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Introduction

Always consult your physician before you begin or modify any exercise program.

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

Getting Started
When using your device the first time, you should complete these tasks to set up the device and get to know the basic features.

1 Charge the device (page 1).
2 Register the device (page 16).
3 Learn about the sensor data and modes (page 1).
4 Acquire satellites (page 4).
5 Create a waypoint (page 3).

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

1 Plug the USB end of the cable into the AC adapter or a computer USB port.
2 Plug the AC adapter into a standard wall outlet.
3 Align the left side of the charging cradle with the groove on the left side of the device.
4 Align the hinged side of the charger with the contacts on the back of the device.
5 Charge the device completely.

Keys

<table>
<thead>
<tr>
<th>Key</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Select to turn the backlight on and off. Hold to turn the device on and off.</td>
</tr>
<tr>
<td>2</td>
<td>Select to scroll through the data pages, options, and settings.</td>
</tr>
<tr>
<td>3</td>
<td>Select to scroll through the data pages, options, and settings.</td>
</tr>
<tr>
<td>4</td>
<td>Select to return to the previous screen. Hold to view the status page.</td>
</tr>
<tr>
<td>5</td>
<td>Action key Select to open the menu for the current screen. Select to choose an option and to acknowledge a message. Hold to mark a waypoint.</td>
</tr>
</tbody>
</table>

Viewing the Status Page
You can quickly switch to this page to view the time of day, battery life, and GPS status information from any other page. Hold 🔄.

Sensors

Viewing the Sensor Data
You can quickly access real-time data for the compass, altimeter, barometer, temperature sensors, and Zulu time.

NOTE: These data pages automatically time out to low-power mode.

NOTE: This data is not recorded to the device (page 2).

1 From the time of day page, select ▲ or ▼.
2 Select ▼.
3 Select ▼.
NOTE: Your body temperature affects the temperature sensor. To get the most accurate temperature reading, remove the device from your wrist and wait 20–30 minutes.

TIP: To purchase a tempe™ wireless temperature sensor, go to www.garmin.com.

5 Select \( \downarrow \).

Turning on a Sensor Mode
The default sensor mode is on demand mode, which offers you quick access to compass, altimeter, barometer, or temperature data. You can also put the device in always on mode to display continuous sensor data.

NOTE: If you have an optional heart rate monitor or speed and cadence sensor paired with the device, your device can display continuous heart rate or speed and cadence data.

1 Select the action key.
2 Select Setup > Sensors > Mode > Always On.

Acquiring Satellite Signals and Recording a Track
Before you can use the GPS navigation features, such as recording a track, you must acquire satellite signals. The time and date are set automatically based on the GPS position.

1 Select the action key.
2 Select Start GPS.
3 Go to an area with a clear view of the sky and remain stationary while the device acquires satellite signals.
4 Walk around or travel to record a track.
   Your distance and time appear.
5 Select \( \downarrow \) to view the loop of data pages.
6 Hold \( \Rightarrow \).
7 Select an option:
   • Select Pause Track to pause tracking.
   • Select Save Track to save your track.
   • Select Clear Track to erase the track without saving.

8 Select \( \downarrow \).

Waypoints, Routes, and Tracks
Waypoints
Waypoints are locations you record and store in the device.
Creating a Waypoint
You can save your current location as a waypoint.
1 Hold the action key.
2 Select an option:
   • To save the waypoint without changes, select Save.
   • To make changes to the waypoint, select Edit, make changes to the waypoint, and select Save.

Finding a Waypoint by Name
1 Select the action key.
2 Select Waypoints > Spell Search.
3 Select the action key, △, and ▽ to enter characters.
4 Select _ > Done.
5 Select the waypoint.

Finding Nearby Locations
1 Select the action key.
2 Select Waypoints > Search Near.
3 Select an option:
   • Select Waypoints to search near a waypoint.
   • Select Cities to search near a city.
   • Select Current Loc to search near your current location.

Navigating to a Waypoint
1 Select the action key.
2 Select Start GPS.
3 Wait while the device locates satellites.
4 Select the action key.
5 Select Waypoints, and select a waypoint from the list.
6 Select Go.

The device displays time to destination 1, distance to destination 2, and estimated time of arrival 3.
7 Select ▽ to view the compass page.

The two pointer marks 4 serve as a bearing pointer. The top mark on the device points in the direction you are facing.
8 Align the pointer marks with the top mark on the device.
9 Continue in that direction until you reach the destination.

Editing a Waypoint
Before you can edit a waypoint, you must create a waypoint.
1 Select the action key.
2 Select Waypoints.
3 Select a waypoint.
4 Select Edit.
5 Select an item to edit, such as the name.
6 Select the action key, △, and ▽ to enter characters.
7 Select _ > Done.

Increasing the Accuracy of a Waypoint Location
You can refine a waypoint location for more accuracy. When averaging, the device takes several readings at the same location and uses the average value to provide more accuracy.
1 Select the action key.
2 Select Waypoints.
3 Select a waypoint.
4 Select Average.
5 Move to the waypoint location.
6 Select Start.
7 Follow the on-screen instructions.
8 When the confidence reaches 100%, select Save.
For best results, collect four to eight samples for the waypoint, waiting at least 90 minutes between samples.

Projecting a Waypoint
You can create a new location by projecting the distance and bearing from a marked location to a new location.
1 Select the action key.
2 Select Waypoints.
3 Select a waypoint.
4 Select Project.
5 Follow the on-screen instructions.
The projected waypoint is saved with a default name.

Deleting a Waypoint
1 Select the action key.
2 Select Waypoints.
3 Select a waypoint.
4 Select Delete > Yes.

Deleting All Waypoints
1 Select the action key.
2 Select Setup > Reset > Waypoints > Yes.

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

Creating a Route
1 Select the action key.
2 Select Routes > Create New.
3 Select First Point.
4 Select a category.
5 Select the first point on the route.
6 Select Next Point.
7 Repeat steps 4–6 until the route is complete.
8 Select Done to save the route.

Editing the Name of a Route
1 Select the action key.
2 Select Routes.
3 Select a route.
4 Select Rename.
5 Select the action key, △, and ▽ to enter characters.
6 Select _ > Done.

Editing a Route
1 Select the action key.
2 Select Routes.
3 Select a route.
4 Select Edit.
5 Select a point.
6 Select an option:
   • To view the point on the map, select Map.
   • To change the order of the point 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 add a point to the end of the route, select Next Point.
   • To remove the point from the route, select Remove.

Viewing a Route on the Map
1 Select the action key.
2 Select Routes.
3 Select a route.
4 Select View Map.

Deleting a Route
1 Select the action key.
2 Select Routes.
3 Select a route.
4 Select Delete > Yes.

Reversing a Route
1 Select the action key.
2 Select Routes.
3 Select a route.
4 Select Reverse.

Tracks
A track is a recording of your path. The track log contains information about points along the recorded path, including time, location, and elevation for each point.

Recording a Track
1 Select the action key.
2 Select Start GPS.
3 Wait while the device locates satellites.
4 Walk around to record a track.
   Your distance and time appear.
5 Select ▼ to view the loop of data pages including compass data, altimeter data, ascent and speed, the map, and the time of day page.
   You can customize the data pages (page 9).
6 Hold ▶.
7 Select an option:
   • Select Pause Track to pause tracking.
   • Select Save Track to save your track.
   • Select Clear Track to erase the track without saving.
   • Select Stop GPS to turn off GPS without deleting your track.

Saving the Current Track
1 Select the action key.
2 Select Tracks > Current.
3 Select an option:
   • To save the entire track, select Save.
   • To save part of the track, select Save Part, and select the part to save.

Viewing Details about the Track
1 Select the action key.
2 Select Tracks.
3 Select a track.
4 Select View Map.
   The beginning and the end of the track are marked by flags.
5 Select ➡ > Details.
6 Use ▲ and ▼ to view information about the track.

Clearing the Current Track
1 Select the action key.
2 Select Tracks > Current > Clear.

Deleting a Track
1 Select the action key.
2 Select Tracks.
3 Select a track.
4 Select Delete > Yes.

Sending and Receiving Data Wirelessly
Before you can share data wirelessly, you must be within 10 feet (3 m) of a compatible Garmin® device.
Your device can send or receive data when connected to another compatible device. You can share waypoints, geocaches, routes, and tracks wirelessly.
1 Select the action key.
2 Select Share Data > Unit to Unit.
3 Select Send or Receive.
4 Follow the on-screen instructions.

Garmin Adventures
You can create adventures to share your journeys with family, friends, and the Garmin community. 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 http://adventures.garmin.com.

Navigation
You can navigate to a route, track, waypoint, geocache, or any saved location in the device. You can use the map or the compass to navigate to your destination.

Navigating to a Destination
You can navigate to a destination using the compass or map (page 5).
1 Select the action key.
2 Select Start GPS.
3 Wait while the device locates satellites.
4 Select the action key.
5 Select an option:
   • Select Waypoints.
   • Select Tracks.
   • Select Routes.
   • Select GPS Tools > Coordinates.
   • Select GPS Tools > POIs.
Select GPS Tools > Geocaches.

6 Select a destination.

7 Select Go.

The device displays time to destination \( \text{1} \), distance to destination \( \text{2} \), and estimated time of arrival \( \text{3} \).

8 Select \( \downarrow \) to view the compass page.

The two pointer marks \( \mathbf{4} \) serve as a bearing pointer. The top mark on the device points in the direction you are facing.

9 Align the pointer marks with the top mark.

10 Continue in that direction until you reach the destination.

Navigating with Sight 'N Go

You can point the device at an object in the distance, such as a water tower, lock in the direction, and then navigate to the object.

1 Select the action key.

2 Select GPS Tools > Sight 'N Go.

3 Point the top mark on the bezel at an object.

4 Select the action key.

5 Select an option:
   - Select Set Course to navigate to the distant object.
   - Select Project (page 3).

6 Navigate using the compass (page 5) or map (page 5).

Compass

The device has a 3-axis compass with automatic calibration.

- Compass navigation (page 3)
- Compass settings (page 9)

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 Select the action key.

2 Select Setup > Sensors > Compass > Calibrate > Start.

3 Follow the on-screen instructions.

Map

\( \text{A} \) represents your location on the map. As you travel, the icon moves and leaves a track log (trail). Waypoint names and symbols appear on the map. When you are navigating to a destination, your route is marked with a line on the map.

- Map navigation (page 5)
- Map settings (page 10)

Browsing the Map

1 While navigating, select \( \triangle \) to view the map.

2 Select the action key.

3 Select an option:
   - To pan up or down, select Pan, and select \( \uparrow \) or \( \downarrow \).
   - To pan right or left, select Pan > \( \rightarrow \), and select \( \uparrow \) or \( \downarrow \).
   - To navigate to a saved location, select Pan, select the action key, and select Select Pt..
   - To zoom in or out, select Zoom, and select \( \uparrow \) or \( \downarrow \).

Navigating Using TracBack®

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

1 Select the action key.

2 Select Tracks > Current > TracBack.

Your current location \( \text{1} \), track to follow \( \text{2} \), and end point \( \text{3} \) appear on the map.

Altimeter and Barometer

The device contains an internal altimeter and barometer.

- On Demand sensor data (page 1)
- Always On sensor data (page 2)
- Altimeter settings (page 10)
- Altimeter and barometric readings (page 16)

Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation or the correct sea level pressure.

1 Select the action key.

2 Select Setup > Sensors > Altimeter.

3 Select an option:
   - Select Auto Cal. > At Start to calibrate automatically from your GPS starting point.
   - Select Auto Cal. > Continuous to calibrate automatically with periodic GPS calibration updates.
   - Select Calibrate to enter the current elevation or sea-level pressure.

Tracking Weather Changes Overnight

You can use your device to track changes in barometric pressure over time. Increases in barometric pressure usually indicate good weather, and decreases in barometric pressure usually indicate bad weather.

1 Select the action key.
Navigating to a Geocache

Download Geocaches

1. Connect your device to a computer using the USB cable.
3. If necessary, create an account.
4. Sign in.
5. Follow the on-screen instructions to find and download geocaches to your device.

Navigating to a Geocache

Before you can navigate to a geocache, you must go to www.openwashing.com, and download a geocache to your device.

Navigating to a geocache is like navigating to any other location.

- See the navigation section for more information.
- Go to the profiles section to create a profile for geocaching.
- Go to the geocache settings to customize your device settings.
- Go to the data pages section to customize your data fields.

Geocaches

A geocache is like a hidden treasure. Geocaching is when you hunt for hidden treasures using GPS coordinates posted online by those hiding the geocache.

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- See the navigation section for more information.
- Go to the profiles section to create a profile for geocaching.
- Go to the geocache settings to customize your device settings.
- Go to the data pages section to customize your data fields.

Logging the Attempt

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

1. Select the action key.
2. Select GPS Tools > Geocaches > Log Attempt.
3. Select Found, Did Not Find, or Unattempted.
4. Select an option:
   - To begin navigation to a geocache nearest you, select Find Next.
   - To end the logging, select Done.

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Logging the Attempt

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

1. Select the action key.
2. Select GPS Tools > Geocaches > Log Attempt.
3. Select Found, Did Not Find, or Unattempted.
4. Select an option:
   - To begin navigation to a geocache nearest you, select Find Next.
   - To end the logging, select Done.

Jumpmaster

The jumpmaster feature is designed for experienced skydivers, particularly those in the military.

The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP). The device detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.

Planning a Jump

Jumpmaster is for use by experienced skydivers only. Jumpmaster should not be used as a primary skydiving altimeter. Failure to input the appropriate jump related information into Jumpmaster can lead to serious personal injury or death.

1. Select a jump type.
2. Enter the jump information.
3. The device calculates the HARP.
4. Select GOTO HARP to start navigation to the HARP.

Jump Types

The jumpmaster feature allows you to set the jump type to one of three types: HAHO, HALO, or Static. The jump type selected determines what additional setup information is required.

HAHO: High Altitude High Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a high altitude. You must set a DIP and a drop altitude of at least 1,000 feet. The drop altitude is assumed to be the same as the opening altitude. Common values for a drop altitude range from 12,000 to 24,000 feet AGL.

HALO: High Altitude Low Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a low altitude. The required information is the same as the HAHO jump type, plus an opening altitude. The opening altitude must not be greater than the drop altitude. Common values for an opening altitude range from 2,000 to 6,000 feet AGL.
Static: The wind speed and direction are assumed to be constant for the duration of the jump. The drop altitude must be at least 1,000 feet.

**Entering Jump Information**
1. Select the action key.
2. Select Jumpmaster.
3. Select a jump type (page 6).
4. Complete one or more actions to enter your jump information:
   - Select DIP to set a waypoint for the desired landing location.
   - Select Drop Alt to set the drop altitude AGL (in feet) when the jumpmaster exits the aircraft.
   - Select Open Alt to set the open altitude AGL (in feet) when the jumpmaster opens the parachute.
   - Select FWD Throw to set the horizontal distance traveled (in meters) due to aircraft speed.
   - Select Crs to HARP to set the direction traveled (in degrees) due to aircraft speed.
   - Select Wind to set the wind speed (in knots) and direction (in degrees).
   - Select Constant to fine-tune some information for the planned jump. Depending on the jump type, you can select Percent Max, Safety Fctr, K-Open, K-Freefall, or K-Static and enter additional information (page 7).
   - Select Auto to DIP to enable navigation to the DIP automatically after you jump.
   - Select GOTO HARP to start navigation to the HARP.

**Entering Wind Information for HAHO and HALO Jumps**
1. Select the action key.
2. Select Jumpmaster.
3. Select a jump type (page 6).
4. Select Wind > Add.
5. Select an altitude.
6. Enter a wind speed in knots and select Done.
7. Enter a wind direction in degrees and select Done.
   - The wind value is added to the list. Only wind values included in the list are used in calculations.
8. Repeat steps 5–7 for each available altitude.

**Resetting Wind Information**
1. Select the action key.
2. Select Jumpmaster.
3. Select HAHO or HALO.
4. Select Wind > Reset.
   - All wind values are removed from the list.

**Entering Wind Information for a Static Jump**
1. Select the action key.
2. Select Jumpmaster > Static > Wind.
3. Enter a wind speed in knots and select Done.
4. Enter a wind direction in degrees and select Done.

**Constant Settings**
Select Jumpmaster, select a jump type, and select Constant.
Percent Max: Sets the jump range for all jump types. A setting less than 100% decreases the drift distance to the DIP, and a setting greater than 100% increases the drift distance. More experienced jumpmasters may want to use smaller numbers, and less experienced skydivers may want to use larger numbers.

**Safety Fctr:** Sets the margin of error for a jump (HAHO only). Safety factors are usually integer values of two or greater, and are determined by the jumpmaster based on specifications for the jump.

**K-Freefall:** Sets the wind drag value for a parachute during freefall, based on the parachute canopy rating (HALO only). Each parachute should be labeled with a K value.

**K-Open:** Sets the wind drag value for an open parachute, based on the parachute canopy rating (HAHO and HALO). Each parachute should be labeled with a K value.

**K-Static:** Sets the wind drag value for a parachute during a static jump, based on the parachute canopy rating (Static only). Each parachute should be labeled with a K value.

**Viewing Tide Information**
**NOTE:** This feature is not available in all areas.
You can view information about a tide station, including the tide height and when the next high and low tides will occur.
1. Select the action key.
2. Select Tides > Search Near.
3. Select an option:
   - To search near a previously saved waypoint, select Waypoints, and select or search for a waypoint.
   - To search near a specific city, select Cities, and select or search for a city.
   - A list of the tide stations near the selected location appears.
4. Select a station.
   - A 24-hour tide chart appears for the current date, showing the current tide height ① and when the next high ② and low tides ③ will occur.

5. Select an option:
   - To view more detailed information about the next four tide peaks and troughs, select Ⅴ.
   - To pan the tide chart, select the action key, and select Pan Chart.
   - To view tide information for a different date, select the action key, select Change Date, and select the date.

**Clock**

**Setting the Alarm**
1. Select the action key.
2. Select Clock > Alarm Clock > Add Alarm.
3. Select the action key, ▲, and ▼ to set the time.
4. Select Tone, Vibration, or Tone & Vib.
5. Select Once, Daily, or Weekdays.

**Starting the Countdown Timer**
1. Select the action key.
2. Select Clock > Timer.
3. Select the action key, ▲, and ▼ to set the time.
4. If necessary, select Notification, and select a type of notification.
5. Select Start.
Using the Stopwatch
1 Select the action key.
2 Select Clock > Stopwatch.
3 Select Start.

Adding a Custom Time Zone
1 Select the action key.
2 Select Clock > Alt. Zones > Add Zone.
3 Select a time zone.
The custom time zone page is added to the current profile.

Editing a Custom Time Zone
1 Select the action key.
2 Select Clock > Alt. Zones.
3 Select a time zone.
4 Select an option:
   • To change the time zone, select Edit Zone.
   • To customize the name of the time zone, select Edit Label.
   • To delete the time zone from the quick page loop, select Delete > Yes.

Alerts
You can set the device to alert you in many different situations where your awareness of the surrounding conditions or other data is important. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The event is a specific value. For example, you can set the device to alert you when you reach a specified elevation.

Range alert: A range alert notifies you any time the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you every time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

<table>
<thead>
<tr>
<th>Alert Name</th>
<th>Alert Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proximity</td>
<td>Recurring</td>
<td>See page 8.</td>
</tr>
<tr>
<td>Distance</td>
<td>Event, recurring</td>
<td>You can set an interval or a custom distance from your final destination.</td>
</tr>
<tr>
<td>Time</td>
<td>Event, recurring</td>
<td>You can set an interval or a custom time from your estimated time of arrival.</td>
</tr>
<tr>
<td>Elevation</td>
<td>Event, range, recurring</td>
<td>You can set minimum and maximum elevation values. You can also set the device to alert you when you ascend or descend a specified amount.</td>
</tr>
<tr>
<td>Nav. Arrival</td>
<td>Event</td>
<td>You can set alerts for reaching waypoints and the final destination of a track or route.</td>
</tr>
<tr>
<td>Speed</td>
<td>Range</td>
<td>You can set minimum and maximum speed values.</td>
</tr>
<tr>
<td>Pace</td>
<td>Range</td>
<td>You can set minimum and maximum pace values.</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>Range</td>
<td>You can set minimum and maximum heart rate values or select zone changes. See page 12 and page 17.</td>
</tr>
<tr>
<td>Cadence</td>
<td>Range</td>
<td>You can set minimum and maximum cadence values.</td>
</tr>
<tr>
<td>Battery</td>
<td>Event</td>
<td>You can set a low battery power alert.</td>
</tr>
</tbody>
</table>

Setting a Proximity Alarm
Proximity alarms alert you when you are within a specified range of a particular location.
1 Select the action key.

2 Select Alerts > Proximity > Edit > Create New.
3 Select a location.
4 Enter a radius.
5 Select Done.

Calculating the Size of an Area
Before you can calculate the size of an area, you must acquire satellites.
1 Select the action key.
2 Select GPS Tools > Area Calc.
3 Walk around the perimeter of the area.
4 When you are finished, select the action key to calculate the area.
5 Select an option:
   • Select Save Track, enter a name, and select Done.
   • Select Change Units to convert the area to a different unit.
   • Select to exit without saving.

Viewing the Almanacs
You can view almanac information for the sun and moon, and hunting and fishing.
1 Select the action key.
2 Select an option:
   • To view the sunrise, sunset, moonrise, and moonset information, select GPS Tools > Sun & Moon.
   • To view the predicted best times for hunting and fishing, select GPS Tools > Hunt & Fish.
3 If necessary, select or to view a different day.

Viewing Satellite Information
The satellite page shows your current location, GPS accuracy, satellite locations, and signal strength.
1 Select the action key.
2 Select Start GPS.
3 Select the action key.
4 Select GPS Tools > Satellite.
5 Select to view additional information.

Simulating a Location
When you are planning routes or activities in a different area, you can turn off GPS and simulate a different location.
1 Select the action key.
2 Select Setup > System > GPS Mode > Demo Mode.
3 Select a location.
4 Select Go > Move to Location.

Customizing Your Device

Setup Overview
The Setup menu contains numerous ways to customize your device. Garmin recommends that you familiarize yourself with the settings for each feature. If you customize your settings before your activity, you will spend less time adjusting the watch during your activity. To open the Setup menu, select the action key, and select Setup.

NOTE: All changes you make are saved to the active profile (page 2).
Customizing Your Device

Customizing the Main Menu
You can move or delete items in the main menu.

1. Select the action key.
2. Select Setup > Menu.
3. Select a menu item.
4. Select an option:
   - Select Move Up or Move Down to change the location of the item in the list.
   - Select Remove to delete an item from the list.

Customizing the Arrow Keys
You can customize the hold function of \( \triangle \) and \( \triangledown \) and \( \leftarrow \) for your activity. For example, if the hiking profile is active, you can customize the hold \( \triangledown \) function to start and stop the timer.

1. Select the action key.
2. Select Setup > System > Hot Keys.
3. Select an option:
   - Select Hold Up to set the function performed when you hold \( \triangle \).
   - Select Hold Down to set the function performed when you hold \( \triangledown \).
   - Select Data Page Back to set the function performed when you select \( \leftarrow \).
   - Select Data Page Up to set the function performed when you select \( \downarrow \).
   - Select Data Page Down to set the function performed when you select \( \uparrow \).
4. NOTE: The available options depend on the current profile.

Customizing the Data Pages
You can customize the data pages for each profile. The organization and appearance of data pages depends on the active profile and the mode.

1. Select the action key.
2. Select Setup > Data Pages.
3. Select a mode.
4. Select Add Page and follow the on-screen instructions to add a new page (optional).
5. Select a page to edit data fields.
6. Select an option:
   - Select Edit, and change the data fields.
   - Select Move Up or Move Down to change the order of the data pages.
   - Select Delete to remove the data page from the page loop.

System Settings
Select Setup > System.

GPS Mode: Sets the GPS to Normal, UltraTrac (page 9), Indoor, or Demo Mode (GPS off).

WAAS: Sets the device to use Wide Area Augmentation System (WAAS) GPS signals. For information about WAAS, go to www.garmin.com/aboutGPS/waas.html.

Hot Keys: Allows you to customize the hold function of the arrow keys (page 9).

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.

About UltraTrac
UltraTrac is a GPS setting that records track points less frequently than normal GPS mode in order to save battery. The default interval between track points is one point per minute. You can adjust the interval.

Compass Settings
Select Setup > Sensors > Compass.

Display: Sets the directional heading on the compass to degrees or milli-radians.

North Ref.: Sets the north reference of the compass (page 9).

Mode: Sets the compass to use either a combination of GPS and the electronic sensor data when moving (Auto) or GPS data only (Off).

Calibrate: Allows you to manually calibrate the compass sensor (page 5).

Setting the North Reference
You can set the directional reference used in calculating heading information.

1. Select the action key.
2. Select Setup > Sensors > Compass > North Ref.:
3. Select an option:
   - To set geographic north as the heading reference, select True.
   - To set the magnetic declination for your location automatically, select Magnetic.
   - To set grid north (000°) as the heading reference, select Grid.
   - To set the magnetic variation value manually, select User, enter the magnetic variance, and select Done.

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   - To set grid north (000°) as the heading reference, select Grid.
   - To set the magnetic variation value manually, select User, enter the magnetic variance, and select Done.
Altimeter Settings
Select Setup > Sensors > Altimeter.
Auto Cal.: Allows the altimeter to self-calibrate each time you turn on GPS tracking.
Baro. Plot: Variable records changes in elevation while you are moving. Fixed assumes the device is stationary at a fixed elevation. Therefore, the barometric pressure should only change due to weather. Amb. Press. records ambient pressure changes over a period of time.
Elev. Plot: Sets the device to record elevation changes over a period of time or distance.

Setting the Device Tones
You can customize tones for messages and keys.
1. Select the action key.
2. Select Setup > Tones.
3. Select Messages or Keys.
4. Select an option.

Display Settings
Select Setup > Display.
Backlight: Adjusts the backlight level and the length of time before the backlight turns off.
Contrast: Adjusts the screen contrast.

Map Settings
Select Setup > Map.
Orientation: Adjusts how the map is shown on the page. North Up shows North at the top of the page. Track Up shows your current direction of travel toward the top of the page.
Auto Zoom: Automatically selects the appropriate zoom level for optimal use on your map. When Off is selected, you must zoom in or out manually.
Points: Selects the zoom level for points on the map.
Track Log: Allows you to show or hide tracks on the map.
Go To Line: Allows you to select how the course appears on the map.

Track Settings
Select Setup > Tracks.
Method: Selects a track recording method. Auto records the tracks at a variable rate to create an optimum representation of your tracks. If you select Distance or Time, you can set the interval rate manually.
Interval: Allows you to set the track log recording rate. Recording points more frequently creates a more-detailed track, but it fills the track log faster.
Auto Start: Sets the device to record your track automatically when you select Start GPS.
Auto Save: Sets the device to automatically save your track when you turn off GPS.
Auto Pause: Sets the device to stop recording your track when you are not moving.
Output: Sets the device to save the track as a GPX, FIT, or a GPX/FIT file.
- GPX records a traditional track that allows you to perform GPS functions with the track such as navigation and routes.
- FIT records additional information such as lap data and is used to record a track greater than 10,000 points. FIT files can be uploaded to Garmin Connect™ and are much more compact than GPX files.
- GPX/FIT allows you to output both file types.

Time Settings
Select Setup > Time.
Time Page: Allows you to customize the appearance of the time of day.
Format: Allows you to select a 12-hour or a 24-hour display time.
Time Zone: Allows you to select the time zone for the device. You can select Auto to set the time zone automatically based on your GPS position.

Changing the Units of Measure
You can customize units of measure for distance and speed, elevation, depth, temperature, and pressure.
1. Select the action key.
2. Select Setup > Units.
3. Select a measurement type.
4. Select a unit of measure.

Position Format Settings
NOTE: Do 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.
Select Setup > Pos. Format.
Format: Selects the coordinate system in which a given location reading appears.
Datum: Sets the coordinate system on which the map is structured.
Spheroid: Shows the coordinate system the device is using. The default coordinate system is WGS 84.

Fitness Settings
Select Setup > Fitness.
Auto Lap: Sets the device to automatically mark the lap at a specific distance.
User: Sets the user profile information (page 10).
HR Zones: Sets the five heart rate zones for fitness activities (page 12).
FIT Activity: Sets the type of fitness activity being performed. This allows your activity type to appear correctly when you transfer your activity data to Garmin Connect.
Foot Pod Speed: Sets the speed to Off, Indoor, and Always On (page 12).

Setting Your Fitness User Profile
The device uses information that you enter about yourself to calculate accurate data. You can modify the following user profile information: gender, age, weight, height, and lifetime athlete (page 10).
1. Select the action key.
2. Select Setup > Fitness > User.
3. 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.

Geocache Settings
Select Setup > Geocaches.
List: Allows you to display the geocache list by names or codes.
chirp: Turns chirp searching on or off (page 6).
Fitness

Customizing Your Running or Cycling Profile

There are many ways to customize your device for ease of use while running or cycling. You can access the settings menu using the action key.

- Select Setup > Tracks > Auto Pause to turn on Auto Pause® (page 10).
- Select Setup > Tracks > Output to set your output format if you plan to manage your fitness activities using Garmin Connect (page 10).
- Select Setup > Data Pages to customize the data fields and to change the order of the data pages (page 9).
- Select Setup > Units to change units of measurement. For example, you can record your biking distance in kilometers instead of miles.
- Customize the hold function of your arrow keys for your activity (page 9).
- Select Setup > Fitness > Auto Lap to set your lap distance. The default distance is 1 mi (1.60 km).
- Enter your fitness user profile information (page 10) and heart rate zones (page 12) to obtain accurate calorie measurements.

Going for a Run

Before you go for a run, you must change the profile to running (page 2).

1. Select the action key.
2. Select Start GPS.
3. Wait while the device locates satellites.
4. Hold \( \Delta \) to start the timer.
5. Start running. You can hold \( \Delta \) to pause and resume your run. You can hold \( \triangledown \) to mark a lap.
6. Select the action key.
7. Select Stop GPS to finish your run. The device automatically saves your run.

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 (page 11) or BaseCamp (page 4) periodically to keep track of all your activity data.

Viewing an Activity

You can view the history or a map of your fitness activity.

1. Select the action key.
2. Select FIT History.
   - A list of your activities appears by date.
3. Select an activity.
4. Select Details or View Map.

Saving an Activity as a Track

You can save an activity as a track using GPS. This allows you to perform GPS functions with the activity, such as navigation and routes.

1. Select the action key.
2. Select FIT History.
3. Select an activity.
4. Select Save as Track.

Deleting an Activity

1. Select the action key.
2. Select FIT History.
3. Select an activity.
4. Select Delete > Yes.

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.

ANT+ Sensors

The device is compatible with these optional, wireless ANT+ accessories.

- Heart rate monitor (page 11)
- GSC™ 10 speed and cadence sensor (page 13)
- tempe wireless temperature sensor (page 11)

For information about compatibility and purchasing additional sensors, go to http://buy.garmin.com.

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 Garmin device.

1. Bring the device with range (3 m) of the sensor.
   - NOTE: Stay 10 m away from other ANT+ sensors while pairing.
2. Select the action key.
4. Select your sensor.
5. Select New Search.
   - When the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data page loop or a custom data field.

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.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

1. Snap the heart rate monitor module \( \circ \) onto the strap.
2 Wet both electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.

3 If the heart rate monitor has a contact patch ③, wet the contact patch.

4 Wrap the strap around your chest, and connect the strap hook ④ to the loop.
   The Garmin logo should be right-side up.

5 Bring the device within range (3 m) of the heart rate monitor.
After you put on the heart rate monitor, it is on standby and ready to send data.

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 (page 17) 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.

Setting Your Heart Rate Zones
Before the device can determine your heart rate zones, you must set up your fitness user profile (page 10).
You can manually adjust the heart rate zones according to your fitness goals (page 12).

1 Select the action key.
2 Select Setup > Fitness > HR Zones.
3 Enter the maximum and minimum heart rate for zone 5.
4 Enter your minimum heart rate for zones 4-1.
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.

Tips for Erratic Heart Rate Data
If the heart rate data is erratic or does not appear, you can try these tips.
- Reapply moisture to the electrodes and contact patch.
- You can use water, saliva, or electrode gel.
- Tighten the strap on your chest.
- Warm up for 5–10 minutes.
- Wash the strap after every seven uses (page 14).
- Wear a cotton shirt or wet your shirt if suitable for your activity.

Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere with your heart rate monitor.
Sources of interference may include strong electromagnetic fields, some 2.4 Ghz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 Ghz cordless phones, and wireless LAN access points.
- Replace the battery (page 13).

Foot Pod
Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).
After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Setting the Foot Pod Mode
You can set your device to use foot pod data instead of GPS data to calculate pace.
1 Select the action key.
2 Select Setup > Fitness > Foot Pod Speed.
3 Select an option:
   - Select Indoor when you are training indoors without GPS.
   - Select Always On when training outdoors, when your GPS signal is weak, or when you lose satellite signals.

Going for a Run Using a Foot Pod
Before you go for a run, you must change the profile to running (page 2), and pair the foot pod with your device (page 11). When your device can not acquire satellite signals, such as when running indoors on a treadmill, you can use the foot pod to measure your running distance.
1 Install your foot pod according to the accessory instructions.
2 Select the action key.
3 Select Setup > Fitness > Foot Pod Speed > Indoor.
4 Hold △ to start the timer.
5 Start running.
   You can hold △ to pause and resume your run. You can hold ▽ to mark a lap.
6 Hold △ to stop the timer.
The device automatically saves your run.

Foot Pod Calibration
Calibrating your foot pod is optional and can improve accuracy. There are three ways to adjust the calibration: distance, GPS, and manual.

Calibrating Your Foot Pod by Distance
Before you can calibrate your device, you must pair your device with the foot pod (page 11).
For best results, the foot pod should be calibrated using the inside lane of a regulation track or an exact distance. A
regulation track (2 laps = 0.5 mi. or 800 m) is more accurate than a treadmill.
1 Select the action key.
2 Select Setup > ANT Sensor > Foot Pod > Calibrate > Distance.
3 Select Start to begin recording.
4 Run or walk 0.5 mi. or 800 m.
5 Select Stop.

Calibrating Your Foot Pod by GPS
Before you can calibrate your device, you must acquire GPS signals, and pair your device with the foot pod (page 11).
1 Select the action key.
2 Select Setup > ANT Sensor > Foot Pod > Calibrate > GPS.
3 Select Start to begin recording.
4 Run or walk approximately 0.62 mi. or 1 k. The device informs you when you have traveled far enough.

Calibrating Your Foot Pod Manually
Before you can calibrate your device, you must pair your device with the foot pod (page 11).
Garmin recommends manual calibration if you know your calibration factor. If you have calibrated a foot pod with another Garmin product, you may know your calibration factor.
1 Select the action key.
2 Select Setup > ANT Sensor > Foot Pod > Calibrate > Manual.
3 Adjust the calibration factor:
   • Increase the calibration factor if your distance is too low.
   • Decrease the calibration factor if your distance is too high.

Using an Optional Bike Cadence Sensor
You can use a compatible bike cadence sensor to send data to your device.
• Pair the sensor with your device (page 11).
• Create a custom profile for biking (page 2).
• Update your fitness user profile information (page 10).

Device Information

Viewing Device Information
You can view the unit ID, software version, and license agreement.
1 Select the action key.
2 Select Setup > About.

Updating the Software
NOTE: Updating the software does not erase any of your data or settings.
1 Connect your device to a computer using the USB cable.
2 Go to www.garmin.com/products/webupdater.
3 Follow the on-screen instructions.

Device Care

NOTICE
Do not use a sharp object to clean the device.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Avoid pressing the keys under water.
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

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

Specifications

<table>
<thead>
<tr>
<th>Battery type</th>
<th>500 mAh Lithium-ion battery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery life</td>
<td>Up to 5 weeks</td>
</tr>
<tr>
<td>Water resistance</td>
<td>Water resistant to 164 ft. (50 m)</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -4º to 122ºF (from -20º to 50ºC)</td>
</tr>
<tr>
<td>Radio frequency/ protocol</td>
<td>2.4 GHz ANT+ wireless communications protocol</td>
</tr>
</tbody>
</table>

Heart Rate Monitor Specifications

<table>
<thead>
<tr>
<th>Battery type</th>
<th>User-replaceable CR2032, 3 volts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery life</td>
<td>Up to 4.5 years (1 hour per day)</td>
</tr>
<tr>
<td>Water resistance</td>
<td>Water resistant to 98.4 ft. (30 m)</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From 23° to 122°F (from -5° to 50°C)</td>
</tr>
<tr>
<td>Radio frequency/ protocol</td>
<td>2.4 GHz ANT+ wireless communications protocol</td>
</tr>
</tbody>
</table>

Battery Information
The actual battery life depends on how much you use GPS, device sensors, optional wireless sensors, and the backlight.

<table>
<thead>
<tr>
<th>Battery Life</th>
<th>Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 hours</td>
<td>Normal GPS mode</td>
</tr>
<tr>
<td>50 hours</td>
<td>UltraTrac GPS mode</td>
</tr>
<tr>
<td>Up to 2 weeks</td>
<td>Always On sensor mode</td>
</tr>
<tr>
<td>Up to 5 weeks</td>
<td>Watch mode</td>
</tr>
</tbody>
</table>

Heart Rate Monitor Battery

WARNING
Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. Go to www.dtsc.ca.gov/hazardouswaste/perchlorate.

Replacing the Heart Rate Monitor Battery
1 Use a small Phillips screwdriver to remove the four screws on the back of the module.
2 Remove the cover and battery.
3 Wait 30 seconds.
4 Insert the new battery with the positive side facing up.
   NOTE: Do not damage or lose the O-ring gasket.
5 Replace the back cover and the four screws.
   NOTE: Do not overtighten.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

Caring for the Heart Rate Monitor

NOTICE
You must unsnap and remove the module before cleaning the strap.

A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Go to www.garmin.com/HRMcare for detailed washing instructions.
- Rinse the strap after every use.
- Machine wash the strap after every seven uses.
- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.

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 device supports these file types.
- Files from BaseCamp or HomePort™. Go to www.garmin.com/trip_planning.
- GPX track files.
- FIT files for exporting to Garmin Connect.
- GPX/FIT files for recording data in both formats simultaneously.

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.

1 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.
2 Disconnect the cable from your computer.

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.

1 Open the Garmin drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the Delete key on your keyboard.

Troubleshooting

Locking the Keys
You can lock the keys to prevent inadvertent key presses.
1 Select the data page you want to view while the keys are locked.
2 Hold < and > to lock the keys.
3 Hold < and > to unlock the keys.

Resetting Your Device
If the device stops responding, you may need to reset it.
1 Hold ? for at least 25 seconds.
2 Hold ? for one second to turn on the device.

Resetting the Device to Factory Settings
You can restore all of the device settings to the factory default values.
1 Select the action key.
2 Select Setup > Reset > All Settings > Yes.

Clearing All Sensor Plot Data
1 Select the action key.
2 Select Setup > Reset > Clear Plots > Yes.

Getting More Information
You can find more information about this product on the Garmin website.
- Go to www.garmin.com/outdoor.
- Go to www.garmin.com/learningcenter.
- Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

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

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

AMB PRESS (ambient pressure): The uncalibrated environmental pressure.

ASCENT (ascent total): The total elevation distance ascended since the last reset.

AVG ASCENT (average ascent): The average vertical distance of ascent since the last reset.

AVG CAD (average cadence): The average cadence for the current activity.

AVG DESCNT (average descent): The average vertical distance of descent since the last reset.
AVG HR (average heart rate): The average heart rate for the current activity.
AVG HR % (average heart rate percentage): The average percentage of maximum heart rate for the current activity.
AVG LAP (average lap): The average lap time for the current activity.
AVG PACE (average pace): The average pace for the current activity.
AVG SPEED (average speed overall): The average speed while moving and stopped since the last reset.
BAROMETER: The calibrated current pressure.
BATTERY: 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 revolutions of the crank arm or strides per minute. Your device must be connected to a cadence accessory.
CALORIES: The amount of total calories burned.
CMP HDNG (compass heading): The direction you are moving based on the compass.
COMPASS: A visual representation of the direction in which the device is pointing.
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.
DATE: The current day, month, and year.
DESCENT (descent total): The total elevation distance descended since the last reset.
DISTANCE (trip odometer): A running tally of the distance traveled since the last reset.
ELEVATION: The altitude of your current location above or below sea level.
FINAL DEST (final destination): The last point on the route to the destination. You must be navigating for this data to appear.
FINAL DIST (distance to final destination): The remaining distance to the final destination. You must be navigating for this data to appear.
FINAL ETA (final estimated time of arrival): The estimated time of day you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.
FINAL ETE (final estimated time en route): The estimated time remaining before you reach the destination. You must be navigating for this data to appear.
FINAL LOC (final location): The last point on the route or course.
FINAL VDST (final vertical distance to destination): The elevation distance between your current position and the final destination. You must be navigating for this data to appear.
FINAL VSPD (final vertical speed to destination): The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.
GLIDE RATIO: The ratio of horizontal distance traveled to the change in vertical distance.
GPS (signal strength): The strength of the GPS satellite signal.
GPS ELEVTN (GPS elevation): The altitude of your current location using GPS.
GPS HDNG (GPS heading): The direction you are moving based on GPS.
GRADE: The calculation of rise (elevation) over run (distance). For example, if for every 10 feet (3 m) you climb you travel 200 feet (60 m), the grade is 5%.
GR DEST (glide ratio to destination): The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.
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.
HR % MAX (heart rate percentage maximum): The percentage of maximum heart rate.
HR ZONE (heart rate zone): The current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate.
LAP ASCNT (lap ascent): The vertical distance of ascent for the current lap.
LAP CAD (lap cadence): The average cadence for the current lap.
LAP DESCNT (lap descent): The vertical distance of descent for the current lap.
LAP DIST (lap distance): The distance traveled for the current lap.
LAP HR (lap heart rate): The average heart rate for the current lap.
LAP HR % (lap heart rate percentage): The average percentage of maximum heart rate for the current lap.
LAP PACE: The average pace for the current lap.
LAPS: The number of laps completed for the current activity.
LAP SPEED: The average speed for the current lap.
LAP TIME: The stopwatch time for the current lap.
LAP TOTAL: The stopwatch time for all the completed laps.
LAT/LON (latitude/longitude): The current position in latitude and longitude regardless of the selected position format setting.
LLAP ASCNT (last lap ascent): The vertical distance of ascent for the last completed lap.
LLAP CAD (last lap cadence): The average cadence for the last completed lap.
LLAP DECNT (last lap descent): The vertical distance of descent for the last completed lap.
LLAP DIST (last lap distance): The distance traveled for the last completed lap.
LLAP HR (last lap heart rate): The average heart rate for the last completed lap.
LLAP PACE (last lap pace): The average pace for the last completed lap.
LLAP SPD (last lap speed): The average speed for the last completed lap.
LLAP TIME (last lap time): The stopwatch time for the last completed lap.
LOCATION: The current position using the selected position format setting.
MAX ASCENT (maximum ascent): The maximum rate of ascent in feet per minute or meters per minute since the last reset.
MAX DESCNT (maximum descent): The maximum rate of descent in feet per minute or meters per minute since the last reset.
MAX ELEVTN (maximum elevation): The highest elevation reached since the last reset.
MAX SPEED (maximum speed): The highest speed reached since the last reset.
MAX TEMP (maximum temperature): The maximum temperature recorded in the last 24 hours.
MIN ELEVTN (minimum elevation): The lowest elevation reached since the last reset.
MIN TEMP (minimum temperature): The minimum temperature recorded in the last 24 hours.
MOV’N AVG (moving average): The average speed while moving since the last reset.
MOV’N TIME (moving time): A running tally of the time spent moving since the last reset.
NEXT DEST (next destination): The next point on the route. You must be navigating for this data to appear.
NEXT DIST (distance to next waypoint): The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
NEXT ETA (next estimated time of arrival): The estimated time of day 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.
NEXT ETE (next estimated time en route): The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.
NEXT VDIST (next vertical distance): The elevation distance between your current position and the next waypoint in the route. 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 are closing on a destination along a route. You must be navigating for this data to appear.
PACE: The current pace.
SPEED: The current rate of travel.
STEPS: The number of steps recorded by the foot pod.
STOPWATCH: 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.
TEMP (temperature): The temperature of the air. Your body temperature affects the temperature sensor.
TIME: A running tally of the total time spent moving and not moving since the last reset.
TIMER: The current time of the countdown timer.
TO COURSE: The direction in which you must move to get back on the route. You must be navigating for this data to appear.
TOD (time of day): The current time of day based on your current location and time settings (format, time zone, daylight saving time).
TRACK DIST (track distance): The distance traveled for the current track.
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.
VERT SPEED (vertical speed): The rate of ascent or descent over time.
VMG (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.

Registering Your Device
Help us better support you by completing our online registration today.
• Go to http://my.garmin.com.
• Keep the original sales receipt, or a photocopy, in a safe place.

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Altimeter and Barometric Readings
The altimeter and barometer function differently depending on the fixed or variable settings. For information about calibrating the barometric altimeter, see page 5. For information about tracking weather changes, see page 5.
You can adjust the altimeter and barometric settings by selecting Setup > Sensors > Altimeter > Baro. Plot.

<table>
<thead>
<tr>
<th>Sensor</th>
<th>Fixed</th>
<th>Variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altimeter with GPS On</td>
<td>Elevation is equal to GPS elevation.</td>
<td>Elevation reflects changes in ambient pressure and GPS position.</td>
</tr>
<tr>
<td>Barometer with GPS On</td>
<td>Barometric pressure reading reflects changes in ambient pressure and changes in GPS position. Using the barometer at a constant altitude results in accurate readings.</td>
<td>Barometric pressure reading reflects changes in ambient pressure and changes in GPS position.</td>
</tr>
<tr>
<td>Altimeter with GPS Off</td>
<td>Elevation remains constant.</td>
<td>Elevation reflects changes in ambient pressure.</td>
</tr>
<tr>
<td>Barometer with GPS Off</td>
<td>Barometric pressure reading reflects changes in ambient pressure. Using the barometer at a constant altitude results in accurate readings.</td>
<td>Barometric pressure reading is based on the calibrated altitude and changes in ambient pressure.</td>
</tr>
</tbody>
</table>
# Heart Rate Zone Calculations

<table>
<thead>
<tr>
<th>Zone</th>
<th>% of Maximum Heart Rate</th>
<th>Perceived Exertion</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50–60%</td>
<td>Relaxed, easy pace, rhythmic breathing</td>
<td>Beginning-level aerobic training, reduces stress</td>
</tr>
<tr>
<td>2</td>
<td>60–70%</td>
<td>Comfortable pace, slightly deeper breathing, conversation possible</td>
<td>Basic cardiovascular training, good recovery pace</td>
</tr>
<tr>
<td>3</td>
<td>70–80%</td>
<td>Moderate pace, more difficult to hold conversation</td>
<td>Improved aerobic capacity, optimal cardiovascular training</td>
</tr>
<tr>
<td>4</td>
<td>80–90%</td>
<td>Fast pace and a bit uncomfortable, breathing forceful</td>
<td>Improved anaerobic capacity and threshold, improved speed</td>
</tr>
<tr>
<td>5</td>
<td>90–100%</td>
<td>Sprinting pace, unsustainable for long period of time, labored breathing</td>
<td>Anaerobic and muscular endurance, increased power</td>
</tr>
</tbody>
</table>