Thank you for choosing the Garmin Foretrex 101. To get the most from your new Foretrex 101, read through the Quick Start Guide first, then this Owner's Manual to understand all of the operating features.

The Quick Start Guide describes the process of navigating the Main Pages and the Option Menus, along with some basic unit operations to familiarize you with your new Foretrex 101 right out of the box. Read the Quick Start Guide first.

This Owner's Manual describes the Main Pages of the Foretrex 101 and their options in detail. While the Owner's Manual provides some direction on how to select and change items, its main intention is to describe each Main Page, Option Menu, and feature in detail. This manual is organized into the following sections:

The Introduction chapter provides care information and the Table of Contents.

The Overview chapter provides basic information about the Foretrex 101.

The Main Pages chapter provides information on each of the six Main Pages, listed in the same order as viewed on the unit. The section for each page provides an overview that discusses the page, how it functions, and step-by-step instructions for using the page and its features.

The Main Menu chapter provides information on each page in the Main Menu: Waypoints, Tracks, Routes, and Setup. The section for each page provides an overview that discusses the page, how it functions, and step-by-step instructions for using the page and its features.

The Appendix includes additional information about the Foretrex 101.

The Index provides keywords and the pages on which they appear.
Cleaning the Unit and Wrist Strap

The Foretrex 101 is constructed of high quality materials and does not require user maintenance other than cleaning. Clean the unit using a cloth dampened with a mild detergent solution and then wipe dry. Avoid chemical cleaners and solvents that may damage plastic components.

The wrist strap should be hand washed with mild detergent in warm or hot water. Blot dry then air dry. Do not machine wash.

Storing the Foretrex 101

Do not store the Foretrex 101 where prolonged exposure to temperature extremes may occur (such as in the trunk of a car) as permanent damage may result. User information, such as waypoints and routes will be retained in the unit's memory without the need for battery power.

Immersing the Unit in Water

The Foretrex 101 is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe and air dry the unit (including the battery compartment) before reuse or charging.

To resolve problems that cannot be remedied using this guide, contact Garmin Product Support in the U.S.A. at 800/800.1020 or Garmin Europe at +44/1794.519944.
Introduction

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Cleaning the Unit and Wrist Strap
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Foretrex 101 Overview

Your small, rugged, and waterproof Foretrex 101 unit is perfect for easily maneuvering from one waypoint to the next. With handy and convenient wrist-strap design, the powerful Foretrex 101 allows you to store up to 500 waypoints and 20 routes in the unit’s memory, while also providing built-in WAAS capability. In addition, the Foretrex 101 boasts a customizable trip computer, 10,000 track points, as well as PanTrack™ and TracBack®.

With an optional PC Interface Cable, you can connect your Foretrex 101 to your computer to transfer waypoints and routes between MapSource and your unit. Refer to the MapSource User’s Guide and MapSource Help File for complete information.

The images below describe the buttons and some features of your Foretrex 101.
Overview

Using the Buttons

The **POWER** button:
- Press and hold to turn unit on and off
- Press and release to turn display backlight on and off

The **GOTO** button:
- Press to initiate a Goto (navigate to a specific destination/waypoint)

The **PAGE** button:
- Press to switch between the Main Pages
- Press to back out or escape out of the present page or screen, or
- Press to ‘undo’ the most recent action on a page

The **ENTER/MARK** button:
- Press to confirm data entry or menu selection
- Press and hold to mark a waypoint

The **UP/DOWN** buttons:
- Highlight options on pages and menus
- Adjust display contrast on the Satellite Page
- Zoom out (UP) and in (DOWN) on Map Page
Using the Wrist Strap

The Foretrex 101 has been designed to comfortably fit your wrist. For best performance, wear the Foretrex 101 like a watch, with the top face of the unit oriented towards the sky. A strap extension provides additional length and easily attaches to the existing strap.

To fasten the Foretrex 101 to your wrist:
1. With the strap open, place the Foretrex 101 on your wrist.
2. Slide the end of the strap through the connector.
3. Adjust to fit comfortably and secure the strap using the Velcro®. Do not adjust too tightly around your wrist as this may restrict blood circulation.

To add the strap extension:
1. Slide the end of the existing strap through the connector on the extension.
2. Place the Foretrex 101 on your wrist or arm.
3. Slide the end of the extension through the existing connector.
4. Adjust to fit comfortably and secure the strap using the Velcro®. Do not adjust too tightly around your wrist/arm as this may restrict blood circulation.
Overview

To remove the wrist strap from the Foretrex 101:
1. Place your Foretrex 101 on a cloth or soft surface to avoid scratching the case.
2. While holding the Foretrex 101 steady with one hand, use a jeweler’s band pin removing tool or a very soft flat head screwdriver. Catch the spring bar’s loaded stem and pull it back enough for the band to clear the case’s edge.

To replace the wrist strap on the Foretrex 101:
1. To reinstall, insert the spring bar into the wristband and place one side of the spring bar into one pinhole.
2. Compress the spring bar, and snap it into the other pinhole. Be sure that the spring bars are secure in the pinholes before using your Foretrex 101.
Installing Batteries

The Foretrex 101 operates on two AAA alkaline batteries (not included), which are placed in the back of the unit. Rechargeable alkaline, NiMH, NiCad, or lithium batteries may be used. Refer to section “Set System Page” for instructions on selecting battery type. Stored data will not be lost while batteries are being changed. However, if batteries are completely discharged and are not changed within a couple of days, it may take longer for the unit to get a GPS signal fix.

To install the batteries:

1. Remove the battery cover by inserting a coin in the bottom slot. Twist the coin to lift the cover up and pull away.
2. Compare the battery polarity with the diagram in the battery compartment and install the batteries accordingly.
3. To re-install the battery cover, slide the top portion into the appropriate slot, then snap the bottom section securely to the base of the unit.

**NOTE:** When replacing batteries, use only new or fully charged batteries. Do not mix Alkaline and NiMH batteries. Rechargeable batteries may typically display less capacity than disposable batteries. Extensive use of backlighting and key beep tones will significantly reduce battery life. Remove the batteries from the unit if you do not plan to use it for several months. Storing batteries in the unit for long periods may result in leakage and damage to the battery compartment.

**NOTE:** Follow the manufacturer’s instructions for proper care and disposal of used batteries. Do not incinerate used batteries, as internal materials may ignite with explosive violence.
Overview

Getting Started

Turning on the Foretrex 101

After you have placed the batteries in the Foretrex 101, it is ready for use. Allow the Foretrex 101 time to track satellites and determine your position the first time you use it. Upon startup, the GPS signal bar appears. As the Foretrex 101 locates more satellites and the signal strength increases, the bar moves to the right. Estimated GPS accuracy displays underneath the GPS signal bar. Refer to the previous page for battery installation information.

To turn on the Foretrex 101:

1. Press and hold the POWER button until the Satellite Page is displayed, then release.
2. Your Foretrex 101 automatically begins acquiring satellites. The GPS signal bar and accuracy fields are shown on the Satellite Page as well as an image that is acquiring satellites. The satellite dish icon on the left side of the screen flashes while the Foretrex 101 determines your location.
3. Leave the Foretrex 101 with a clear view of the sky for 15–30 minutes initially. After the first use, it should only take less than a couple minutes to acquire satellites.
4. When the Foretrex 101 acquires enough satellite signals to determine your location, the satellite dish icon on the left side of the screen stops flashing.

NOTE: If you have moved over 500 miles from the location you last used your Foretrex 101 unit, or you have not used your Foretrex 101 in more than one month, it may take 15 to 30 minutes to determine your location.
Using the Main Pages
All of the information needed to operate the Foretrex 101 is found on six main 'pages' (or display screens). These pages are the Satellite, Map, Navigation, Trip Computer, Timer (if enabled), and Main Menu.

Switching Between the Main Pages
Simply press the PAGE button to switch between pages as shown below.
Using the Satellite Page

The Satellite Page shows the Foretrex 101 gathering all the necessary satellite information in order to work. The Satellite Page shows you the satellites being acquired (in animation), satellite signal strength, and the Foretrex 101 unit's estimated location accuracy.

When the message on the Satellite Page no longer reads "Acquiring...", the Foretrex 101 has found your location and you are ready to go!

NOTE: If you are using your Foretrex 101 for the first time, have moved over 500 miles from the location you last used your Foretrex 101 unit, or have not used your Foretrex 101 in more than one month, allow time for the unit to track satellites by leaving it outside with a clear view of the sky for 15 to 30 minutes.

Using the Satellite Page Options

Press the ENTER button to display the Satellite Page Options.

Setup Display: Press ENTER when ‘SETUP DISPLAY’ is highlighted to open the Display Setup Page. Refer to the next section for information about the Light Timeout and Contrast.

Advanced Sky View: Press ENTER when ‘ADVANCED SKYVIEW’ is highlighted to switch the animation to the advanced sky view that displays two circles with numbers indicating the satellites the unit is acquiring. The bars on the right side of the page indicate the signal strength of each satellite. When the unit is set to display the Advanced Sky View Page, you can set the orientation of the map by toggling between Orient Sky Ahead and Orient Sky Northward. Toggle back to the normal sky view by pressing the ENTER button when ‘NORMAL SKYVIEW’ is highlighted.

About Foretrex: Press ENTER to display the software version and copyright information.
Adjusting the Backlighting and Contrast

If the lighting conditions make it hard for you to see the screen, adjust the contrast or turn on the backlight. You may also make these adjustments through the Main Menu Page. Refer to the “Setup Menu: Set Display” section for more information.

To use the backlight:
1. Press and release the POWER button from any screen to turn on the backlight.
2. The backlight is timed to stay on for 30 seconds. Press the POWER button again if you wish to turn the backlight off before the automatic light timeout.

To adjust the backlight timeout from the Satellite Page:
1. Press the PAGE button until you see the Satellite Page.
2. Press ENTER to display the Satellite Page Options.
3. Press UP/DOWN to highlight ‘SETUP DISPLAY’ from the options menu. Press ENTER.
4. Press UP/DOWN to highlight the line below ‘LIGHT TIMEOUT’. Press ENTER.
5. Press UP/DOWN to highlight the desired duration for the backlight to remain on before it automatically turns off. Press ENTER to select the desired time limit.

To adjust the screen contrast from the Satellite Page:
1. Press the PAGE button until you see the Satellite Page.
2. Press ENTER to display the Satellite Page Options.
3. Press UP/DOWN to highlight ‘SETUP DISPLAY’ from the options menu. Press ENTER.
   Use the UP/DOWN buttons to highlight the line below ‘CONTRAST’. Press ENTER.
   Or Press UP/DOWN on the Satellite Page to automatically bring up the contrast slider.
4. Press the UP button to make the screen darker or the DOWN button to make it lighter.
Main Pages

Using the Map Page

The Map Page shows where you are (the animated figure) and provides a picture of where you are going. As you travel (the animated figure ‘walks’) and leaves a ‘trail’ (track log). Waypoint names and symbols are also shown on the map.

To help you better visualize the ‘real world’, Foretrex 101 automatically rotates the map as you move, so that waypoints that are ahead of you are always displayed above the animated figure. The Heading Indicator shows the direction you are heading.

To make sure you can see your entire trip, you can change the map scale (from 20 feet to 800 miles) by pressing and holding the UP button to view a larger area (zoom out), or the DOWN button for viewing a smaller area (zoom in).

Map Page Options

Press ENTER when the Map Page is displayed to access the Map Page Options. The following options are available:

Clear Track Log: Press ENTER when this is highlighted to clear the track log that is created automatically.

Measure Distance: Press ENTER when this is highlighted to measure the distance between two waypoints. Refer to the procedure titled “To Measure Distance” for instructions on measuring distance.
Map Setup: Press ENTER when this is highlighted to adjust the map settings including:

Orient Map (Ahead or Northward): When 'AHEAD' is selected, the top of the map is oriented in the direction you are currently moving. When 'NORTHWARD' is selected, the map is always oriented to the North.

Auto Zoom (On or Off): When 'AUTO ZOOM' is turned on, the map automatically adjusts its scale to display your entire navigating route until you manually change the zoom level. When it is turned off, you must press the UP or DOWN button to select the appropriate map scale.

Waypoints (Show or Hide): Allows you to view the map with or without waypoints.

Goto Line (Bearing or Course): Toggles between Bearing (always directed at destination and follows you as you move) and Course (fixed from your starting location).

Defaults: Press ENTER when this is highlighted to restore the unit to the default Map Setup settings.

The following option is shown only if you have an active track log:

Pan Track Log: Press ENTER when this is highlighted to move the pointer to any point along the track. Press ENTER to then start a TRACBACK or a Goto, MARK a waypoint, or ZOOM In or Out.

The following option is shown only if you are actively navigating to a destination:

Stop Navigation: Press ENTER when this is highlighted to stop any active navigation.

Navigation refers to any time you are using the Foretrex to guide you to a destination.
To clear the track log from the Map Page:
1. Press the ENTER button while on the Map Page to display the Map Page Options.
2. Press the UP or DOWN button to highlight 'CLEAR TRACK LOG' and press the ENTER button.
3. At the message "DO YOU REALLY WANT TO CLEAR THE TRACK LOG?", use the DOWN button to highlight 'YES' and press the ENTER button to clear the track log and return to the Map Page.

To measure distance:
1. Press the PAGE button until you see the Map Page. Press ENTER to display the Map Page Options.
2. Press UP/DOWN to highlight 'MEASURE DISTANCE' from the options menu. Press ENTER.
3. Press ENTER when the field to the right of 'FROM' is highlighted to select a waypoint from which to measure. Use the arrow buttons to highlight the desired waypoint from the waypoint list. Press ENTER to select the waypoint.
4. Press ENTER when the field to the right of 'TO' is highlighted to select a waypoint to end the measurement.
5. Press ENTER when the field to the right of 'ESTIMATED SPEED' is highlighted to enter an estimated speed. The Edit Number Page is displayed to allow you to enter the speed.
6. Use the ENTER button and the UP and DOWN buttons to enter a new speed. Highlight 'OK' and press ENTER when finished. The unit returns to the Measure Distance Page. The total distance between the two points and the time needed to travel to the selected point is displayed at the bottom of the page.
Using the Navigation Page

The Navigation Page helps guide you to a destination. When you are moving with no particular destination in mind, the Navigation Page shows you your moving direction and speed.

When you are moving towards a specific destination (navigating a course), the Navigation Page displays the name of the location, two data fields (that display distance to final destination and speed by default), and a direction arrow in the compass ring. To navigate, simply follow the arrow.

Navigation Page Options

Press ENTER when the Navigation Page is displayed to access the Navigation Page Options. The following options are available:

Change Fields: Press ENTER when this is highlighted to change the data fields that appear on the right-hand side of the display. For a complete list and description of the data fields available in the Foretrex, refer to “Data Field Options” found in the “Appendix”.

Restore Defaults: Press ENTER when this is highlighted to restore the unit to the default Navigation Page settings.

When you are navigating to a destination the following option is also displayed:

Stop Navigation: Stops any active navigation (displays only when navigating).

To select a Navigation Page option:

1. Press the ENTER button on the Navigation Page. The Options Menu displays.
2. Press the UP or DOWN button, highlight the desired option, and press ENTER to make the changes and close the Options Menu.
Main Pages

Trip Computer

Using the Trip Computer
The Trip Computer stores information for your trip from the time it is reset until it is reset again. The Trip Computer displays information about your trip, such as your maximum speed and trip odometer. You may change the trip computer data fields to suit your needs.

The trip computer displays information (trip data) in three full screens: the first screen displays four small data fields. As you scroll down you two medium sized data fields are shown and finally one large data field is displayed. The Foretrex remembers which Trip Computer Page you previously viewed and displays that same screen when you view the Trip Computer Page again. For example, if you were monitoring your speed using the one large data field format, when you return again to the view the trip computer, your speed is displayed in the large data field format.

Trip Computer Options
Press ENTER to display the following Trip Computer Page Options:

Change Fields: Press ENTER when this is highlighted to change the data fields that appear on the right-hand side of the display. For a complete list and description of the data fields available in the Foretrex, refer to “Data Field Options” found in the “Appendix”.

Reset Max Speed: Press ENTER when this is highlighted to reset the Maximum Speed achieved during a trip.

Reset Trip Data: Press ENTER when this is highlighted to reset the trip time, trip distance (odometer), and average speed.

Restore Defaults: Press ENTER when this is highlighted to restore the Trip Computer data fields to the defaults.
Displaying the Timer Page

By default, the Timer Page is not displayed. You must access the Main Menu and enable the Timer Page before you can display and use it.

To enable the Timer Page:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ‘SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘SHOW TIMER PAGE’ and press ENTER.
5. Use the UP and DOWN buttons to highlight ‘YES’ and press ENTER.
6. Press the PAGE button to exit the menu pages.

Setting the Timer

Before you can use the timer, you must set the timer to count down from a particular number, such as 10 minutes. You can also program what the timer will do when the time has expired and what tones will sound at the timer’s expiration and intervals. This section will simply explain how to set the timer to count down. For more information about setting up the timer, refer to the “Setup Menu: Set Timer” section of this guide.
To set the Timer:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ‘SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘COUNT DOWN FROM’ and press ENTER.
5. Use the UP and DOWN buttons to highlight the desired time (10, 6, 5, or 4 minutes) and press ENTER. You can also enter a ‘CUSTOM’ time as described below.

To enter a custom time:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ‘SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘COUNT DOWN FROM’ and press ENTER. The Edit Time Page is displayed.
5. Use the UP and DOWN buttons to highlight the number position you want to change and press ENTER.
6. Use the UP and DOWN buttons to highlight the desired number and press ENTER. Repeat this process until the number you would like to count down from is entered.
7. Use the UP and DOWN buttons to highlight ‘OK’ and press ENTER.

When you use the timer, it will count down from the time entered in the steps above. For complete information about the Set Timer Page, refer to the “Setup Menu: Set Timer” section in this manual.
**Using the Timer Page**

After the Timer Page is enabled and a count down time is entered, you can use the timer for a variety of applications, such as running and sailboat racing. The synchronization and quick reset capabilities make the Foretrex an extremely handy timer.

**To stop and start the timer:**

1. Press the PAGE button until the Timer Page is displayed.
2. To start the timer, press the ENTER button when 'START' is displayed along the bottom of the page.
3. To stop the timer, press the ENTER button when 'STOP' is displayed along the bottom of the page.
4. Change the count down time temporarily by skipping ahead or back using the UP and DOWN arrows. This is especially handy when synchronizing your Foretrex timer to other timers, such as during a race. The timer can stop or start counting up after the count down timer expires.
5. Press the UP arrow to reset the timer to the original count down time so it is ready to use again.

**TIP:** When the timer is at 0:00, press the ENTER button to start the timer counting up from 0:00.
Main Menu Page Basics

The Main Menu Page gives you access to the Foretrex 101 unit's waypoints, tracks, routes, and setup screens. When the Main Menu Page is displayed, use the UP or DOWN buttons to highlight the desired sub-page (Waypoints, Tracks, Routes, or Setup), and press ENTER to open that page.

The Main Menu Page also displays the current date and time along the top of the screen.

To access a Menu Page:

1. From the Main Menu Page, use the UP and DOWN buttons to highlight the desired Menu Page, such as 'WAYPOINTS'.
2. Press the ENTER button to access that Menu Page.

The following Sub Pages are available: Waypoints, Tracks, Routes, and Setup. The Menu Pages and their options are described in the following pages.
Waypoints Menu Page

The Waypoints Menu Page provides access to your waypoints and allows you to delete and create waypoints.

To open the Waypoints Menu Page:
1. From the Main Menu Page, use the UP and DOWN buttons to highlight 'WAYPOINTS'.
2. Press the ENTER button to access the Waypoints Menu Page.

To create a waypoint:
1. From the Main Menu Page press the UP or DOWN button to highlight 'WAYPOINTS', then press the ENTER button.
2. Select ‘CREATE NEW’ and press ENTER.
3. The Mark Waypoint Page is then displayed. Your current location is entered as the default location and 001 is entered as the default waypoint name. To edit elements of a waypoint (such as the symbol, name, or location), refer to the “Editing a Waypoint” section.

To select a waypoint from the List All Page:
1. From the Main Menu Page press the UP or DOWN button to highlight 'WAYPOINTS', then press the ENTER button.
2. Select ‘LIST ALL’ to see an alphabetical listing of all Waypoints.
3. Press the UP or DOWN button to highlight the alphabetical tab containing the desired waypoint, then press the ENTER button.
4. Press the UP or DOWN button to select the waypoint and press the ENTER button to display the Review Waypoint Page.
Main Menu Pages

Waypoints Menu Page

To view the nearest waypoints page:
1. From the Main Menu Page press the UP or DOWN button to highlight 'WAYPOINTS', then press the ENTER button.
2. Select 'NEAREST' and press the ENTER button to see a listing of the nine closest waypoints by name and distance from your location.
3. Press the UP or DOWN button to select the waypoint and press the ENTER button to display the Review Waypoint Page.

To delete all waypoints:
1. From the Main Menu Page press the UP or DOWN button to highlight 'WAYPOINTS', then press the ENTER button.
2. Select 'DELETE ALL' and press the ENTER button.
3. A confirmation message box displays asking if you really want to delete all waypoints. Press the UP or DOWN button to highlight the correct choice and press the ENTER button to complete the action.
Marking a Waypoint

The Mark Waypoint Page, shown to the right, allows you to define a location as a waypoint and then change the waypoint symbol, name, elevation, and location (latitude and longitude). Entering a known location, then saving it as a Waypoint, works well for geocaching.

To mark a waypoint:

You may mark a waypoint one of two ways:

- Press and hold the ENTER/MARK button.
  The Mark Waypoint Page displays.

- Press PAGE to view the Main Menu.
  Select Waypoints and press ENTER.
  Select "CREATE NEW".
  The Mark Waypoint Page displays.

Editing a Waypoint

After you have marked a waypoint using one of the above methods, the Mark Waypoint Page displays. You can change elements of the waypoint from this page. You can enter a new name, select a new symbol, and enter a new elevation and latitude/longitude. Highlight OK? and press ENTER to save the waypoint.

You may also edit elements of an existing waypoint using the same methods. The only difference is that you will be editing from the Waypoint Review Page instead of the Mark Waypoint Page.
To change the symbol:
1. From the Main Menu Page press the UP or DOWN button to highlight ‘MARK’. Press the ENTER button to display the Mark Waypoint Page.
2. Press the UP or DOWN button and highlight the symbol in the flag.
3. Press the ENTER button to display the list of waypoint symbols.
4. Use the UP and DOWN buttons to select the desired symbol. The symbol list automatically scrolls as you use the arrow buttons to display all the symbols available.
5. When the desired symbol is highlighted, press the ENTER button.

To change the name:
1. From the Main Menu Page press the UP or DOWN button to highlight ‘MARK’. Press the ENTER button to display the Mark Waypoint Page.
2. Press the UP or DOWN button and highlight the ‘NAME’ field (001 is the default name for the first waypoint).
3. Press the ENTER button to display the Edit Waypoint Name Page.
4. Press the ENTER button to display a drop-down list of characters.
5. Using the UP and DOWN buttons, scroll to the desired letter or number and press enter.
6. Repeat this process until all characters of the waypoint name are entered.
7. Use the UP and DOWN buttons to highlight ‘OK’ and press ENTER.
To change the elevation:
1. From the Main Menu Page press the UP or DOWN button to highlight 'MARK'. Press the ENTER button to display the Mark Waypoint Page.
2. Press the UP or DOWN button and highlight the 'ELEV' field and press the ENTER button to display the Enter Correct Elevation Page.
3. Use the UP or DOWN button to highlight the desired digit and press the ENTER button to display a selection window. Press the UP or DOWN button to select a new number and press the ENTER button. Repeat until all numbers are changed.
4. Press the UP or DOWN button to highlight 'OK' and press ENTER to display the Mark Waypoint Page with the corrected elevation.

To change the location (latitude/longitude):
1. From the Main Menu Page press the UP or DOWN button to highlight 'MARK' then press the ENTER button to display the Mark Waypoint Page.
2. Press the UP or DOWN button and highlight the 'LAT/LON' field and press the ENTER button to display the Edit Location Page.
3. Scroll through the latitude and longitude position places using the UP or DOWN button (UP button to move right to left, DOWN button to move left to right). When you reach the position place you want to change, stop and press the ENTER button.
Using the UP or DOWN button, scroll through the choices and highlight the one you want. Press the ENTER button and the position place is now changed. Repeat until all changes are made.
4. Press the UP or DOWN button to highlight 'OK' and press ENTER to return to the Mark Waypoint Page.
Review Waypoint Page

The Review Waypoint Page allows you to change the waypoint symbol, name, elevation and location (just as on the Mark Waypoint Page). You can also delete the waypoint, display the waypoint on the Map Page, start a Goto, and display the Review Waypoint Page Options.

To delete a waypoint:
1. On the Review Waypoint Page, press the UP or DOWN button to highlight ‘DELETE’.
2. Press the ENTER button.
   A confirmation message box displays asking if you really want to delete the waypoint. If you do, press the UP or DOWN button, highlight ‘YES’, and press ENTER.
   If you do not want to delete the waypoint, press the UP or DOWN button, highlight ‘NO’ and press the ENTER button.

To view the waypoint on the map:
1. On the Review Waypoint Page, press the UP or DOWN button to highlight ‘MAP’.
2. Press the ENTER button.
3. The Map Page is displayed with the selected waypoint visible. Use the DOWN and UP buttons to zoom in and out on the map.
4. Press PAGE to return to the Review Waypoint Page.
To start a Goto from the Review Waypoint Page:
1. On the Review Waypoint Page, press the UP or DOWN button to highlight ‘GOTO’.
2. Press the ENTER button to activate the ‘GOTO’ with the selected waypoint as the destination.

To start a Goto using the GOTO Button:
1. Press the GOTO button.
2. Press the UP or DOWN button to highlight the alphabetical tab containing the desired waypoint, then press the ENTER button.
4. Press the UP or DOWN button to select the waypoint and press the ENTER button to Goto (navigate to) that waypoint.

The Navigation Page is displayed to navigate you to the waypoint destination. Simply move in the direction the arrow is pointing to reach your destination.

**NOTE:** You can directly Goto to a waypoint by pressing the GOTO button any time a waypoint is selected: Press the GOTO button on the Waypoint Review Page, the Waypoint List Page when a waypoint is highlighted, or the Route Page when a waypoint on the route is highlighted.

To access the Review Waypoint Page Options:
1. On the Review Waypoint Page, press the UP or DOWN button to highlight ‘OPTIONS’.
2. Press the ENTER button to display the pop-up Options list.
3. Use the UP and DOWN buttons to highlight the desired option and press ENTER. The desired page will then open.
Projecting a Waypoint

Using the Project waypoint feature, the Foretrex 101 can create a waypoint at a specified
distance and bearing using an existing waypoint as a reference. You can also change the
waypoint name, symbol, and elevation on this page.

To project a waypoint:

1. Select a waypoint from the list on the Waypoints List Page and press the ENTER button
to display the Review Waypoint Page.

2. Use the UP or DOWN button to highlight ‘OPTIONS’ and press ENTER.

3. Use the UP or DOWN button to highlight ‘PROJECT’ and press ENTER to display the
Project Waypoint Page, which shows the numeric name assigned to the new waypoint
and with the distance field highlighted.

4. Press the ENTER button to display the Edit Number Page. Select the digit you wish to
change and press the ENTER button to display the drop-down number list.

5. Press the UP or DOWN button to highlight the correct number and press the ENTER
button. When all numbers are entered correctly, highlight ‘OK’ and press the ENTER
button.

6. Use the DOWN button to highlight the bearing field and press the ENTER button to
display the Edit Angle Page. Use the same method to enter an angle.
The name, symbol, and elevation can be changed on this page as well.

7. When all changes have been made, highlight ‘OK’ and press the ENTER button to save
the waypoint.

8. Highlight ‘GOTO’ and press the ENTER button to begin direct navigation to the
waypoint.
Hunting and Fishing Information
This feature provides you with a listing of best times for hunting and fishing for the chosen waypoint and date.

To display the hunting and fishing information:
1. Press the PAGE button to access the Main Menu. Press the ENTER button when 'WAYPOINTS' is highlighted to open the Waypoints Menu Page.
2. Highlight 'LIST ALL' and press ENTER to display the Waypoint List Page.
3. Select a waypoint from the list and press the ENTER button to display the Review Waypoint Page.
4. Use the UP or DOWN button to highlight 'OPTIONS' and press ENTER.
5. Use the UP or DOWN button to highlight 'HUNT/FISH' and press ENTER to display the Hunting and Fishing Page.

To change the date:
1. Use the UP and DOWN buttons to highlight the date field and then press the ENTER button to display a list of dates. Select the desired date and press ENTER.
2. Use the UP and DOWN buttons to highlight the month field and then press the ENTER button to display a list of months. Select the desired date and press ENTER.
3. Use the UP and DOWN buttons to highlight the year field and then press the ENTER button to display a list of years. Select the desired date and press ENTER.

NOTE: The times displayed are the recognized best and good times for hunting and fishing. But, be certain that they are not in conflict with state and local game laws which may vary from location to location. It is your responsibility to know and abide by these laws.
This feature provides you with a list of sun rise/set and moon rise/set times for the selected waypoint for the current date. A graphic display of the moon phase is also displayed.

You may view Sun and Moon information for any date.

To display the sun and moon information:

1. Press the PAGE button to access the Main Menu. Press the ENTER button when 'WAYPOINTS' is highlighted to open the Waypoints Menu Page.
2. Highlight 'LIST ALL' and press ENTER to display the Waypoint List Page.
3. Select a waypoint from the list and press the ENTER button to display the Review Waypoint Page.
4. Use the UP or DOWN button to highlight 'OPTIONS' and press ENTER.
5. Use the UP or DOWN button to highlight 'SUN/MOON' and press ENTER to display the Sun and Moon Page.

To change the date:

1. Use the UP and DOWN buttons to highlight the date field and then press the ENTER button to display a list of dates. Select the desired date and press ENTER.
2. Use the UP and DOWN buttons to highlight the month field and then press the ENTER button to display a list of months. Select the desired date and press ENTER.
3. Use the UP and DOWN buttons to highlight the year field and then press the ENTER button to display a list of years. Select the desired date and press ENTER.
Using the Tracks Menu Page

The Foretrex 101 draws an electronic breadcrumb trail or ‘track log’ on the Map Page as you travel. The Track Log contains information about points along its path, including time, and position. The Foretrex 101 uses this information to allow you to navigate using the saved track.

The track log starts recording as soon as the Foretrex 101 gets a location fix. For the best results, clear the track log before you start traveling because when the track log is full, the new track points overwrite the oldest track points. The percentage of memory used by the current track log displays at the top of the page. After the Track Log is ‘Cleared’, it displays zero percent. When the display reaches 100%, the most recent track points start to overwrite the least recent track points (if ‘WRAP WHEN FULL’ is ‘YES’). To avoid losing track points, save the Track Log when it approaches the 99% mark.

To open the Tracks Menu Page:

1. Press the PAGE button to access the Main Menu.
2. Use the UP and DOWN arrows to highlight ‘TRACKS’ and press ENTER to open the Tracks Menu Page.

To clear the Track Log from the Tracks Menu Page:

1. Press the PAGE button to access the Main Menu. Press the ENTER button when ‘TRACKS’ is highlighted to open the Tracks Menu Page.
2. Highlight ‘CLEAR TRACK’ and press ENTER. Use the UP and DOWN arrows to highlight ‘YES’ on the pop-up window and press ENTER to clear the track log.
To use the track log, select the ‘PAN TRACK LOG’ option to show a pointer that moves along the track log when you press the UP or DOWN button.

To Pan the track log:
1. Press the PAGE button to access the Main Menu.
2. Use the UP and DOWN arrows to highlight ‘TRACKS’ and press ENTER to open the Tracks Menu Page.
3. Use the UP and DOWN arrows to highlight ‘PAN & TRACBACK’ and press ENTER.
4. Use the UP and DOWN arrows to pan the track log. Press ENTER to display the Pan Options: ‘TRACBACK’, ‘GOTO’, ‘MARK’, and ‘ZOOM’.

Pan Options
After you have panned the track log (using the UP and DOWN buttons), press ENTER to display the Pan Options.

TracBack guides you to where you started by following the track log that you left behind, allowing you to return along a traveled path without marking any waypoints. You can retrace your track in both directions. Tracks are marked BEGIN and END. If you want to keep a record of a certain track log or use the ‘TracBack’ feature, clear the Track Log before you start traveling.

Goto creates a waypoint called ‘map’ and guides you to it from your current location.

Mark creates a new waypoint for later use. Refer to the “Waypoints Menu Page” section for complete information.

Zoom adjusts the level of map detail viewable.
Using the Setup Track Page

Recording: Turn the track log recording 'ON' and 'OFF'.

Record Interval: You can set the track recording interval to change based on 'DISTANCE', 'TIME', or 'AUTO'. If 'DISTANCE' or 'TIME' is selected, enter a value (a specific distance or time) in the next field. If 'AUTO' is selected, enter a value in the 'RESOLUTION' field. When 'HIGHEST' is selected, the unit will create many points to make the track. When 'LOWEST' is selected, the unit will create very few points to make the track.

Wrap When Full: Select 'YES' to overwrite the oldest tracks with the new ones being made. Select 'NO' to have the unit stop recording tracks when the log is full.

Defaults: Press ENTER when this is highlighted to restore the unit to the default Track Setup settings.

Using Saved Tracks

When you have made a track that you would like to save and use in the future, save it using the steps below. To avoid overwriting tracks, save the track log before the "Track Memory Used" reaches 100%.
To save a track:
1. Press the PAGE button to access the Main Menu. Press the ENTER button when 'TRACKS' is highlighted to open the Tracks Menu Page.
2. Highlight 'SAVE TRACK' and press ENTER to display the track log.
3. Use the UP and DOWN buttons pan the track log and select a beginning point for the track you would like to save and press ENTER. Select an end point and press ENTER.
4. Press ENTER to save the track and edit the track name.
5. When finished entering the track name, highlight 'OK' and press ENTER to save the track.

To list the saved tracks:
1. Press the PAGE button to access the Main Menu. Press the ENTER button when 'TRACKS' is highlighted to open the Tracks Menu Page.
2. Highlight 'LIST SAVED' and press ENTER to display the Saved Tracks List.
3. Highlight a track and press ENTER to display the options for that track: 'NAVIGATE', 'SHOW MAP', 'RENAME', and 'DELETE'.

To delete all saved tracks:
1. Press the PAGE button to access the Main Menu. Press the ENTER button when 'TRACKS' is highlighted to open the Tracks Menu Page.
2. Highlight 'DELETE ALL SAVED' and press ENTER.
3. Use the UP and DOWN buttons to highlight 'YES' and press ENTER to delete all saved tracks. Use the UP and DOWN buttons to highlight 'NO' and press ENTER to keep all saved tracks.

**NOTE:** Once you have deleted your saved tracks, they cannot be recovered.
Track Page Options

- From the Saved Tracks List, highlight a track and press ENTER to display the options for that track.
- **Navigate**: Press ENTER to navigate this track. Select to begin navigation from the beginning point or the end point.
- **Show Map**: Press ENTER to display the track on the Map Page.
- **Rename**: Press ENTER to display the Edit Track Name Page and rename the track.
- **Delete**: Press ENTER to delete the track.

**NOTE**: Once you have deleted a track, it cannot be recovered.
Main Menu Pages

Routes Menu Page

Using the Routes Menu Page

Route navigation allows you to create a sequence of intermediate waypoints that lead you to your final destination. The Foretrex 101 stores 20 routes, each with up to 125 waypoints. The Routes Menu Page provides access to your routes and allows you to delete and create routes.

To open the Routes Menu Page:
1. From the Main Menu Page, use the UP and DOWN buttons to highlight ‘ROUTES’.
2. Press the ENTER button to access the Routes Menu Page.

Creating a Route

To create a route:
1. From the Main Menu Page press the UP or DOWN button to highlight ‘ROUTES’, then press the ENTER button.
2. Select ‘CREATE NEW’ and press ENTER. The Routes List is then displayed.
3. Press ENTER to display the Add Point To Route Page.
4. Use the UP and DOWN buttons to select the desired tab and press ENTER.
5. Use the UP and DOWN buttons to select the desired waypoint and press ENTER.
6. Repeat steps 3 through 5 to add all of the desired waypoints in the route.

The route is automatically named with the first waypoint and the last waypoint, such as Camp-Dock. Press PAGE to exit the Route Page and return to the Route Menu. Use the UP and DOWN buttons to highlight ‘DELETE’ and press ENTER to delete the entire route. Use the UP and DOWN buttons to highlight ‘FOLLOW’ and press ENTER to follow the route.
Using the Route Page

Each route saved in your Foretrex 101 is displayed in the Routes List. You can then access each route displayed in its own individual Route Page. From the Route Page you can edit the route, delete the route, and follow the route.

To select a route from the List All page:
1. From the Main Menu Page press the UP or DOWN button to highlight ‘ROUTE’, then press the ENTER button.
2. Select ‘LIST ALL’ to see an alphabetical listing of all Routes.
3. Press the UP or DOWN button to highlight the desired route, then press the ENTER button to display the Route Page.

From the Route Page you may edit, delete, or follow the route. Refer to the “Editing a Route” section of this manual for information about editing the elements of the route.

To delete a route:
1. With the desired Route displayed, use the UP and DOWN buttons to highlight ‘DELETE’.
2. A pop-up window appears asking “DO YOU REALLY WANT TO DELETE ROUTE?” Use the UP and DOWN buttons to highlight ‘YES’ and press ENTER to delete the route. Use the UP and DOWN buttons to highlight ‘NO’ and press ENTER to keep the route.

To follow a route:
1. With the desired Route displayed, use the UP and DOWN buttons to highlight ‘FOLLOW’.
2. Use the UP and DOWN buttons to select the point you would like to navigate to and press ENTER.
3. The Navigation Page automatically opens. Simply follow the arrow in the compass to reach the destination.
Deleting All Routes

You can quickly delete all routes from the Route Menu Page. This is especially helpful after a vacation where the stored routes no longer apply to your location. You can also delete points within the route. Refer to the procedure titled “To Remove a Waypoint from the Route” later in this section to learn how to delete points within a route.

To delete all routes:

1. From the Main Menu Page press the UP or DOWN button to highlight ‘ROUTES’, then press the ENTER button.
2. Select ‘DELETE ALL’ and press the ENTER button.
3. A confirmation message box displays asking if you really want to delete all routes. Press the UP or DOWN button to highlight the correct choice and press the ENTER button to complete the action.
Route Setup

You may alter the way your Foretrex follows routes.

To access Route Setup:
1. From the Main Menu Page, use the UP and DOWN buttons to highlight 'ROUTES'.
2. Press the ENTER button to access the Routes Menu Page.
3. Use the UP and DOWN buttons to highlight 'SETUP ROUTES' and press ENTER.

Route Setup Options

Route Leg Transition: Select a method to start guiding you to the next leg of the route. Select 'AUTO' for the unit to automatically start guiding you to the next leg. Select 'DISTANCE' to enter a specific distance to start guiding you to the next waypoint. This option is especially helpful for people on hang gliders, sail boats, or other forms of transportation that require more advanced warning of the next leg than normal.

Distance: Press ENTER to enter a specific number of feet from the next waypoint for the Foretrex 101 to begin guiding you to that waypoint. For example, if you enter 1000 feet, the Foretrex 101 will begin guiding you to the next waypoint (the next leg of the route) when you are within a 1000 feet radius of that point.
Editing a Route

You can edit many elements of a route, such as the route name and the route order. You can add waypoints at any point along the route. You can also remove waypoints from the route. To edit a route, highlight the desired route from the Route List and press ENTER to display the Route Page.

To edit the route name:
1. With the Route Page open, highlight the route name and press ENTER.
2. With the desired letter highlighted, press ENTER to begin entering a new name in the Edit Route Name Page.
3. Use the UP and DOWN buttons to select the desired character from the scrolling list. Press ENTER when the desired character is highlighted.
4. Repeat steps 3 and 4 until the desired route name is entered.
5. Use the UP and DOWN buttons to highlight ‘OK’ and press ENTER. The new route name is then displayed at the top of the Route Page.
To insert a waypoint in the route:
1. With the Route Page displaying, use the UP and DOWN buttons to select the waypoint you would like to enter the new waypoint before. Press the ENTER button.
2. Use the UP and DOWN buttons to highlight ‘INSERT’ then press ENTER.
3. Use the UP, DOWN, and ENTER buttons to select the desired waypoint in the Add Point to Route Page.
4. The selected waypoint then appears in the route.

To remove a waypoint from the route:
1. With the Route Page displaying, use the UP and DOWN buttons to select the waypoint you would like to remove. Press the ENTER button.
2. Use the UP and DOWN buttons to highlight ‘REMOVE’ then press ENTER. The waypoint is removed from the route.
Navigating a Route

A Route can be navigated using the Map Page or the Navigation Page. The Map Page displays your movement, the route line, and waypoints on the route. The Navigation Page shows the direction you need to travel using the pointer in the compass.

To follow the route:

1. With the desired Route displayed, use the UP and DOWN buttons to highlight ‘FOLLOW’.
2. On the pop-up list, highlight the waypoint you would like to travel to and press ENTER. The Navigation Page opens to lead you to your destination. Simply follow the arrow in the compass to reach the destination. You can also watch your progress on the Map Page.

To stop navigating a route:

Select one of the following ways to stop the route navigation:

- Access the Route Page and use the UP and DOWN buttons to highlight ‘STOP NAV’. Press ENTER.
- From the Navigation Page, press ENTER to open the Options window. Use the UP and DOWN buttons to highlight ‘STOP NAVIGATION’ and press ENTER.
- From the Map Page, press ENTER to open the Options window. Use the UP and DOWN buttons to highlight ‘STOP NAVIGATION’ and press ENTER.
Using the Setup Menu

The Setup Menu allows you to setup several aspects of the Foretrex 101, such as the timer, display, interface, and system. You must access the Setup Menu and then select one of the options in the Setup Menu to access the individual Setup Pages. The Setup Menu contains the following pages: Set Timer, Set Time, Set Display, Set Units, Set Heading, Set Interface, and Set System.

To access a Setup Page:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight 'SETUP' and press ENTER.
3. Use the UP and DOWN buttons to highlight the desired Setup Page, such as 'SET TIMER' and press ENTER.

Set Timer Page
By default, the Timer Page is not displayed. You must access the Main Menu and enable the Timer Page before you can display and use it.

To show the Timer Page:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight 'SETUP' and press ENTER.
3. Use the UP and DOWN buttons to highlight 'SET TIMER' and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below 'SHOW TIMER PAGE' and press ENTER.
5. Use the UP and DOWN buttons to highlight 'YES' and press ENTER.
6. Press the PAGE button to exit the menu pages.
Setting the Timer

You can set the timer to count down from a particular time. For example, if you are in a race that has a two-minute warning before the start, program your Foretrex to count down from two minutes. You can also set the action the timer takes when it expires.

To set the Timer:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ’SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘COUNT DOWN FROM’ and press ENTER.
5. Use the UP and DOWN buttons to highlight the desired time (10, 6, 5, or 4 minutes) and press ENTER. You can also enter a ‘CUSTOM’ time as described below.

To enter a custom time:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ’SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘COUNT DOWN FROM’ and press ENTER. Highlight ‘CUSTOM’ and press ENTER. The Edit Time Page is displayed.
5. Use the UP and DOWN buttons to highlight the number position you want to change and press ENTER.
6. Use the UP and DOWN buttons to highlight the desired number and press ENTER. Repeat this process until the number you would like to count down from is entered.
7. Use the UP and DOWN buttons to highlight ‘OK’ and press ENTER.
Main Menu Pages

Setup Menu: Set Timer

To set the expired action:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ‘SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘STOP’ and press ENTER.
5. Use the UP and DOWN buttons to highlight ‘STOP’ and press ENTER to have the timer stop after it reaches 0:00. Select ‘COUNT UP’ and press ENTER to have the timer start counting up when it reaches 0:00.

Expired and Interval Timer Tones
You can set the expired and interval tones to different tones. The interval tone sounds at each minute and then during the last 10 seconds.

To set the Expired and Interval Tones:
1. Press the PAGE button until the Main Menu Page is displayed.
2. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
3. Use the UP and DOWN buttons to highlight ‘SET TIMER’ and press ENTER.
4. Use the UP and DOWN buttons to highlight the field below ‘EXPIRED TONE’ or ‘INTERVAL TONE’ and press ENTER.
5. Use the UP and DOWN buttons to highlight the desired tone from the list. Press ENTER.

The selected Expired Tone will sound at the expiration of the timer. The selected Interval Tone will sound at minute intervals and during the final ten seconds of the timer.
Main Menu Pages

Setup Menu: Set Time

The Time Page allows you to select a 12-hour or 24-hour time format, enter the proper time zone, and choose Daylight Savings Time. When you select 12-hour time formatting, the clock will read like a standard clock with 12-hour AM and 12-hour PM cycles. The 24-hour option sets the Foretrex 101 to display a 24-hour cycle (Military Time).

To change the time format:
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
2. Use the UP and DOWN buttons to highlight ‘SET TIME’ and press ENTER.
3. Press the UP or DOWN button to highlight the ‘TIME FORMAT’ field and press ENTER.
4. Press the UP or DOWN button to select 12 or 24 hour and press ENTER.
5. Press the PAGE button to return to the page of your choice.

Time Zone
The time zone can be set to any one of the pre-programmed zones or by selecting ‘OTHER’ and then entering the UTC Time Offset value in the UTC offset field below the time zone field.

To change the time zone:
1. From the Main Menu Page press the UP or DOWN button to highlight ‘TIME’ and press ENTER to display the Set Time Page.
2. Press the UP or DOWN button and select the ‘TIME ZONE’ field and press ENTER.
3. Press the UP or DOWN button to scroll through the selections and press ENTER when you have found the correct zone. Press the PAGE button to return to the page of your choice.
Daylight Savings Time

Daylight savings time can be set to ‘AUTOMATIC’ (using the built-in almanac to automatically change the clock settings when daylight savings goes into or out of effect). You can choose ‘YES’ to manually add daylight savings or ‘NO’ to remain on standard time.

To change the daylight saving field:

1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
2. Use the UP and DOWN buttons to highlight ‘SET TIME’ and press ENTER.
3. Press the UP or DOWN button to select the ‘DAYLIGHT SAVING’ field and press the ENTER button.
4. Press the UP or DOWN button, select ‘YES’, ‘NO’, or ‘AUTO’ and press ENTER. Press the PAGE button to return to the page of your choice.

NOTE: If you select ‘Other’ for the Time Zone choice, the Daylight Savings time options are not available.
Main Menu Pages

Setup Menu: Set Display

Set Display Page

Light Timeout
The ‘LIGHT TIMEOUT’ option allows you to set the display backlight timeout (stays on, 15 or 30 seconds, and 1 or 2 minutes) and to adjust the display contrast.

To change the light timeout:
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
2. Use the UP and DOWN buttons to highlight ‘SET DISPLAY’ and press ENTER.
3. Press the UP or DOWN button and highlight the ‘LIGHT TIMEOUT’ field and press the ENTER button.
4. Press the UP or DOWN button and highlight your selection and press the ENTER button.
5. Press the PAGE button to return to the Main Menu Page.

Contrast
The ‘CONTRAST’ option allows you to adjust the display contrast.

To adjust the Display contrast:
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
2. Use the UP and DOWN buttons to highlight ‘SET DISPLAY’ and press ENTER.
3. Press the UP or DOWN button to highlight the ‘CONTRAST’ field and press ENTER.
4. Press the PAGE button to adjust the contrast.
5. Press the PAGE button to return to the Main Menu Page.
Main Menu Pages

Set Units Page
Using the Foretrex 101 with a paper map increases the navigation power of each. To use a map in conjunction with the Foretrex 101, you must select the position format, map datum, map units, and north reference (set in the Set Heading Page) to match the map. The Foretrex 101 supports both the UTM/UPS and latitude/longitude grids, which define position location for the entire globe. For more information about using paper maps with your Garmin unit, refer to “Using a Garmin GPS with Paper Land Maps”, available for download at http://www.garmin.com/manuals/UsingaGarminGPSwithPaperLandMaps_Manual.pdf.

Position Format
The default position format (and the one most commonly used) for the Foretrex 101 is latitude and longitude in degrees and minutes (hdddº mm.mmm’). Choose from 11 other position formats or choose the ‘USER’ position format to approximate custom-designed grids. For more information on grids and datum, visit the National Imagery and Mapping Agency at http://www.nima.mil.

To change the Position Format (grid):
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight ‘SETUP’ and press ENTER.
2. Use the UP and DOWN buttons to highlight ‘SET UNITS’ and press ENTER.
3. Press the UP or DOWN buttons to highlight the 'POSITION FRMT' field and press the ENTER button.
4. Press the UP or DOWN button to highlight the desired format and press the ENTER button.
5. Press the PAGE button to return to the Main Menu page.
Main Menu Pages

Setup Menu: Set Units

Map Datums

A map datum is a reference model of the earth’s shape. Every map uses a map datum which is usually listed in the title block of the map. The default datum in the Foretrex 101 is WGS 84 (World Geodetic Survey, 1984). You should only change the datum if you are using maps or charts that specify a different datum. Choose the ‘USER’ datum if using a map with custom-designed grids.

**NOTE:** The ‘USER’ datum is based on a WGS-84-Local datum and is an advanced feature for unlisted or custom datums. To learn more, check your local library or the Internet for educational materials on datums and coordinate systems.

To change the Map Datum:

1. Press the **PAGE** button until the Main Menu Page is displayed. Use the **UP** and **DOWN** buttons to highlight ‘SETUP’ and press **ENTER**.
2. Use the **UP** and **DOWN** buttons to highlight ‘SET UNITS’ and press **ENTER**.
3. Press the **UP** or **DOWN** button to highlight the ‘MAP DATUM’ field and press the **ENTER** button.
4. Press the **UP** or **DOWN** button to highlight the desired datum and press the **ENTER** button.
5. Press the **PAGE** button to return to the Main Menu Page.
Distance/Speed, Elevation, and Vertical Speed
The Foretrex 101 allows you to customize speed and distance readouts.

To change the Distance/Speed, Elevation, or Vertical Speed:
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight "SETUP" and press ENTER.
2. Use the UP and DOWN buttons to highlight 'SET UNITS' and press ENTER.
3. Press the UP or DOWN button to highlight the specific unit ('DISTANCE/SPD', 'ELEVATION', or 'VSPD') and press the ENTER button.
4. Use the UP and DOWN buttons to highlight the desired unit measurement and press ENTER.
5. Press the PAGE button to return to the Main Menu Page.

Defaults
You can easily set the Foretrex units back to the default settings.

To set the units to the defaults:
1. Press the PAGE button until the Main Menu Page is displayed. Use the UP and DOWN buttons to highlight "SETUP" and press ENTER.
2. Use the UP and DOWN buttons to highlight 'SET UNITS' and press ENTER.
3. Press the UP or DOWN button to highlight "DEFAULTS" and press the ENTER button.
Main Menu Pages

Setup Menu: Set Heading

You can set the angle units and the North Reference in the Set Heading Page.

Angle: Select the unit of measurement for angles to display in. Highlight 'DEGREES' and press ENTER to display angle units as degrees (360°). Highlight 'MILS' and press ENTER to display angle units in mils, a unit of angle measurement used in military settings, in which 17.78 mils equal one degree.

North Reference: Select the North Reference to match the North Reference used on your paper map, if you are using one. Select from True North, Magnetic North, Grid North, or User North. Refer to the following section, "North Reference," for complete information.

Defaults: Press ENTER to set the unit's System settings to the factory defaults.

North Reference

'Reference' refers to the orientation of a map's grid. Map makers try to align the vertical lines on a map with True North, the direction from any location on the earth's surface to the 'north pole'. Maps are typically referenced to true north. Because a compass points to magnetic north, not true north, maps indicate the difference between true and magnetic north with a measurement called variation. The amount of declination changes as you move around the earth. Magnetic North is the direction in which a compass needle points.

Due to errors introduced when map makers flatten the earth's sphere onto paper, not all of the grid lines drawn on the map point exactly to the north pole, so the north indicated by the grid lines is called Grid North. The difference, however, is usually small enough that 'Grid' north can be considered the same as True North for travelling on land. If necessary, manually correct for the difference between Grid North and True North. If 'User' is chosen, you must correct for the magnetic variation.
**Set Interface Page**

Choose from different input/output serial data formats (‘I/O FORMAT’) for connecting external NMEA devices, a DGPS beacon receiver, a personal computer, etc. Effective use of this feature requires a working knowledge of these formats:

**GARMIN**: The proprietary format used to exchange waypoint, track, and map data with a PC.

**GARMIN DGPS**: Allows DGPS input using a GARMIN beacon receiver and a standard RTCM SC-104 and DGPS tuning.

**NMEA Out**: Supports the output of standard NMEA 0183 version 3.0 data.

**Text Out**: Allows ASCII text output of location and velocity information without input capabilities.

**RTCM In**: Allows DGPS input using a standard RTCM SC-104 format without output capabilities.

**RTCM/NMEA**: Allows DGPS input using a standard RTCM SC-104 format and supports the output of standard NMEA 0183 version 3.0 data.

**RTCM/Text**: Allows DGPS input using a standard RTCM SC-104 format and simple ASCII text output of location and velocity information.

**None**: Provides no interfacing capabilities.

If ‘GARMIN DGPS’ or ‘RTCM/NMEA’ format is selected, additional fields are provided to control a GARMIN differential beacon receiver (e.g. GBR 21 & GBR 23) directly from your unit. In the ‘BEACON’ list, select ‘SCAN’ to tune automatically, or select ‘USER’ to manually tune the receiver and enter the beacon frequency and bit rate. Refer to the beacon receiver instructions.
Main Menu Pages

**Setup Menu: Set System**

The System Page allows you to select the GPS Mode, Beeper, and Language. You can also enter and view Owner Information and reset the unit to the defaults.

**GPS Mode:** Enable (‘NORMAL’) and disable (‘OFF’) the GPS Receiver. You can also enable WAAS, Battery Save, or Demo modes. Refer to the following page.

**Beeper:** When ‘KEY AND MESSAGE’ is selected the unit beeps then a key is pressed and when a message is displayed, such as “Weak GPS Signals”. When ‘MESSAGE ONLY’ is selected, the unit only beeps when a message is displayed. Select ‘OFF’ to turn the beep completely off.

**Battery:** Select the battery type (‘ALKALINE’ or ‘NIMH’). This selection must correspond to the type of batteries you are currently using.

**Language:** Select the language for the display.

**Owner Info:** Enter up to three lines of owner information. You can select to display the information at power up (‘SHOW’) or not display the information at power up (‘HIDE’).

**Defaults:** Press ENTER to set the unit’s System settings to the factory defaults.
**GPS Mode**

Select from the following modes:

**Normal**: The GPS receiver is always 'ON' when it's in 'NORMAL' mode. The normal mode is more responsive to sudden turns or change of speed/acceleration.

**WAAS**: The Wide Area Augmentation System (WAAS) capability produces a more accurate position fix. When enabled, the unit searches for a WAAS satellite near your location and then receives data for correcting differentials in the GPS satellite signals and the WAAS satellite numbers (beginning at No. 33 or above) display on the Satellite Page. It is helpful to orient the unit antenna toward the WAAS satellite shown in the skyview. To learn more about the WAAS System, access the Federal Aviation Administration Web site at [http://gps.faa.gov](http://gps.faa.gov).

**Battery Save**: When the Foretrex 101 is in 'BATTERY SAVE' mode, the GPS receiver turns on and off alternatively to conserve power.

**Demo**: The 'DEMO' mode is designed for dealers to show the features and functions of the Foretrex 101 to potential customers inside a closed building where satellite reception is not possible. There is no navigation possible in 'DEMO' mode. If you select the 'DEMO' mode, a window displays at the bottom of the screen asking you to verify that you want to turn the GPS off (the unit will stop tracking satellites, but not power off).

**Off**: To turn the GPS receiver off, select 'OFF' for the 'GPS MODE' setting.

**Owner Info**

Enter up to three lines of owner information, such as your contact information in case your unit is lost. You can select to display the information at power up or not display the information at power up.
Appendix

Specifications

Physical
Case: Fully-gasketed, high-impact plastic alloy, waterproof to IEC 60529 IPX7 standards (waterproof to 1 meter for 30 minutes)
Size: 1.71" H x 3.26" W x .91" D (43.434 mm x 82.804 mm x 23.114 mm)
Weight: Approx. 2.75 ounces (77.96 g)
Temperature Range: 5° to 158° F (-15° to 70° C) (operating)
Display: 100 x 64 pixels, 0.92" H x 1.44" W (23.368 mm x 36.576 mm)

Performance
Receiver: Differential-ready, 12 parallel channel
Acquisition time:
Approx. 15 seconds (warm start)
Approx. 45 seconds (cold start)
Approx. 5 minutes (First Time/AutoLocate™)
Update Rate: 1/second, continuous
Position Accuracy: 15 meters (49 ft.) RMS
Velocity Accuracy: 0.1 knot RMS steady state
Dynamics: Performs to specifications to 6 g’s
Antenna: Built-In

Power
Input: Two (2) 1.5 Volt AAA Batteries
Battery Life: Up to 15 hours typical use

Specifications subject to change without notice.

1The temperature rating for the Foretrex 101 may exceed the usable range of some batteries. Alkaline batteries can rupture at high temperatures.
2Extensive use of screen backlighting may reduce battery life.
Appendix

The available data field options for the Navigation Page and Trip Computer Page are:

**Bearing**—The direction from your current location to a destination.

**Course**—The direction from your starting location to a destination.

**Elevation**—The altitude (height) above or below sea level.

**Final Dest (Destination)**—The last waypoint on your route.

**Final Dist (Distance)**—The remaining distance to your final destination.

**Final ETA**—The estimated time of day you will reach your final destination.

**Final ETE**—The estimated time needed to reach your final destination.

**Heading**—Your moving direction.

**Lat/Lon**—Your current Latitude and Longitude in hddd° mm.mmm' and WGS 84. (Trip computer only)

**Location**—You current GPS location displayed in the format you selected in for the ‘POSITION FORMAT’ field in the Set Units Page. (Trip computer only)

**Max Speed**—The maximum speed the unit has moved.

**Mov'n Avg**—Average speed of the unit while moving.

**Mov'n Time**—A running tally of movement time elapsed since last reset.

**Next Dest (Destination)**—The next waypoint on your route.

**Next Dist (Distance)**—The remaining distance to the next waypoint on the route.
Next ETA—The estimated time of day you will reach the next waypoint on the route.

Next ETE—The estimated time elapsed until you reach the next waypoint on the route.

Odometer—A running tally of distance travelled, based upon the distance between second-by-second position readings.

Off Course—The distance left or right you are from the original course (path of travel).

Over'l Speed—Your average speed.

Speed—Display rate of travel in miles/kilometers/nautical miles per hour.

Stop Time—Time spent stopped.

Sunrise—The time at which the sun rises on this day.

Sunset—The time at which the sun sets on this day.

Time—The time for the selected time zone.

To Course—The compass direction you must go in order to get back to the original course.

Total Time—A running tally of all time since last reset.

Trip Odom (Odometer)—A running tally of distance travelled since last reset.

Turn—The angle difference (in degrees) between the bearing to your destination and your current line of travel. ‘L’ means turn Left. ‘R’ means turn Right.

Vert Speed (Vertical)—Your rate of altitude gain/loss over time.

VMG (Velocity Made Good)—The speed at which you are closing on a destination along a desired course.
**FCC Compliance**

The Foretrex 101 complies with Part 15 of the FCC regulations and with Canadian RSS-210 and ICES-003 for Class B digital devices. Operation of this device is subject to the following conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet that is on a different circuit than the receiver's circuit.
- Consult the dealer or an experienced radio/TV technician for help.

The Foretrex 101 does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment and void your warranty and your authority to operate this device.
Appendix

Compliance, License, and Warranty Information

Serial Number
Use this area to record the serial number in case it is lost, stolen, or needs service. Be sure to keep your original sales receipt in a safe place or attach a photocopy inside the manual. The 8-digit number is located on the back of the unit under the wrist strap.

Serial Number: 

NOTE: If you have previously registered a Garmin product purchase, we invite you to re-register using our NEW on-line system. Many services provided by our new product registration system are now being automated and re-registering your purchase ensures you the best possible support from Garmin.

Software License Agreement

BY USING THE Foretrex 101, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the “Software”) in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin.

You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software are valuable trade secrets of Garmin and that the Software in source code form remains a valuable trade secret of Garmin. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.

Product Registration

Help us better support you by completing our on-line registration today!

Have the serial number of your Foretrex 101 handy and connect to our Web site (www.Garmin.com). Look for the Product Registration link on the Home page. Also, be sure to record your serial number in the area provided to the left.
Limited Warranty

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will at its sole option repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not cover failures due to abuse, misuse, accident or unauthorized alteration or repairs.

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES EXPRESS OR IMPLIED OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, WHICH MAY VARY FROM STATE TO STATE.

IN NO EVENT SHALL GARMIN BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE, OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS IN THE PRODUCT. Some states do not allow the exclusion of incidental or consequential damages, so the above limitations may not apply to you.

Garmin retains the exclusive right to repair or replace the unit or software or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.
Appendix

Compliance, License, and Warranty Information

Products sold through on-line auctions are not eligible for rebates or other special offers from Garmin. On-line auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an on-line auction.

To obtain warranty service, contact your local Garmin authorized dealer. Or call Garmin Product Support at one of the numbers shown below, for shipping instructions and an RMA tracking number. The unit should be securely packed with the tracking number clearly written on the outside of the package. The unit should then be sent, freight charges prepaid, to any Garmin warranty service station. A copy of the original sales receipt is required as the proof of purchase for warranty repairs.

Garmin International, Inc.
1200 E 151st Street, Olathe, Kansas 66062 U.S.A.
Tel. 913/397.8200
Fax. 913/397.8282

Garmin (Europe) Ltd.
Unit 5, The Quadrangle, Abbey Park Industrial Estate, Romsey, SO51 9AQ U.K.
Tel. 44/1794.519944
Fax. 44/1794.519222

The Garmin Foretrex 101 has no user-serviceable parts. Should you ever encounter a problem with your unit, please take it to an authorized Garmin dealer for repairs.

The Foretrex 101 is sealed shut. Any attempt to open the case to change or modify the unit in any way will void your warranty and may result in permanent damage to the equipment.
WARNING: If you choose to use the Foretrex 101 in a vehicle, it is the sole responsibility of the owner/operator of the Foretrex 101 to secure the GPS unit so that it will not cause damage or personal injury in the event of an accident. Do not mount the Foretrex 101 over airbag panels or in a place where the driver or passengers are likely to have an impact with it in an accident or collision.

WARNING: If you choose to use the Foretrex 101 in a vehicle, it is the sole responsibility of the operator of the vehicle to operate the vehicle in a safe manner, maintain full surveillance of all driving conditions at all times, and never become distracted by the Foretrex 101 to the exclusion of safe operating practices. It is unsafe to operate the Foretrex 101 while you are driving. Failure by the operator of a vehicle equipped with a Foretrex 101 to pay full attention to operating the vehicle and road conditions while the vehicle is in motion could result in an accident or collision with property damage and personal injury.

CAUTION: IT IS THE USER’S RESPONSIBILITY TO USE THIS PRODUCT PRUDENTLY. THIS PRODUCT IS INTENDED TO BE USED ONLY AS A TRAVEL AID AND MUST NOT BE USED FOR ANY PURPOSE REQUIRING PRECISE MEASUREMENT OF DIRECTION, DISTANCE, LOCATION, OR TOPOGRAPHY.

CAUTION: The Global Positioning System (GPS) is operated by the government of the United States, which is solely responsible for its accuracy and maintenance. The system is subject to changes which could affect the accuracy and performance of all GPS equipment. Although the Foretrex 101 is a precision electronic NAVigation AID (NAVAID), any NAVAID can be misused or misinterpreted and, therefore, become unsafe.

WARNING: This product, its packaging, and its components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is being provided in accordance with California’s Proposition 65. If you have any questions or would like additional information, please refer to our Web site at www.garmin.com/prop65.
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For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com.

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