Transferring Files to Your Device	16
Deleting Files	16
Disconnecting the USB Cable	16
Troubleshooting	16
Resetting the Device	16
Viewing Device Information	16
Specifications	16
Appendix	16
tempe™	16
Data Fields	16
Heart Rate Zone Calculations	18
Index	19

Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Device Overview



①	Camera lens (not available on all models)
②	Power, menu, apps, and backlight key
③	Battery cover D-ring
④	User key (Customizing the Keys, page 12)
⑤	microSD™ card slot (under battery door)
⑥	Mini-USB port (under weather cap)

Battery Information

⚠ WARNING

The temperature rating for the device may exceed the usable range of some batteries. Alkaline batteries can rupture at high temperatures.

Do not use a sharp object to remove batteries.

⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

NOTICE

Alkaline batteries lose a significant amount of their capacity as the temperature decreases. Use lithium batteries when operating the device in below freezing conditions.

Maximizing the Battery Life

You can do several things to extend the life of the batteries.

- Reduce the backlight brightness ([Adjusting the Backlight Brightness, page 12](#)).
- Reduce the backlight timeout ([Display Settings, page 12](#)).
- Use battery save mode ([Turning On Battery Save Mode, page 1](#)).
- Decrease the map drawing speed ([Configuring the Maps, page 12](#)).

Turning On Battery Save Mode

You can use battery save mode to prolong the battery life.

From the app drawer, select **Setup > Display > Battery Save > On**.

In battery save mode, the screen shuts off when the backlight times out. You can select to turn on the screen.

Long-Term Storage

When you do not plan to use the device for several months, remove the batteries. Stored data is not lost when batteries are removed.

Installing AA Batteries

Instead of the optional NiMH battery pack ([Installing the NiMH Battery Pack, page 1](#)), you can use two alkaline, NiMH, or lithium batteries. This is useful when you are on the trail and cannot charge the NiMH battery pack. Use NiMH or lithium batteries for best results.

NOTE: Standard alkaline batteries are not recommended for the Oregon 750 models when using the camera feature.

- 1 Turn the D-ring counter-clockwise, and pull up to remove the cover.
- 2 Insert two AA batteries, observing polarity.



- 3 Replace the battery cover, and turn the D-ring clockwise.
- 4 Hold .
- 5 Select **Setup > System > Battery Type**.
- 6 Select **Alkaline, Lithium, NiMH, or Precharged NiMH**.

Battery Information

⚠ WARNING

The temperature rating for the device may exceed the usable range of some batteries. Alkaline batteries can rupture at high temperatures.

Do not use a sharp object to remove batteries.

⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

NOTICE

Alkaline batteries lose a significant amount of their capacity as the temperature decreases. Use lithium batteries when operating the device in below freezing conditions.

Installing the NiMH Battery Pack

The device operates using the optional NiMH battery pack (not included with all models) or two AA batteries ([Installing AA Batteries, page 1](#)).

- 1 Turn the D-ring counter-clockwise, and pull up to remove the cover.
- 2 Locate the battery pack .



- 3 Insert the battery pack, observing polarity.

- 4 Gently press the battery pack into place.
- 5 Replace the battery cover, and turn the D-ring clockwise.

Charging the Battery Pack

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

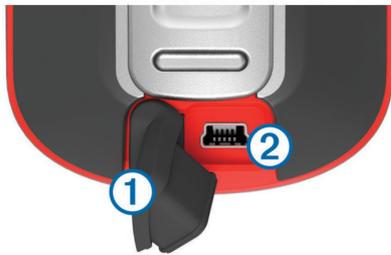
Do not attempt to use the device to charge a battery that was not provided by Garmin®. Attempting to charge a battery that was not provided by Garmin can damage the device and void the warranty.

Before you can connect the straight connector of the USB cable to your device, you may need to remove optional mount accessories.

NOTE: The device does not charge when outside the approved temperature range ([Specifications, page 16](#)).

You can charge the battery using a standard wall outlet or a USB port on your computer.

- 1 Pull up the weather cap ① from the mini-USB port ②.



- 2 Plug the small end of the USB cable into the mini-USB port.
- 3 Plug the USB end of the cable into an AC adapter or a computer USB port.
- 4 If necessary, plug the AC adapter into a standard wall outlet. When you connect the device to a power source, the device turns on.
- 5 Charge the battery completely.

Turning On the Device

Hold .

Home Screen



①	Select to view activity data screens or record an activity.
②	Select  to open apps.
③	Swipe left or right to scroll through the activity types. Swipe left or right during an activity to scroll through the pages for the activity. Swipe down to view widgets.
④	Select  to search for a destination.
⑤	Select  to open Connect IQ™ apps.
⑥	Select  to change the device settings and settings for the displayed activity.

Using the Touchscreen

- Tap the screen to select an item.
- Make each touchscreen selection a separate action.
- Select  to save your changes and close the page.
- Select  to return to the previous page.
- Select  to return to the main menu.
- Select  to view specific menu items for the page you are viewing.

Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

Select  > .

Unlocking the Touchscreen

Select  > .

Acquiring Satellite Signals

Before you can use the GPS navigation features, you must acquire satellite signals. The device may need a clear view of the sky to acquire satellite signals. It may take 30 to 60 seconds to acquire satellite signals.

- 1 Swipe down to view the status widget.
- 2 Wait until the GPS indicator bars turn green.

Connected Features

Connected features are available for your Oregon 700 device when you connect the device to a compatible smartphone using Bluetooth® wireless technology. Some features require you to install the Garmin Connect™ Mobile app on the connected smartphone. Go to www.garmin.com/apps for more information. Some features are also available when you connect your device to a wireless network.

Phone notifications: Displays phone notifications and messages on your Oregon 700 device.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Activity uploads to Garmin Connect: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Connect IQ: Allows you to extend your device features with widgets, data fields, and apps.

Software Updates: Allows you to update your device software.

EPO Downloads: Allows you to download an extended prediction orbit file to quickly locate GPS satellites and reduce the time it takes to calculate your position.

Live Geocache Data: Provides free and subscription-based services to view live geocache data from www.geocaching.com.

Weather: Allows you to view current weather conditions and weather forecasts. You can also view weather radar on the map.

Connected Feature Requirements

Some features require a smartphone and a specific app on your smartphone.

Feature	Connected to a Paired Smartphone with the Garmin Connect Mobile App	Connected to a Wi-Fi® Network
Activity uploads to Garmin Connect	Yes	Yes
Software updates	Yes	Yes

Feature	Connected to a Paired Smartphone with the Garmin Connect Mobile App	Connected to a Wi-Fi® Network
EPO downloads	Yes	Yes
Live geocache data	Yes	Yes
Weather	Yes	Yes
Phone notifications	Yes*	No
Connect IQ	Yes	No
LiveTrack	Yes	No

*The device receives phone notifications from a paired iOS® phone directly, and through the Garmin Connect Mobile app on an Android™ phone.

Connecting to a Wireless Network

- 1 From the app drawer, select **Setup > Wi-Fi**.
- 2 If necessary, select the toggle switch to enable Wi-Fi technology.
- 3 Select **Add Network**.
- 4 Select an option:
 - To select a broadcast wireless network, select a wireless network from the list and enter the password, if necessary.
 - To select a non-broadcast wireless network, select **+**, and enter the network SSID and password.

The device stores the network information and connects automatically when you return to this location.

Setting Up Wi-Fi Features

Before you can upload activities, download EPOs, and update software wirelessly, you must set up the Wi-Fi connection using the Garmin Express™ desktop application.

- 1 Go to garmin.com/express, and download the Garmin Express application.
- 2 Select the device.
- 3 Select **Tools > Utilities**.
- 4 Follow the on-screen instructions to set up Wi-Fi connectivity with Garmin Express.

Pairing Your Smartphone

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
- 2 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 On your device, from the app drawer, select **Setup > Bluetooth**, and follow the on-screen instructions.
- 4 From your smartphone, open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Phone notifications require a compatible smartphone equipped with Bluetooth Smart wireless technology. Go to garmin.com/ble for compatibility information.

Viewing Widgets

Your device is preloaded with a widget that displays the status of your connections and other information. Additional widgets can be added from the Connect IQ app ([Connect IQ Features, page 3](#)).

- 1 Swipe down from the top of the screen.
- 2 Select ◀ or ▶ to view more widgets.
- 3 Select ↶ to return to the previous screen.

Connect IQ Features

You can add Connect IQ features to your device from Garmin and other providers using the Garmin Connect Mobile app. You can customize your device with data fields, widgets, and apps.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Widgets: Provide information at a glance, including sensor data and notifications.

Apps: Add interactive features to your watch, such as new outdoor and fitness activity types.

Downloading Connect IQ Features

Before you can download Connect IQ features from the Garmin Connect Mobile app, you must pair your Oregon 700 device with your smartphone.

- 1 From the settings in the Garmin Connect Mobile app, select **Connect IQ Store**.
- 2 If necessary, select your device.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

- 1 Connect the device to your computer using a USB cable.
- 2 Go to garminconnect.com and sign in.
- 3 From your devices widget, select **Connect IQ Store**.
- 4 Select a Connect IQ feature, and download it.
- 5 Follow the on-screen instructions.

Activities

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ activity apps to your device using your Garmin Connect account ([Connect IQ Features, page 3](#)).

When you are using an activity and you change some settings, such as data fields or units of measurement, the changes are saved automatically as part of the activity. These settings are loaded automatically the next time you switch the device to this activity.

Your device includes several preloaded activities with settings configured for that activity. You can customize the settings for each preloaded activity, and you can create new custom activities.

Selecting an Activity

The device settings and data screens are different for each activity.

From the home screen, swipe left or right.

The device displays the activity name and icon and loads the settings for the displayed activity.

Viewing Activity Data Screens

You can view activity data screens without recording an activity.

- 1 From the home screen, swipe left or right to select an activity.
- 2 Select the activity icon or name.

The default data screen for the activity appears.
- 3 Swipe left or right to view additional data screens (optional).
- 4 Swipe up from the bottom of the screen, and select ⬆ to return to the home screen.

Recording an Activity

You can record an activity, including the track and sensor data. If your device is connected to a smartphone running the Garmin Connect Mobile app, recorded activities are uploaded automatically to your Garmin Connect account.

- 1 From the home screen, swipe left or right to select an activity.
- 2 Select the activity icon or name.
The default data screen for the activity appears.
- 3 Swipe up from the bottom of the screen, and select **Start**.
TIP: If you want to record GPS data in your activity, you should wait for the GPS signal bars to turn green before you start the activity.
- 4 After you complete your activity, swipe up from the bottom of the screen, and select **Stop**.
The data summary page appears.
- 5 Scroll vertically to see all the data (optional).
TIP: You can select the name of the activity to change it.
- 6 Select an option:
 - To save the activity, select .
 - To discard the activity, select .

Creating a New Activity

If none of the preloaded activities fit the needs of your activity or trip, you can create a custom activity with its own unique settings and data fields.

- 1 From the app drawer, select **Setup > Activities > Create Activity**.
- 2 Customize your settings and data fields.

Editing an Activity Name

You can customize the name of an activity.

- 1 From the app drawer, select **Setup > Activities**.
- 2 Select an activity.
- 3 Select **Edit Name**.
- 4 Enter the new name.

Editing an Activity Icon

You can customize the icon displayed on an activity page.

- 1 From the app drawer, select **Setup > Activities**.
- 2 Select an activity.
- 3 Select **Edit Icon**.
- 4 Select an icon.

Pausing an Activity

- 1 Swipe up from the bottom of the screen.
- 2 Select the current activity.
- 3 Select .

Customizing Your Activity Log

You can customize how your device displays and records activities.

- 1 From the app drawer, select **Activity History > Current Activity > **.
- 2 Select an option:
 - To change the color of the activity line on the map, select **Color**.
 - To display a line on the map indicating your activity, select **Show On Map**.
- 3 Select  > **Setup Activities > Record Method**.
- 4 Select an option:

- To record activities at a variable rate that creates an optimum representation of your activities, select **Auto**.
 - To record activities at a specified distance, select **Distance**.
 - To record activities at a specified time, select **Time**.
- 5 Select **Interval**.
 - 6 Complete an action:
 - If you selected **Auto** for the **Record Method**, select an option to record activities more or less often.
NOTE: Using the **Most Often** interval provides the most activity detail, but fills up the device memory quicker.
 - If you selected **Distance** or **Time** for the **Record Method**, enter a value, and select .

Saving the Current Activity

- 1 From the app drawer, select **Activity History > Current Activity**.
- 2 Select an option:
 - Select  to save the entire activity.
 - Select  > **Save Portion**, and select a portion.

Saving a Location on an Activity

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select .
- 4 Select a location on the activity.
- 5 Select the location information at the top of the map.
Information about the location appears.
- 6 Select  > **OK**.

Cycling with Your Device

Before you go for a ride using the device, you must select an appropriate activity, such as tour cycling ([Selecting an Activity, page 3](#)).

You can customize your dashboards and data fields for your fitness activities ([Custom Data Fields and Dashboards, page 12](#)).

By default, the device records fitness activities as .fit files. To record .gpx track files along with your activity, you must customize the output format.

- 1 From the app drawer, select **Setup > Activities > Advanced Setup > Output Format**.
- 2 Start the cycling activity.
- 3 Select an option:
 - To record your activity with fitness information that is tailored for Garmin Connect and can be used for navigation, select **Activities (FIT)**.
 - To record your activity as both a traditional track that can be viewed on the map and used for navigation, and as an activity with fitness information, select **Tracks (GPX/FIT)**.
- 4 Go for a ride.
- 5 When finished, swipe up from the bottom of the screen, and select **Stop > Save**.

Viewing Activity Information

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select .
- The beginning and the end of the trail are marked by flags.
- 4 Select the information bar at the top of the screen.
Information about the activity appears.

Viewing the Elevation Plot of an Activity

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select .

Changing the Color of an Activity Trail

You can change the color of an activity to improve the view on the map or compare it to another activity.

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select **Color**.
- 4 Select a color.

Clearing the Current Activity

- 1 From an activity data screen, swipe up from the bottom of the screen.
- 2 Select **Stop** >  > **Clear**.

Deleting an Activity

NOTE: Before you can delete the active activity, you must activate a different activity. You cannot delete an activity while it is active.

- 1 From the app drawer, select **Setup** > **Activities**.
- 2 Select an activity.
- 3 Select **Delete**.

Deleting an Activity History

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select  > **Delete**.

Opening Track Manager

A track is a .gpx file of your recorded path. The track contains the same information as an activity except sensor data, but is saved as a .gpx file. You can customize, use, and archive tracks using the track manager.

From the app drawer, select **Track Manager**.

Geocaches

Geocaching is a treasure hunting activity in which players hide or search for hidden caches using clues and GPS coordinates.

Registering Your Device at Geocaching.com

You can register your device at www.geocaching.com to search for a list of nearby geocaches, or to search live information for millions of geocaches.

- 1 Connect to a wireless network ([Connecting to a Wireless Network, page 3](#)) or the Garmin Connect app ([Pairing Your Smartphone, page 3](#)).
- 2 From the app drawer, select **Setup** > **Geocaching** > **Register Device**.

An activation code appears.

- 3 Follow the on-screen instructions.
- 4 Select **Confirm Registration**.

Connecting to Geocaching.com

After you register, you can view geocaches from www.geocaching.com on your device while connected wirelessly.

- Connect to the Garmin Connect app.
- Connect to a Wi-Fi network.

Searching for a Geocache

You can search the geocaches loaded on your device. If you are connected to geocaching.com, you can search live geocache data and download geocaches.

NOTE: You can download detailed information for more than three geocaches per day with a premium membership. Go to www.geocaching.com for more information.

- 1 From the app drawer, select **Geocaching**.
- 2 Select  > .
- 3 Select an option:
 - To search the geocaches loaded on your device by name, select **Spell Search**, and enter a search term.
 - To search for geocaches near you or near another location, select **Search Near**, and select a location.
If you are connected to geocaching.com, the search results include live geocache data obtained by **GC Live Download** or by selecting the refresh button on the map.
 - To search for nearby geocaches on the map, select .
If you are connected to geocaching.com, you can select  to refresh live geocaches that are near your location on the map.
 - To search for live geocaches by code, select **GC Live Download**.
This feature allows you to download a specific geocache from geocaching.com when you know the geocache code.
- 4 Select  to filter the search results (optional).
- 5 Select a geocache.

The geocache details appear. If you selected a live geocache and you are connected, the device downloads the full geocache details to the internal storage, if necessary.

Navigating to a Geocache

- 1 Search for a geocache.
- 2 From the geocache details, select **Go**.
- 3 Navigate using the map ([Navigating with the Map, page 6](#)) or compass ([Navigating with the Compass, page 7](#)).
- 4 As you approach the location of the geocache, use the hints and clues to help you find the hidden cache ([Using Hints and Clues to find a Geocache, page 5](#)).

Using Hints and Clues to find a Geocache

You can use hints or clues, such as a description or coordinates, to help you find a geocache.

- 1 While navigating to a geocache, select the geocache name.
- 2 Select an option:
 - To view details about the geocache, select **Description**.
 - To view a clue about a geocache location, select **Hint**.
 - To view latitude and longitude for a geocache, select **Coordinates**.
 - To view feedback about the geocache from previous searchers, select **Logs**.
 - To turn chirp™ searching on, select **chirp**.

Logging the Attempt

After you attempt to find a geocache, you can log your results.

- 1 While navigating to a geocache, from the app drawer, select **Geocaching** > **Log**.
- 2 Select **Found**, **Did Not Find**, **Needs Repair**, or **Unattempted**.
- 3 Select an option:
 - To begin navigation to the next geocache nearest you, select **Find Next Closest**.

- To stop logging, select **Done**.
- To enter a comment about looking for the cache or about the cache itself, select **Edit Comment**, enter a comment, and select ✓.

If you are connected to geocaching.com, the log is uploaded to your geocaching.com account automatically.

Filtering the Geocache List

You can filter your geocache list based on certain factors, such as the level of difficulty.

- 1 From the app drawer, select **Geocaching** > ▼.
- 2 Select one or more option to filter:
 - To filter by a geocache category, such as puzzle or event, select **Type**.
 - To filter by the physical size of the geocache container, select **Size**.
 - To filter by **Unattempted**, **Did Not Find**, or **Found** geocaches, select **Status**.
 - To filter by the GPX file, live data, or pocket queries you have downloaded, select **Geocache Files**.
 - To filter by the difficulty level of finding the geocache, or the difficulty of the terrain, use the slider bars to adjust the difficulty levels.
- 3 Select ↩.

Saving a Custom Geocache Filter

You can create and save custom filters for geocaches based on specific factors.

- 1 From the app drawer, select **Setup** > **Geocaching** > **Filter Setup** > **Create Filter** > **Create Filter**.
- 2 Select items to filter.
- 3 Select ↩.

By default, the new filter is saved automatically as Filter followed by a number. For example, Filter 2. You can edit the geocache filter to change the name ([Editing a Custom Geocache Filter](#), page 6).

Editing a Custom Geocache Filter

- 1 From the app drawer, select **Setup** > **Geocaching** > **Filter Setup**.
- 2 Select a filter.
- 3 Select an item to edit.

Applying a Custom Filter to a Geocache List

After you create a filter, you can apply it to the geocache list.

- 1 From the geocache list, select 🗒.
- 2 Select a filter.

Downloading Geocaches Using a Computer

You can load geocaches manually onto your device using a computer ([Transferring Files to Your Device](#), page 16). You can place the geocache files into a GPX file and import them into the GPX folder on the device. With a premium membership to geocaching.com, you can use the "pocket query" feature to load a large group of geocaches onto your device as a single GPX file.

- 1 Connect the device to your computer using a USB cable.
- 2 Go to www.geocaching.com.
- 3 If necessary, create an account.
- 4 Sign in.
- 5 Follow the instructions at geocaching.com to find and download geocaches to your device.

chirp

A chirp is a small Garmin accessory that is programmed and left in a geocache. You can use your device to find a chirp in a geocache. For more information about the chirp, see the *chirp Owner's Manual* at www.garmin.com.

Enabling chirp Searching

- 1 From the app drawer, select **Setup** > **Geocaching**.
- 2 Select **chirp Searching** > **On**.

Finding a Geocache with a chirp

- 1 With chirp searching enabled, navigate to a geocache.

When you are within approximately 10 m (33 ft.) of the geocache that contains a chirp, details about the chirp appear.
- 2 Select **Show Details**.
- 3 If necessary, select **Go** to navigate to the next stage of the geocache.

Removing Live Geocache Data from the Device

You can remove live geocache data to show only geocaches manually loaded on the device using a computer.

From the app drawer, select **Setup** > **Geocaching** > **Geocaching Live** > **Remove Live Data**.

Live geocaching data is removed from the device and no longer appears in the geocache list.

Removing Your Device Registration From Geocaching.com

If you transfer ownership of your device, you can remove your device registration from the geocaching website.

From the app drawer, select **Setup** > **Geocaching** > **Geocaching Live** > **Unregister Device**.

Navigation

You can navigate routes and tracks, to a waypoint, geocache, photo, or any saved location in the device. You can use the map or the compass to navigate to your destination.

Navigating to a Destination

- 1 Select an option:
 - From the home screen, select Q.
 - During an activity, select ☰ > **Where To?**.
- 2 Select a category.
- 3 Select a destination.
- 4 Select **Go**.

The map opens, and your route is marked with a magenta line.
- 5 Navigate using the map ([Navigating with the Map](#), page 6) or compass ([Navigating with the Compass](#), page 7).

Stopping Navigation

From the map or compass, select ☰ > **Stop Navigation**.

Navigating with the Map

- 1 Begin navigating to a destination ([Navigating to a Destination](#), page 6).
- 2 From the app drawer, select **Map**.

A blue triangle represents your location on the map. As you travel, the blue triangle moves and leaves a track log (trail).
- 3 Complete one or more actions:
 - Select 📍, and drag the map to view different areas.

- Select **+** and **-** to zoom in and out of the map.
- Select a location on the map (represented by a pin), and select the information bar at the top of the screen to view information about the selected location.

Navigating Using TracBack®

While navigating, you can navigate back to the beginning of your activity. This can be helpful when finding your way back to camp or the trail head.

- 1 From the app drawer, select **Activity History > Current Activity > [Map Icon] > TracBack**.

The map displays your route with a magenta line, start point, and end point.

- 2 Navigate using the map or the compass.

Finding a Location Near Another Location

- 1 From an activity screen, select **Q > [Menu Icon] > Search Near**.
- 2 Select an option.
- 3 Select a location.

Optional Maps

You can use additional maps with the device, such as BirdsEye satellite imagery, BlueChart® g2, and City Navigator® detailed maps. Detailed maps may contain additional points of interest, such as restaurants or marine services. For more information, go to <http://buy.garmin.com> or contact your Garmin dealer.

Finding an Address

You can use optional City Navigator maps to search for addresses ([Optional Maps, page 7](#)).

- 1 From the app drawer, select **Where To? > Addresses**.
- 2 Select the country or state, if necessary.
- 3 Enter the city or postal code.
NOTE: Not all map data provides postal code searching.
- 4 Select the city.
- 5 Enter the house number.
- 6 Enter the street.

Navigating with the Compass

When navigating to a destination, **▲** points to your destination, regardless of the direction you are moving.

- 1 Begin navigating to a destination ([Navigating to a Destination, page 6](#)).
- 2 From the app drawer, select **Compass**.
- 3 Turn until **▲** points toward the top of the compass, and continue moving in that direction to the destination.

Calibrating the Compass

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your device was already calibrated at the factory, and the device uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

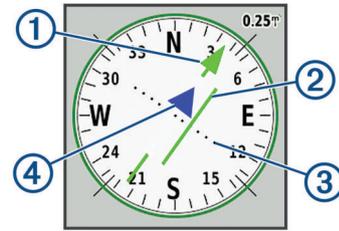
- 1 From the app drawer, select **Compass**.
- 2 Select **[Menu Icon] > Calibrate Compass > Start**.
- 3 Follow the on-screen instructions.

Course Pointer

The course pointer is most useful when you are navigating to your destination in a straight line, such as when you are

navigating on water. It can help you navigate back to the course line when you go off-course to avoid obstacles or hazards.

To enable the course pointer, from the app drawer, select **Setup > Heading > Go To Line (Pointer) > Course (CDI)**.



①	Course line pointer. Indicates the direction of the desired course line from your starting point to your next waypoint.
②	Course deviation indicator (CDI). Indicates the location of the desired course line in relation to your location. If the CDI is aligned with the course line pointer, you are on course.
③	Course deviation distance. The dots indicate your distance off course. The distance represented by each dot is indicated by the scale in the upper-right corner.
④	To-and-from indicator. Indicates whether you are headed to or from the next waypoint.

Marking and Starting Navigation to a Man Overboard Location

You can save a man overboard (MOB) location, and automatically start navigation back to it.

- 1 From the app drawer, select **Man Overboard > Start**.
The map opens showing the route to the MOB location. The default appearance of the route is a magenta line.
- 2 Navigate using the map ([Navigating with the Map, page 6](#)) or compass ([Navigating with the Compass, page 7](#)).

Navigating with Sight 'N Go

You can point the device at an object in the distance with the compass direction locked in, project the object as a waypoint, and navigate using the object as a reference point.

- 1 From the app drawer, select **Sight 'N Go**.
- 2 Point the device at an object.
- 3 Select **Lock Direction > Set Course**.
- 4 Navigate using the compass.

Elevation Plot

By default, the elevation plot displays the elevation over the distance traveled. The top chart displays the full track, and the bottom chart can display a portion of the track. You can touch any point on either chart to view details about that point. You can customize the elevation settings ([Altimeter Settings, page 13](#)).

Navigating to a Point on the Elevation Plot

- 1 From the app drawer, select **Altimeter**.
- 2 Select an individual point on the plot.
- 3 Select **[Menu Icon]**.
- 4 Select **View Map**.
- 5 Navigate using the map ([Navigating with the Map, page 6](#)) or compass ([Navigating with the Compass, page 7](#)).

Changing the Plot Type

You can change the elevation plot to display pressure and elevation over time or distance.

- 1 From the app drawer, select **Altimeter**.
- 2 Select **[Menu Icon] > Altimeter Setup > Plot Type**

- 3 Select plot type.

Resetting the Elevation Plot

- 1 From the app drawer, select **Altimeter**.
- 2 Select  > **Reset** > **Clear Current Activity** > **Clear**.

Calibrating the Barometric Altimeter

You can manually calibrate the barometric altimeter if you know the correct elevation or the correct barometric pressure.

- 1 Go to a location where the elevation or barometric pressure is known.
- 2 Select  > **Altimeter**.
- 3 Select  > **Altimeter Setup** > **Calibrate Altimeter**.
- 4 Follow the on-screen instructions.

Waypoints

Waypoints are locations you record and store in the device. Waypoints can mark where you are, where you are going, or where you have been. You can add details about the location, such as name, elevation, and depth.

You can add a .gpx file that contains waypoints by transferring the file to the GPX folder ([Transferring Files to Your Device](#), page 16).

Creating a Waypoint

You can save a location as a waypoint.

- 1 Select an activity.
- 2 Select .
- 3 Tap a location on the map.
- 4 Select the information text box.
The review page appears.
- 5 Select .
- 6 Select **OK**.

Finding a Waypoint

- 1 From the app drawer, select **Waypoint Manager**.
- 2 If necessary, select  to narrow the search.
- 3 If necessary, select an option:
 - Select **Spell Search** to search using the name of the waypoint.
 - Select **Select Symbol** to search using the symbol of the waypoint.
 - Select **Search Near** to search near a recently found location, another waypoint, your current location, or a point on the map.
 - Select **Sort** to view the list of waypoints based on nearest distance or alphabetical order.
- 4 Select a waypoint from the list.

Editing a Waypoint

Before you can edit a waypoint, you must create a waypoint.

- 1 From the app drawer, select **Waypoint Manager**.
- 2 Select a waypoint.
- 3 Select an item to edit, such as the name.
- 4 Enter the new information, and select .

Deleting a Waypoint

- 1 From the app drawer, select **Waypoint Manager**.
- 2 Select a waypoint.

- 3 Select  > **Delete**.

Increasing the Accuracy of a Waypoint Location

You can refine the accuracy of a waypoint location by averaging the location data. When averaging, the device takes several GPS readings at the same location and uses the average value to provide more accuracy.

- 1 From the app drawer, select **Waypoint Averaging**.
 - 2 Select a waypoint.
 - 3 Move to the waypoint location.
 - 4 Select **Start**.
 - 5 Follow the on-screen instructions.
 - 6 When the confidence status bar reaches 100%, select **Save**.
- For best results, collect 4 to 8 samples for the waypoint, waiting at least 90 minutes between samples.

Projecting a Waypoint

You can save a new location by projecting the distance and bearing from a marked location to a new location.

- 1 From the app drawer, select **Waypoint Manager**.
- 2 Select a waypoint.
- 3 Select  > **Project Waypoint**.
- 4 Enter the bearing, and select .
- 5 Select a unit of measure.
- 6 Enter the distance, and select .
- 7 Select **Save**.

Routes

A route is a sequence of waypoints or locations that leads you to your final destination.

Creating a Route Using Route Planner

A route can include many waypoints, and it should include at least a starting point and one destination.

- 1 From the app drawer, select **Route Planner** > **Create Route** > **Select First Point**.
- 2 Select a category.
- 3 Select the first point in the route.
- 4 Select **Use**.
- 5 Select **Select Next Point** to add additional points to the route.
- 6 Select  to save the route.

Creating a Route Using the Map

- 1 From the app drawer, select **Route Planner** > **Create Route** > **Select First Point** > **Use Map**.
- 2 Select a point on the map.
- 3 Select **Use**.
- 4 Move the map, and select additional points on the map to add to the route.
- 5 Select .

Editing the Name of a Route

You can customize the name of a route to make it distinct.

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **Change Name**.
- 4 Enter the new name.

Editing a Route

You can add, remove, or rearrange points on a route.

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **Edit Route**.
- 4 Select a point.
- 5 Select an option:
 - To view the point on the map, select **Review**.
 - To change the order of the points on the route, select **Move Up** or **Move Down**.
 - To insert an additional point on the route, select **Insert**.
The additional point is inserted before the point you are editing.
 - To remove the point from the route, select **Remove**.
- 6 Select  to save the route.

Viewing a Route on the Map

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **View Map**.

Deleting a Route

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **Delete Route**.

Viewing the Active Route

- 1 While navigating a route, from the app drawer, select **Active Route**.
- 2 Select a point in the route to view additional details.

Reversing a Route

You can switch the start and end points of your route to navigate the route in reverse.

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **Reverse Route**.

Viewing the Elevation Plot of a Route

The elevation plot displays the elevations for a route based on your route setting. If your device is configured for direct routing, the elevation plot displays the straight-line elevations between route points. If your device is configured for on-road routing, the elevation plot displays the elevations along the roads included in your route.

- 1 From the app drawer, select **Route Planner**.
- 2 Select a route.
- 3 Select **Elevation Plot**.

Garmin Adventures

You can create adventures to share your journeys with family, friends, and the Garmin community. You can group related items together as an adventure. For example, you can create an adventure for your latest hiking trip. The adventure could contain the track log of the trip, photos of the trip, and geocaches you hunted. You can use BaseCamp™ to create and manage your adventures. For more information, go to adventures.garmin.com.

NOTE: BaseCamp is not available for all device models.

Sending Files to BaseCamp

- 1 Open BaseCamp.
- 2 Connect the device to your computer.
On Windows® computers, the device appears as a removable drive or a portable device, and the memory card may appear as a second removable drive. On Mac® computers, the device and memory card appear as mounted volumes.
NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.
- 3 Open the **Garmin** or memory card drive or volume.
- 4 Select an option:
 - Select an item from a connected device and drag it to My Collection or to a list.
 - From BaseCamp, select **Device > Receive from Device**, and select the device.

Creating an Adventure

Before you can create an adventure and send it to your device, you must download BaseCamp to your computer and transfer a track from your device to your computer ([Sending Files to BaseCamp, page 9](#)).

- 1 Open BaseCamp.
- 2 Select **File > New > Garmin Adventure**.
- 3 Select a track, and select **Next**.
- 4 If necessary, add items from BaseCamp.
- 5 Complete the required fields to name and describe the adventure.
- 6 If you want to change the cover photo for the adventure, select **Change**, and select a different photo.
- 7 Select **Finish**.

Starting an Adventure

Before you can start an adventure, you must download an adventure from Garmin Connect ([Using Garmin Connect, page 11](#)), or send an adventure from BaseCamp to your device ([Sending Files to BaseCamp, page 9](#)).

When you start a saved adventure, the device follows the saved track and displays shortcuts to related information along the track, such as photos and waypoints.

- 1 From the app drawer, select **Adventures**.
- 2 Select an adventure.
- 3 Select **Start**.

Camera and Photos

You can take photos and videos with your device. If enabled, the geographic location is automatically saved in the photo or video information. You can navigate to the location.

Taking a Photo

- 1 From the app drawer, select **Camera**.
- 2 Turn the device horizontally or vertically to change the orientation of the photo.
- 3 If necessary, select  to turn on the flash.
TIP: You can select Auto to use the flash only when the camera detects a low light scene.
- 4 If necessary, use two fingers on the touchscreen to zoom in or out ([Using the Touchscreen, page 2](#)).
- 5 Hold  to focus and hold the device still.

A white frame appears on the screen. The device focuses on the object inside of the frame. When the photo is in focus, the frame turns green.

- 6 Release  to take a photo.

Applications

Sending and Receiving Data Wirelessly

Before you can share data wirelessly, you must be within 3 m (10 ft.) of a compatible device.

Your device can send and receive data when paired with another compatible device using Bluetooth or ANT+® wireless technology. You can share waypoints, geocaches, routes, tracks, photos, and custom maps.

- 1 From the app drawer, select **Share Wirelessly**.
- 2 Select an option:
 - Select **Send**, and select a type of data.
 - Select **Receive** to receive data from another device. The other compatible device must be attempting to send data.
- 3 Follow the on-screen instructions.

Setting a Proximity Alarm

Proximity alarms alert you when you are within a specified range of a particular location.

- 1 From the app drawer, select **Proximity Alarms > Create Alarm**.
- 2 Select a category.
- 3 Select a location.
- 4 Select **Use**.
- 5 Enter a radius, and select .

When you enter an area with a proximity alarm, the device sounds a tone.

TIP: You can configure separate alarm tones for when you enter and leave an area.

Calculating the Size of an Area

- 1 From the app drawer, select **Area Calculation > Start**.
- 2 Walk around the perimeter of the area you want to calculate.
- 3 Select **Calculate** when finished.

Viewing the Calendar and Almanacs

You can view device activity, such as when a waypoint was saved. You can also view daily almanac information for the sun and moon, and hunting and fishing.

- 1 From the app drawer, select an option:
 - To view device activity for specific days, select **Calendar**.
 - To view the sunrise, sunset, moonrise, and moonset information, select **Sun and Moon**.
 - To view the predicted best times for hunting and fishing, select **Hunt and Fish**.
- 2 If necessary, select  or  to view a different month.
- 3 Select a day.

Viewing Weather Conditions and Forecasts

To view forecast and weather radar information, you must connect your device to a smartphone with internet access.

To view forecast and weather radar information, your device must have an Internet connection. You can connect to a smartphone with Internet access ([Pairing Your Smartphone, page 3](#)). You can also connect to a wireless network.

You can view weather conditions and forecasts, and view weather radar on the map. When the map is dark, no weather data is loaded on the device, or the device is out of coverage. Weather data is not available for out-of-coverage areas on the map.

When you view a weather radar frame, the device displays the current time for the frame.

- 1 From the app drawer, select **Weather**.
- 2 Select an option:
 - To view the weather radar on the map, select .

TIP: You can animate or pause the weather map. When you stop the animation, the device displays the most recent weather data.

 - To view current weather conditions and forecasts, select .

Setting an Alarm

- 1 From the app drawer, select **Alarm Clock**.
- 2 Select  and  to set the time.
- 3 Select **Turn Alarm On**.
- 4 Select an option.

The alarm sounds at the selected time. If the device is off at the alarm time, the device turns on and sounds the alarm.

Starting the Countdown Timer

- 1 From the app drawer, select **Alarm Clock >  > Timer**.
- 2 Select  and  to set the time.
- 3 Select **Start Timer**.

Opening the Stopwatch

From the app drawer, select **Stopwatch**.

Satellite Page

The satellite page shows your current location, GPS accuracy, satellite locations, and signal strength.

Changing the Satellite View

- 1 From the app drawer, select **Satellite**.
- 2 Select .
- 3 Select an option:
 - To orient the satellite view with your current track toward the top of the screen, select **Track Up**.
 - To show a unique color for each satellite and its signal strength bar, select **Multicolor**.

Turning Off GPS

You can turn off GPS on your device to stop tracking your location.

- 1 From the app drawer, select **Satellite**.
- 2 Select  > **Use With GPS Off**.

Simulating a Location

You can use the device with GPS off to perform maintenance on waypoints and routes, or to conserve battery life. You can set the location manually to view your current location on the map.

- 1 From the app drawer, select **Satellite >  > Use With GPS Off**.
- 2 Select  > **Set Location On Map**.
- 3 Select a location.
- 4 Select **Use**.

Controlling a VIRB® Action Camera

Before you can use the VIRB remote function, you must enable the remote control setting on your VIRB camera. For more information, see the owner's manual for your VIRB camera.

- 1 Turn on your VIRB camera, and enable the remote control setting.
- 2 On your device, from the app drawer, select **VIRB Remote**.
- 3 Wait while the device connects with your VIRB camera.
- 4 Select an option:
 - To record video, drag the slider bar up.
 - To take a photo, select .

Phone Notifications

Phone notifications require a compatible smartphone to be paired with the Oregon 700 device. When your phone receives messages, it sends notifications to your device.

Hiding Notifications

Notifications are enabled by default when you pair your device with a compatible smartphone. You can hide notifications so they do not appear on your device screen.

From the app drawer, select **Notifications > Hide**.

Fitness

History

History includes date, time, distance, calories, average speed or pace, ascent, descent, and optional ANT+ sensor information.

NOTE: History is not recorded while the timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. You can upload your history to Garmin Connect ([Using Garmin Connect, page 11](#)) or BaseCamp ([Garmin Adventures, page 9](#)) periodically to keep track of all your activity data.

Viewing an Activity History

From the history, you can view details about a previous activity.

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.

Deleting an Activity from Your History

- 1 From the app drawer, select **Activity History**.
- 2 Select an activity.
- 3 Select  > **Delete**.

Using Garmin Connect

- 1 Connect the device to your computer using the USB cable.
- 2 Go to www.garminconnect.com/start.
- 3 Follow the on-screen instructions.

Optional Fitness Accessories

You can use optional fitness accessories including a heart rate monitor or a cadence sensor with your device. These accessories use ANT+ wireless technology to send data to the device.

Before you can use the fitness accessory with your device, you must install the accessory according to the instructions included with the accessory.

Pairing Your ANT+ Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your device.

- 1 Bring the device within 3 m (10 ft.) of the sensor.

NOTE: Stay 10 m (30 ft.) away from other ANT+ sensors while pairing.

- 2 From the app drawer, select **Setup > ANT Sensor**.
- 3 Select your sensor.
- 4 Select **Search for New**.

When the sensor is paired with your device, the sensor status changes from Searching to Connected.

Tips for Pairing ANT+ Accessories with Your Garmin Device

- Verify that the ANT+ accessory is compatible with your Garmin device.
- Before you pair the ANT+ accessory with your Garmin device, move 10 m (32.9 ft.) away from other ANT+ accessories.
- Bring the Garmin device within range 3 m (10 ft.) of the ANT+ accessory.
- After you pair the first time, your Garmin device automatically recognizes the ANT+ accessory each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the accessories are activated and functioning correctly.
- When paired, your Garmin device receives data from only your accessory, and you can go near other accessories.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 18](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Setting Your Heart Rate Zones

Before the device can determine your heart rate zones, you must set up your fitness user profile ([Setting Your Fitness User Profile, page 14](#)).

You can manually adjust the heart rate zones according to your fitness goals ([Fitness Goals, page 11](#)).

- 1 From the app drawer, select **Setup > Fitness > HR Zones**.
- 2 Enter the maximum and minimum heart rate for zone 5.

The maximum heart rate for each zone is based on the minimum heart rate of the previous zone. For example, if you enter 167 as a minimum heart rate for zone 5, the device uses 166 as the maximum rate for zone 4.
- 3 Enter your minimum heart rate for zones 4-1.

Customizing the Device

Customizing the Keys

You can customize some device key actions to provide quick access to menus, settings, apps, or other device functions.

- 1 From the app drawer, select **Setup > System > Configure Keys**.
- 2 Select **Power Key** or **User Key**.
- 3 Select **Single Tap**, **Double Tap**, or **Hold**.
- 4 Select an option.

Adjusting the Backlight Brightness

You can adjust the backlight brightness to maximize the battery life.

- 1 Swipe down from the top of the screen.
- 2 Select **+** or **-**.

Setting the Touchscreen Sensitivity

You can adjust the touchscreen sensitivity to suit your activity.

- 1 From the app drawer, select **Setup > Accessibility > Touch Sensitivity**.
- 2 Select an option.

TIP: You can test the touchscreen settings with and without gloves based on your activity.

Rotating the Screen

Rotate your device to view in horizontal (landscape) or vertical (portrait) mode.



Display Settings

From the app drawer, select **Setup > Display**.

Backlight Timeout: Sets the length of time before the backlight turns off.

Orientation Lock: Locks the screen orientation in portrait or landscape mode, or allows the screen to change orientation automatically based on the device orientation.

Screen Capture: Allows you to save the image on the device screen.

Battery Save: Saves the battery power and prolongs the battery life by turning off the screen when the backlight times out ([Turning On Battery Save Mode, page 1](#)).

Configuring the Maps

You can enable or disable the maps currently loaded on the device.

From the app drawer, select **Setup > Map > Configure Maps**.

Map Settings

From the app drawer, select **Setup > Map**.

Orientation: Adjusts how the map is shown on the page. The North Up option shows north at the top of the page. The Track Up option shows your current direction of travel toward

the top of the page. The Automotive Mode option shows an automotive perspective with the direction of travel at the top.

Dashboard: Sets a dashboard to display on the map. Each dashboard shows different information about your route or your location.

Guidance Text: Sets when the guidance text is shown on the map.

Map Speed: Adjusts the speed at which the map is drawn. A faster map drawing speed decreases the battery life.

Advanced Map Settings

From the app drawer, select **Setup > Map > Advanced Setup**.

Detail: Sets the amount of detail shown on the map. Showing more detail may cause the map to redraw more slowly.

Shaded Relief: Shows detail relief on the map (if available) or turns off shading.

Vehicle: Sets the position icon, which represents your position the map. The default icon is a small blue triangle.

Zoom Controls: Sets the auto zoom and the location of the buttons in portrait or landscape mode.

Zoom Levels: Adjusts the zoom level at which map items appear. The map items do not appear when the map zoom level is higher than the selected level.

Text Size: Sets the text size for map items.

Custom Data Fields and Dashboards

Data fields display information about your location or other specified data. Dashboards are a custom grouping of data that can be helpful to a specific or general task, such as geocaching.

Enabling the Map Data Fields

- 1 From the map, swipe up from the bottom of the screen and select **☰ > Setup Map > Dashboard**.
- 2 Select a data field.

Customizing the Data Fields

Before you can change the map data fields, you must enable them ([Enabling the Map Data Fields, page 12](#)).

You can customize the data fields and dashboards of the map, compass, trip computer, elevation plot, and status pages.

- 1 From a page that displays data fields, select a data field.
- 2 Select a data field category and a data field.

For example, select **Trip Data > Speed - Moving Avg.**

Customizing Dashboards

- 1 Select a page.
- 2 Select an option:
 - From the map, select **☰ > Setup Map > Dashboard**.
 - From the compass or trip computer, select **☰ > Change Dashboard**.
- 3 Select a dashboard.

Customizing the Data Screens

You can customize the data screens that appear for each activity, and in which order they appear.

- 1 Select an activity.
- 2 From the app drawer, select **Setup > Data Screens**.
- 3 Select a data screen.
- 4 Select an option.

Adding a Shortcut to the Main Menu

You can add shortcuts to the application drawer, or to the main menu or favorites dashboard when the device is in classic mode. You can create shortcuts to enable the device to perform

multiple actions simultaneously. If the shortcut does not appear in the list, you can create it ([Creating a Shortcut, page 13](#)).

- 1 From the app drawer, select **Setup > Shortcuts**.
- 2 Select the shortcut.
- 3 Select **Add to Menu**.
- 4 Select **Main Menu, Drawer, or Favorites**.

Creating a Shortcut

- 1 From the app drawer, select **Setup > Shortcuts > Create Shortcut**.
- 2 Select **Name**, and enter a name.
- 3 Select **Icon**, and select an icon.
- 4 Select an option:
 - To add a shortcut to a specific device setting, select **Setup**.
 - To add a shortcut that begins navigation to a specific waypoint, select **Where To?**.
 - To add a shortcut to a specific application, select **Application**.
 - To allow a shortcut to quickly change your activity, select **Activity**.

System Settings

From the app drawer, select **Setup > System**.

Satellite: Allows you to adjust the satellite system settings ([Satellite Settings, page 13](#)).

Text Language: Sets the text language on the device.

NOTE: Changing the text language does not change the language of user-entered data or map data.

Interface: Sets the communication interface mode to Garmin Spanner, Garmin Serial, NMEA In/Out, Text Out, RTCM, or MTP.

Configure Keys: Sets the power key or user key as a shortcut to a menu, setting, or application.

Classic: Sets the home screen to look like a classic outdoor handheld device home screen.

Battery Type: Sets the battery type for the device.

Satellite Settings

From the app drawer, select **Setup > System > Satellite**.

Satellite System: Allows you to set the satellite system to GPS, GPS + GLONASS ([GPS and GLONASS, page 13](#)), or Demo Mode (GPS off).

WAAS/EGNOS: Sets the satellite system to Wide Area Augmentation System/European Geostationary Navigation Overlay Service (WAAS/EGNOS). For more information about WAAS, go to www.garmin.com/aboutGPS/waas.html.

GPS and GLONASS

The default satellite system setting is GPS + GLONASS, which offers increased performance in challenging environments and faster position acquisition. Using GPS and GLONASS can reduce battery life more quickly than using GPS only.

Appearance Settings

From the app drawer, select **Setup > Appearance**.

Mode: Sets a light background, a dark background, or automatically switches between the two based on the sunrise and sunset time for your current location.

Day Color: Sets the color for the selections made when in day mode.

Night Color: Sets the color for the selections made when in night mode.

Landscape Controls: Places the controls on the left or right side of the screen when in landscape mode.

Setting the Device Tones

You can customize tones for messages, keys, turn warnings, and alarms.

- 1 From the app drawer, select **Setup > Tones > Tones > On**.
- 2 Select a tone for each audible type.

Routing Settings

The available routing settings vary based on the activity selected.

From the app drawer, select **Setup > Routing**.

Activity: Sets an activity used for transportation while routing. The device calculates routes optimized for the type of activity you are doing.

Calculation Method: Sets the method used to calculate your route.

Lock On Road: Locks the blue triangle, which represents your position on the map, onto the nearest road. This is most useful when driving or navigating on roads.

Off Route Recalculation: Sets recalculation preferences when navigating away from an active route.

Avoidance Setup: Sets the types of roads, terrain, and transportation methods to avoid while navigating.

Route Transitions: Sets how the device routes from one point on the route to the next. This setting is available only for some activities. The Distance option routes you to the next point on the route when you are within a specified distance of your current point.

Heading Settings

You can customize the compass settings.

From the app drawer, select **Setup > Heading**.

Display: Sets the type of directional heading shown on the compass.

North Reference: Sets the north reference used on the compass.

Go To Line (Pointer): Allows you to use the bearing pointer that points in the direction of your destination, or use the course pointer that shows your relationship to the course line leading to the destination.

Compass: Automatically switches from an electronic compass to a GPS compass when you are traveling at a higher rate of speed for a period of time.

Calibrate Compass: Allows you to calibrate the compass if you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes ([Calibrating the Compass, page 7](#)).

Altimeter Settings

From the app drawer, select **Setup > Altimeter**.

Auto Calibration: Automatically calibrates the altimeter each time an activity is started. The device continues to automatically calibrate the altimeter as long as the device receives GPS signals and auto calibrate continuous is on.

Barometer Mode: Variable Elevation allows the barometer to measure changes in elevation while you are moving. Fixed Elevation assumes the device is stationary at a fixed elevation, so the barometric pressure should only change due to weather.

Plot Type: Allows you to view elevation changes over a period of time or distance, barometric pressure over a period of time, or ambient pressure changes over a period of time.

Calibrate Altimeter: Allows you to calibrate the barometric altimeter when you know the correct elevation or the correct barometric pressure ([Calibrating the Barometric Altimeter, page 8](#)).

Position Format Settings

NOTE: You should not change the position format or the map datum coordinate system unless you are using a map or chart that specifies a different position format.

From the app drawer, select **Setup > Position Format**.

Position Format: Sets the position format in which a location reading appears.

Map Datum: Sets the coordinate system on which the map is structured.

Map Spheroid: Shows the coordinate system the device is using. The default coordinate system is WGS 84.

Changing the Units of Measure

You can customize units of measure for distance and speed, elevation, depth, temperature, pressure, and vertical speed.

- 1 From the app drawer, select **Setup > Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure.

Time Settings

From the app drawer, select **Setup > Time**.

Time Format: Sets the device to show time in a 12-hour or 24-hour format.

Time Zone: Sets the time zone for the device. Automatic sets the time zone automatically based on your GPS position.

Geocaching Settings

From the app drawer, select **Setup > Geocaching**.

Geocaching Live: Sets the device to display or hide live geocache data.

Geocache Style: Sets the device to display the geocache list using names or codes.

chirp Searching: Allows the device to search for a geocache containing a chirp accessory ([Enabling chirp Searching, page 6](#)).

Program chirp: Programs the chirp accessory. See the *chirp Owner's Manual* at www.garmin.com.

Filter Setup: Allows you to create and save custom filters for geocaches ([Saving a Custom Geocache Filter, page 6](#)).

Found Geocaches: Allows you to edit the number of geocaches found. This number automatically increases when you log a find ([Logging the Attempt, page 5](#)).

ANT+ Sensor Settings

For more information about optional fitness accessories, see [Optional Fitness Accessories, page 11](#).

Fitness Settings

From the app drawer, select **Setup > Fitness**.

Auto Lap: Sets the device to automatically mark the lap at a specific distance.

Activity Type: Sets the fitness activity to hiking, running, cycling, and more. This allows your activity to appear as the correct type when you transfer it to Garmin Connect.

User: Sets the user profile information ([Setting Your Fitness User Profile, page 14](#)).

HR Zones: Sets the five heart rate zones for fitness activities.

Setting Your Fitness User Profile

The device uses information that you enter about yourself to calculate accurate data. You can modify user profile information such as gender, age, weight, height, and lifetime athlete ([About Lifetime Athletes, page 14](#)).

- 1 From the app drawer, select **Setup > Fitness > User**.
- 2 Modify the settings.

About Lifetime Athletes

A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.

Marking Laps by Distance

You can use the Auto Lap[®] feature to automatically mark the lap at a specific distance. This feature is helpful for comparing your performance over different parts of an activity.

- 1 From the app drawer, select **Setup > Fitness > Auto Lap**.
- 2 Enter a value, and select ✓.

Marine Settings

From the app drawer, select **Setup > Marine**.

Marine Chart Mode: Sets the type of chart the device uses when displaying marine data. Nautical displays various map features in different colors so the marine POIs are more readable and so the map reflects the drawing scheme of paper charts. Fishing (requires marine maps) displays a detailed view of bottom contours and depth soundings and simplifies map presentation for optimal use while fishing.

Appearance: Sets the appearance of marine navigation aids on the map.

Marine Alarm Setup: Sets alarms for when you exceed a specified drift distance while anchored, when you are off course by a specified distance, and when you enter water of a specific depth.

Setting Up Marine Alarms

- 1 From the app drawer, select **Setup > Marine > Marine Alarm Setup**.
- 2 Select an alarm type.
- 3 Select **On**.
- 4 Enter a distance, and select ✓.

Resetting Data and Settings

You can reset trip data, delete all waypoints, clear the current track, or restore default values.

- 1 From the app drawer, select **SetupReset**.
- 2 Select an option:
 - To reset data specific to a trip, such as distance and averages, select **Reset Trip Data**.
 - To delete all saved waypoints, select **Delete All Waypoints**.
 - To clear the data recorded since you started your current activity, select **Clear Current Activity**.

NOTE: The device continues to record new data for the current activity.

 - To reset the settings for your current activity type to the factory default values, select **Reset Activity Settings**.
 - To restore all device settings to the factory default values, select **Reset All Settings**.

NOTE: Resetting all settings clears all geocaching activity from your device.

Restoring Default Values for Specific Settings

You can restore the default values for specific settings categories.

- 1 From the app drawer, select **Setup**.
- 2 Select a category to restore.
- 3 Select **☰** > **Restore Defaults**.

Restoring Default Values for Specific Page Settings

You can restore the default values for settings for the map, compass, trip computer, and elevation plot.

- 1 Open the page for which you will restore the settings.
- 2 Select **☰** > **Restore Defaults**.

Restoring All Default Settings

You can reset all settings back to the factory default settings.

From the app drawer, select **Setup** > **Reset** > **Reset All Settings** > **Reset**.

NOTE: Restoring all default settings on your device clears your geocaching registration and all default activities.

Setting the Home Screen to Classic Mode

You can set the home screen to look like a classic Garmin handheld device home screen. This can be useful if you are familiar with the user interface from a previous product model.

From the app drawer, select **Setup** > **System** > **Classic**.

Device Information

Support and Updates

Garmin Express (garmin.com/express) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates
- Data uploads to Garmin Connect
- Map, chart, or course updates

Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to www.garmin.com/express.
- 3 Follow the on-screen instructions.

Getting More Information

You can find more information about this product on the Garmin website.

- Go to www.garmin.com/outdoor.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to garmin.com/express.
- Keep the original sales receipt, or a photocopy, in a safe place.

Attaching the Carabiner Clip

- 1 Position the carabiner clip ① in the slots on the mounting spine ② of the device.



- 2 Slide the carabiner clip up until it locks in place.

Device Care

NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Secure the weather cap tightly to prevent damage to the USB port.

Cleaning the Device

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

After cleaning, allow the device to dry completely.

Cleaning the Touchscreen

- 1 Use a soft, clean, lint-free cloth.
- 2 If necessary, lightly dampen the cloth with water.
- 3 If using a dampened cloth, turn off the device and disconnect the device from power.
- 4 Gently wipe the screen with the cloth.

Water Immersion

NOTICE

The device is water resistant to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the device. After submersion, be certain to wipe dry and air dry the device before using or charging.

Data Management

NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT®, and Mac OS 10.3 and earlier.

File Types

The handheld device supports these file types:

- Files from BaseCamp or HomePort™. Go to www.garmin.com/trip_planning.
- GPX track files.
- GPX geocache files ([Downloading Geocaches Using a Computer, page 6](#)).
- JPEG photo files.
- GPI custom POI files from the Garmin POI Loader. Go to www.garmin.com/products/poiloader.
- FIT files for exporting to Garmin Connect.

Installing a Memory Card

You can install a microSD memory card for additional storage or pre-loaded maps.

- 1 Turn the D-ring counter-clockwise, and pull up to remove the cover.
- 2 Remove the batteries.

- In the battery compartment, slide the card holder ① to the left and lift up.



- Place the memory card ② with the gold contacts facing down.
- Close the card holder.
- Slide the card holder to the right to lock it.
- Replace the batteries.
- Replace the battery cover, and turn the D-ring clockwise.

Connecting the Device to Your Computer

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

- Pull up the weather cap from the USB port.
- Plug the small end of the USB cable into the USB port on the device.
- Plug the large end of the USB cable into a computer USB port.

Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers.

Transferring Files to Your Device

- Connect the device to your computer.

On Windows computers, the device appears as a removable drive or a portable device, and the memory card may appear as a second removable drive. On Mac computers, the device and memory card appear as mounted volumes.

NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.

- On your computer, open the file browser.
- Select a file.
- Select **Edit > Copy**.
- Open the portable device, drive, or volume for the device or memory card.
- Browse to a folder.
- Select **Edit > Paste**.

The file appears in the list of files in the device memory or on the memory card.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

- Open the **Garmin** drive or volume.
- If necessary, open a folder or volume.
- Select a file.
- Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

- Complete an action:
 - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
 - For Mac computers, drag the volume icon to the trash.
- Disconnect the cable from your computer.

Troubleshooting

Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

- Remove the batteries.
- Reinstall the batteries.

Viewing Device Information

You can view the unit ID, software version, regulatory information, and license agreement.

From the app drawer, select **Setup > About**.

Specifications

Battery type	NiMH battery pack or two AA batteries (NiMH, alkaline, or lithium)
Battery life	Up to 16 hrs.
Water rating	IEC 60529 IPX7*
Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol 2.4 GHz Wi-Fi Bluetooth enabled device
Compass-safe distance	17.5 cm (7 in.)

*The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

Appendix

tempe™

The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

Data Fields

Some data fields require you to be navigating or require ANT+ accessories to display data.

24 hr Max. Temperature: The maximum temperature recorded in the last 24 hours.

24 hr Min. Temperature: The minimum temperature recorded in the last 24 hours.

Accuracy of GPS: The margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 ft. (3.65 m).

Activity Distance: The distance traveled for the current track.

Alarm Timer: The current time of the countdown timer.

Ambient Pressure: The uncalibrated environmental pressure.

Ascent - Average: The average vertical distance of ascent since the last reset.

Ascent - Maximum: The maximum rate of ascent in feet per minute or meters per minute since the last reset.

Ascent - Total: The total elevation distance ascended since the last reset.

Automotive Turn: The direction of the next turn in the route. You must be navigating for this data to appear.

Average Cadence: The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Avg HR %Max.: The average percentage of maximum heart rate for the current activity.

Avg Lap: The average lap time for the current activity.

Barometer: The calibrated current pressure.

Battery Level: The remaining battery power.

Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.

Cadence: The number of revolutions of the crank arm or number of strides per minute. Your device must be connected to a cadence accessory for this data to appear.

Calories: The amount of total calories burned.

Compass Hdg.: The direction you are moving based on the compass.

Course: The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.

Current Lap: The stopwatch time for the current lap.

Date: The current day, month, and year.

Depth: The depth of the water. Your device must be connected to a NMEA® 0183 or NMEA 2000® device capable of acquiring the water depth.

Descent - Average: The average vertical distance of descent since the last reset.

Descent - Maximum: The maximum rate of descent in feet per minute or meters per minute since the last reset.

Descent - Total: The total elevation distance descended since the last reset.

Distance To Dest.: The remaining distance to the final destination. You must be navigating for this data to appear.

Distance To Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

Elapsed Activity Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elev Abv Ground: The altitude of your current location above ground level (if maps contain sufficient elevation information).

Elevation: The altitude of your current location above or below sea level.

Elevation - Maximum: The highest elevation reached since the last reset.

Elevation - Minimum: The lowest elevation reached since the last reset.

ETA at Destination: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

Glide Ratio: The ratio of horizontal distance traveled to the change in vertical distance.

Glide Ratio to Dest.: The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.

GPS Elevation: The altitude of your current location using GPS.

GPS Heading: The direction you are moving based on GPS.

GPS Signal Strength: The strength of the GPS satellite signal.

Grade: The calculation of rise (elevation) over run (distance). For example, if for every 10 ft. (3 m) you climb you travel 200 ft. (60 m), the grade is 5%.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

Heart Rate - %Max.: The percentage of maximum heart rate.

Heart Rate Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Lap Ascent: The vertical distance of ascent for the current lap.

Lap Cadence: The average cadence for the current lap.

Lap Descent: The vertical distance of descent for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Heart Rate Percent: The average percentage of maximum heart rate for the current lap.

Lap HR: The average heart rate for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Last Lap Ascent: The vertical distance of ascent for the last completed lap.

Last Lap Cadence: The average cadence for the last completed lap.

Last Lap Descent: The vertical distance of descent for the last completed lap.

Last Lap Distance: The distance traveled for the last completed lap.

Last Lap HR: The average heart rate for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Location (lat/lon): The current position in latitude and longitude regardless of the selected position format setting.

Location (selected): The current position using the selected position format setting.

Location of Dest.: The position of your final destination. You must be navigating for this data to appear.

None: This is a blank data field.

Odometer: A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

Off Course: The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.

Pointer: An arrow points in the direction of the next waypoint or turn. You must be navigating for this data to appear.

Speed: The current rate of travel.

Speed Limit: The reported speed limit for the road. Not available in all maps and in all areas. Always rely on posted road signs for actual speed limits.

Speed - Maximum: The highest speed reached since the last reset.

Speed - Moving Avg.: The average speed while moving since the last reset.

Speed - Overall Avg.: The average speed while moving and stopped since the last reset.

Stopwatch Timer: The stopwatch time for the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor.

Temperature - Water: The temperature of the water. Your device must be connected to a NMEA 0183 device capable of acquiring the water temperature.

Time of Day: The current time of day based on your current location and time settings (format, time zone, daylight saving time).

Time to Destination: The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

Time to Next: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

To Course: The direction in which you must move to get back on the route. You must be navigating for this data to appear.

Total Lap: The stopwatch time for all the completed laps.

Trip Odometer: A running tally of the distance traveled since the last reset.

Trip Time: A running tally of the total time spent moving and not moving since the last reset.

Trip Time - Moving: A running tally of the time spent moving since the last reset.

Trip Time - Stopped: A running tally of the time spent not moving since the last reset.

Turn: The angle of difference (in degrees) between the bearing to your destination and your current course. L means turn left. R means turn right. You must be navigating for this data to appear.

Velocity Made Good: The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.

Vert Dist to Dest: The elevation distance between your current position and the final destination. You must be navigating for this data to appear.

Vert Dist to Next: The elevation distance between your current position and the next waypoint in the route. You must be navigating for this data to appear.

Vertical Speed: The rate of ascent or descent over time.

Vertical Speed to Dest.: The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.

Waypoint at Dest.: The last point on the route to the destination. You must be navigating for this data to appear.

Waypoint at Next: The next point on the route. You must be navigating for this data to appear.

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace

Index

A

- accessories **11, 15**
- activities **3–5, 11**
 - custom **4**
- addresses, finding **7**
- adventures **9**
- alarms
 - clock **10**
 - marine **14**
 - proximity **10**
 - tones **13**
- almanac
 - hunting and fishing **10**
 - sunrise and sunset times **10**
- altimeter **7, 8, 13**
- ANT+ sensors **14**
 - pairing **11**
- ANT+ sensors, pairing **11**
- applications **2, 3**
- area calculation **10**
- Auto Lap **14**

B

- backlight **1, 12**
- barometer **8**
- BaseCamp **9, 10, 15**
- battery **1, 16**
 - charging **2**
 - installing **1**
 - maximizing **1, 12**
 - storage **1**
- Bluetooth technology **2**

C

- calendar **10**
- calibrating
 - altimeter **8**
 - compass **7**
- camera **9**
- carabiner clip **15**
- charging **2**
- chirp **6, 14**
- City Navigator **7**
- cleaning the device **15**
- cleaning the touchscreen **15**
- compass **7**
 - navigating **7**
 - settings **13**
- computer, connecting **16**
- Connect IQ **3**
- connecting **3**
- countdown timer **10**
- customizing the device **12**
- cycling **4**

D

- dashboards **12**
- data
 - screens **12**
 - storing **11**
 - transferring **11, 16**
- data fields **3, 12, 16**
- deleting
 - all user data **16**
 - history **11**
- device
 - care **15**
 - registration **15**
 - resetting **16**
- display settings **12**
- downloading, geocaches **5, 6**

E

- elevation **7**
 - plot **5, 7–9**

F

- files, transferring **6, 10, 15, 16**

- fitness **4, 14**

G

- Garmin Connect **2, 3**
 - storing data **11**
- Garmin Express **3, 15**
 - registering the device **15**
 - updating software **15**
- geocaches **5, 6, 15**
 - downloading **6**
 - navigating to **5**
 - settings **14**
- geocachesdownloading **5**
- GLONASS **13**
- GPS **10, 13**
 - signal **10**

H

- heading setting **13**
- heart rate, zones **11, 18**
- history **11**
 - sending to computer **11**
 - viewing **11**
- home screen **2**
 - customizing **15**
- HomePort **15**
- hunting and fishing times **10**

I

- ID number **16**

K

- keys **1, 12**

L

- lifetime athlete **14**
- locations
 - editing **8**
 - saving **8**
- locking, screen **2**

M

- man overboard (MOB) **7**
- map settings **12**
- maps **6, 12**
 - data fields **12**
 - navigating **7**
 - optional **7**
 - settings **12**
 - updating **15**
- marine
 - alarms setup **14**
 - settings **14**
- memory card **15**
- microSD card **1, 15**. See memory card
- MOB **7**

N

- navigation **6, 7**
 - compass **7**
 - course pointer **7**
 - Sight 'N Go **7**
 - stopping **6**
- notifications **11**

O

- on-screen buttons **2**

P

- pairing **3**
 - ANT+ sensors **11**
 - ANT+ sensors **11**
- photos **9**
 - taking **9**
- position format **14**
- power key **2**
- product registration **6, 15**
- profiles, user **14**
- proximity alarms **10**

R

- registering the device **5, 15**

- resetting the device **14–16**
- restoring, settings **15**
- routes **8, 9**
 - creating **8**
 - deleting **9**
 - editing **8, 9**
 - settings **13**
 - viewing on the map **9**
- running **4**

S

- satellite signals **10**
 - acquiring **2**
 - locations **10**
- screen **2**
 - locking **2**
 - orientation **12**
- settings **12–15**
 - device **13**
- sharing data **10**
- shortcuts **13**
 - adding **12**
- Sight 'N Go **7**
- smartphone **3**
 - applications **2**
- software, updating **15**
- specifications **16**
- stopwatch **10**
- storing data **16**
- sunrise and sunset times **10**
- system settings **13**

T

- tempe **16**
- temperature **16**
- time, zones and formats **14**
- time settings **14**
- timer **11**
 - countdown **10**
- tones **13**
- touchscreen **2, 12**
- TracBack **7**
- tracks **4, 5, 9**
- training **2**
- transferring, files **6, 9, 10, 15**
- trip planner. See routes
- troubleshooting **14–16**

U

- unit ID **16**
- units of measure **14**
- USB
 - connector **1**
 - disconnecting **16**
 - mass storage mode **15**
 - transferring files **15**
- user data, deleting **16**
- user profile **14**

V

- VIRB Remote **11**

W

- water resistance **15**
- waypoints **7, 8**
 - deleting **8**
 - editing **8**
 - projecting **8**
 - saving **8**
- weather **10**
- Where To? **6**
- Wi-Fi **3**
 - connecting **3**
- widgets **3**

Z

- zones, heart rate **11**

www.garmin.com/support



1800 235 822



+43 (0) 820 220230



+ 32 2 672 52 54



0800 770 4960



1-866-429-9296



+385 1 5508 272
+385 1 5508 271



+420 221 985466
+420 221 985465



+ 45 4810 5050



+ 358 9 6937 9758



+ 331 55 69 33 99



+ 39 02 36 699699



(+52) 001-855-792-7671



0800 427 652



0800 0233937



+47 815 69 555



00800 4412 454
+44 2380 662 915



+35 1214 447 460



+386 4 27 92 500



0861 GARMIN (427 646)
+27 (0)11 251 9800



+34 93 275 44 97



+ 46 7744 52020



+886 2 2642-9199 ext 2



0808 238 0000
+44 870 850 1242



+49 (0) 89 858364880
zum Ortstarif - Mobilfunk
kann abweichen



913-397-8200
1-800-800-1020

