Uploading a .gpx file to your Garmin device

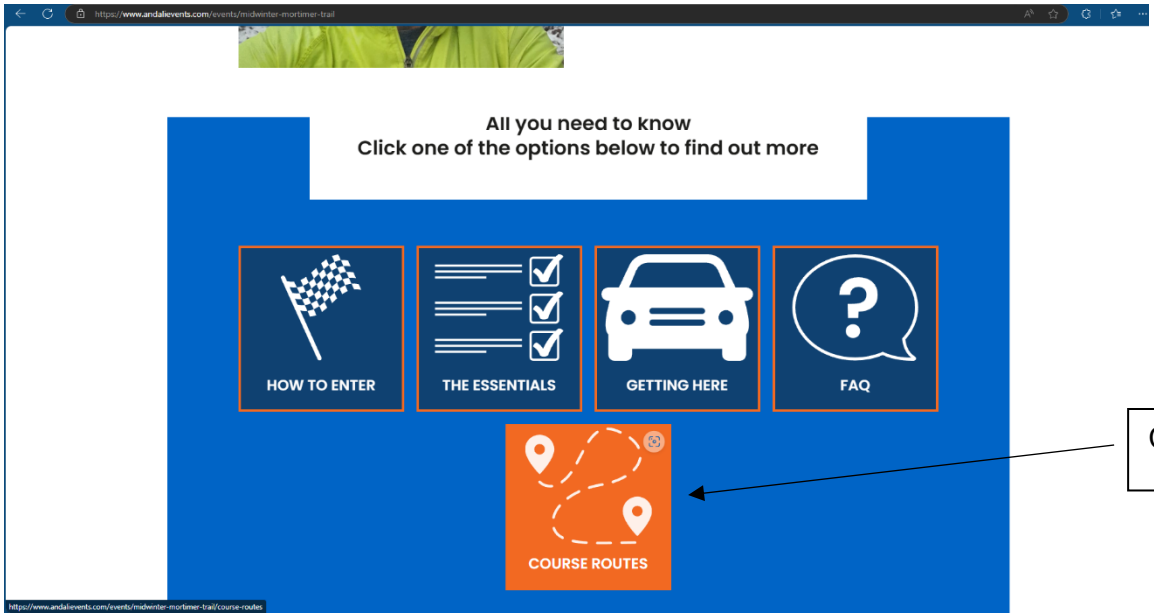
A step-by-step guide

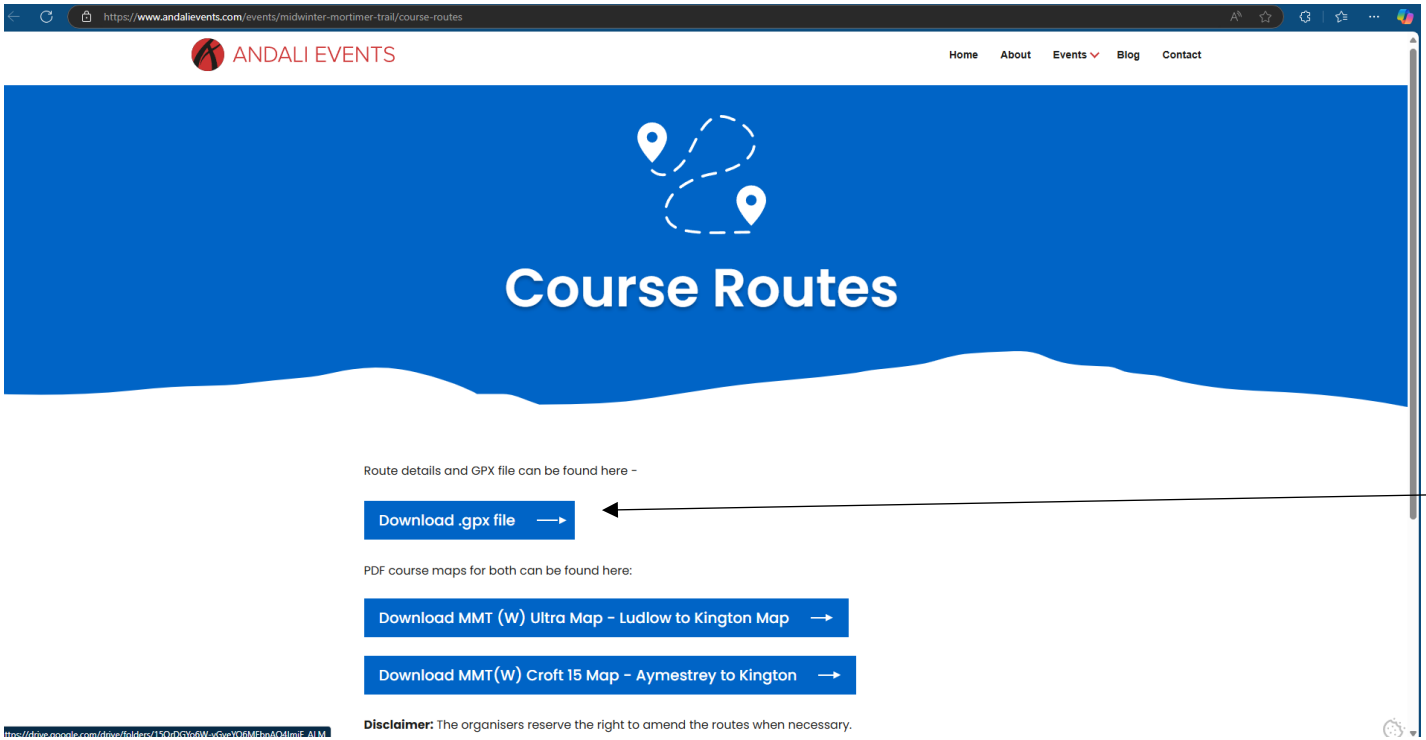
We get many questions about .gpx files so we have put together this guide to help you upload your route to your Garmin device.

You will need:

- Your Garmin device
- A computer
- Your login to Garmin Connect

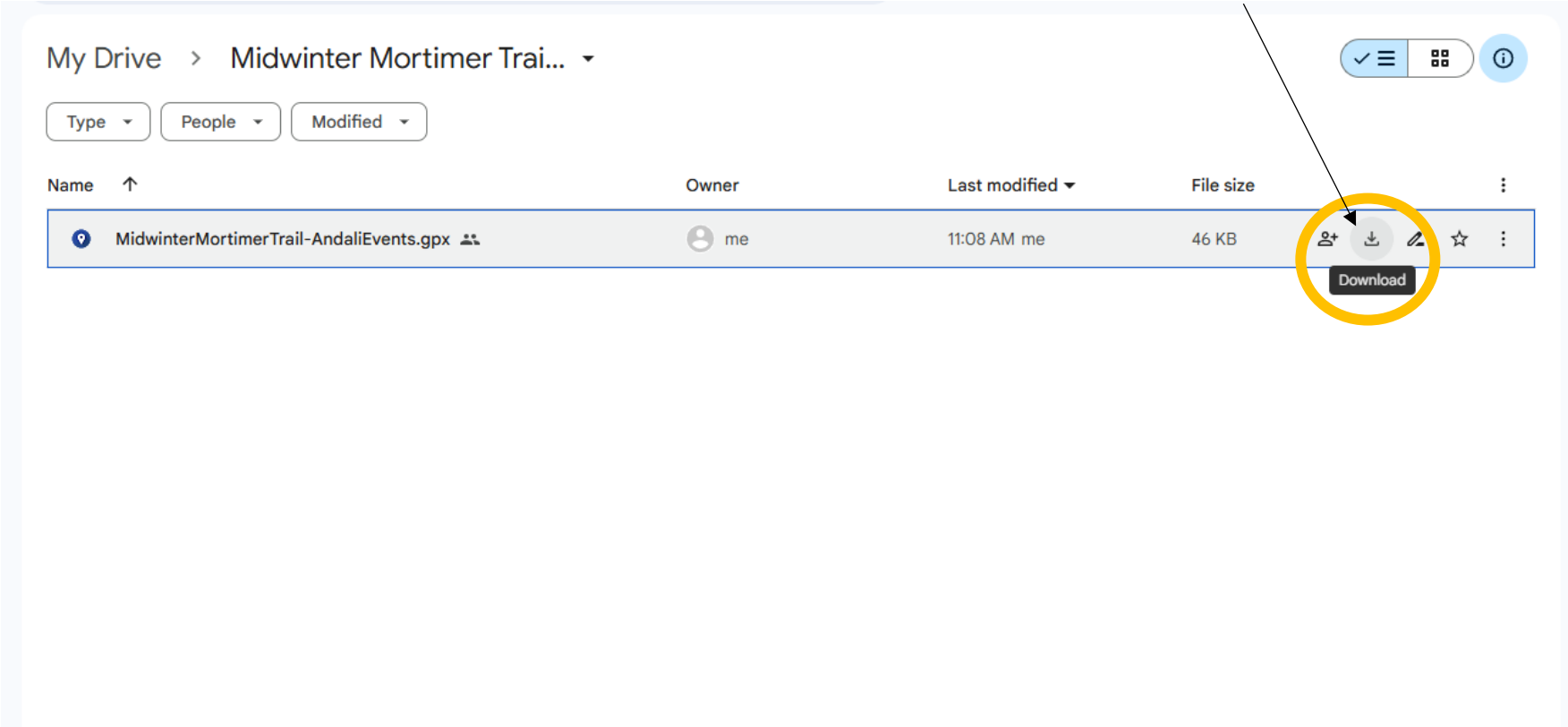
1. Download the .gpx file to your computer. All Andali Events races have the .gpx files saved in the Course Routes section of the Event page

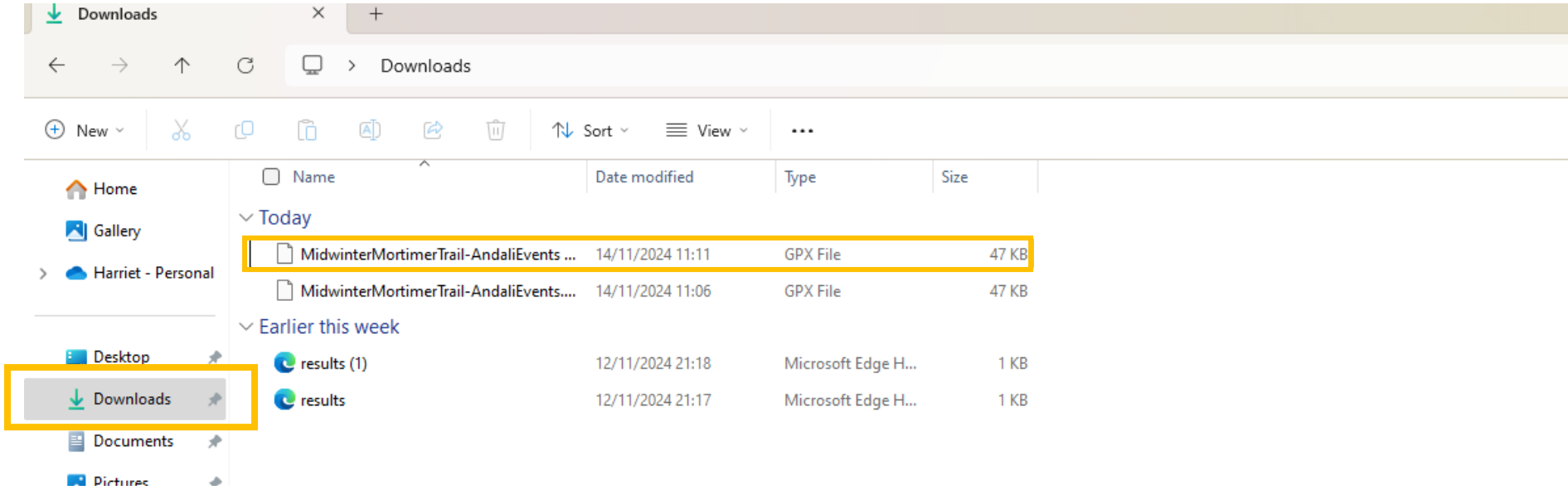




Click on **Download .gpx file**

Click **Download.** This will send the file to your Download folder on your computer.

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MidwinterMortimerTrail-AndaliEvents ...
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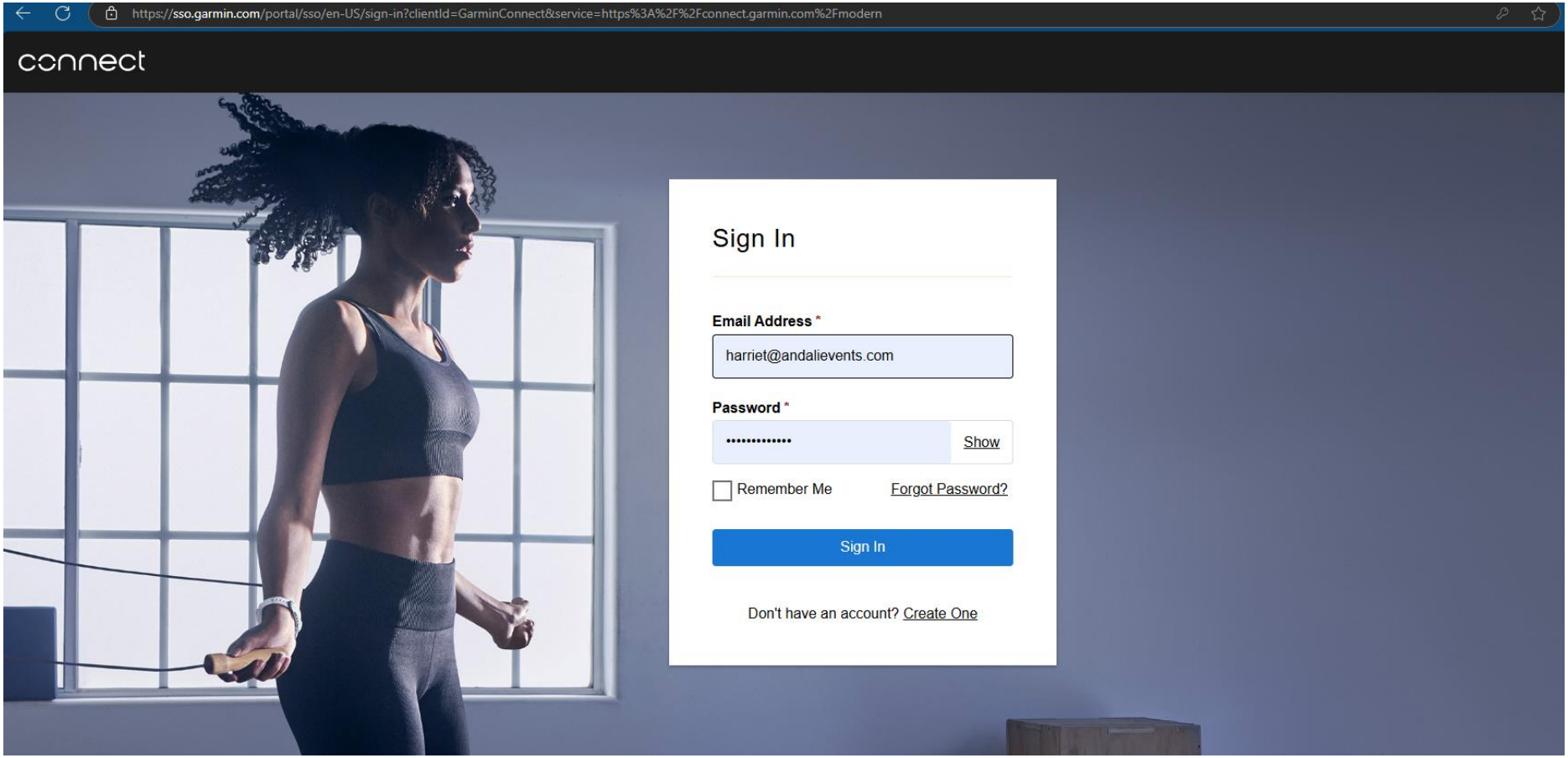
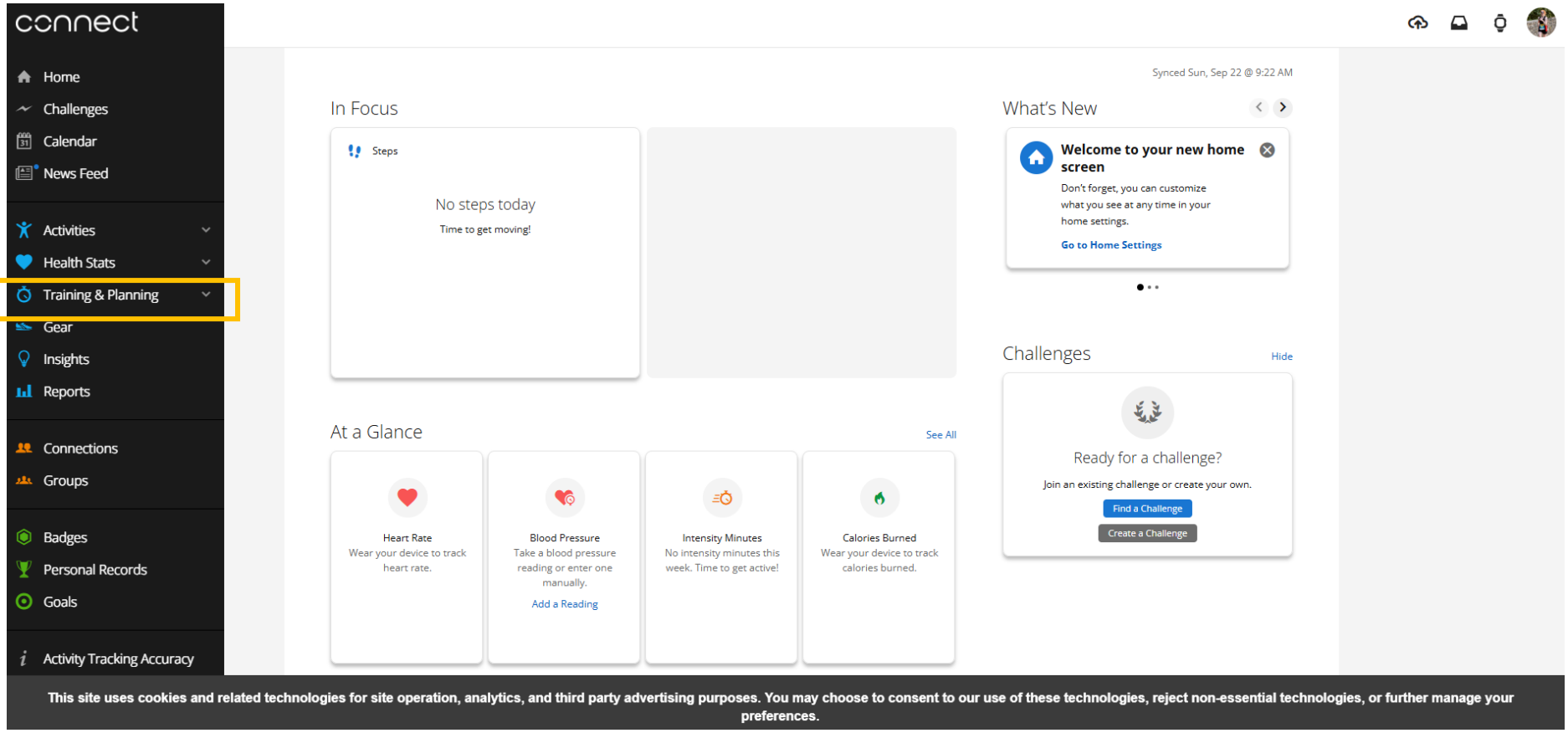
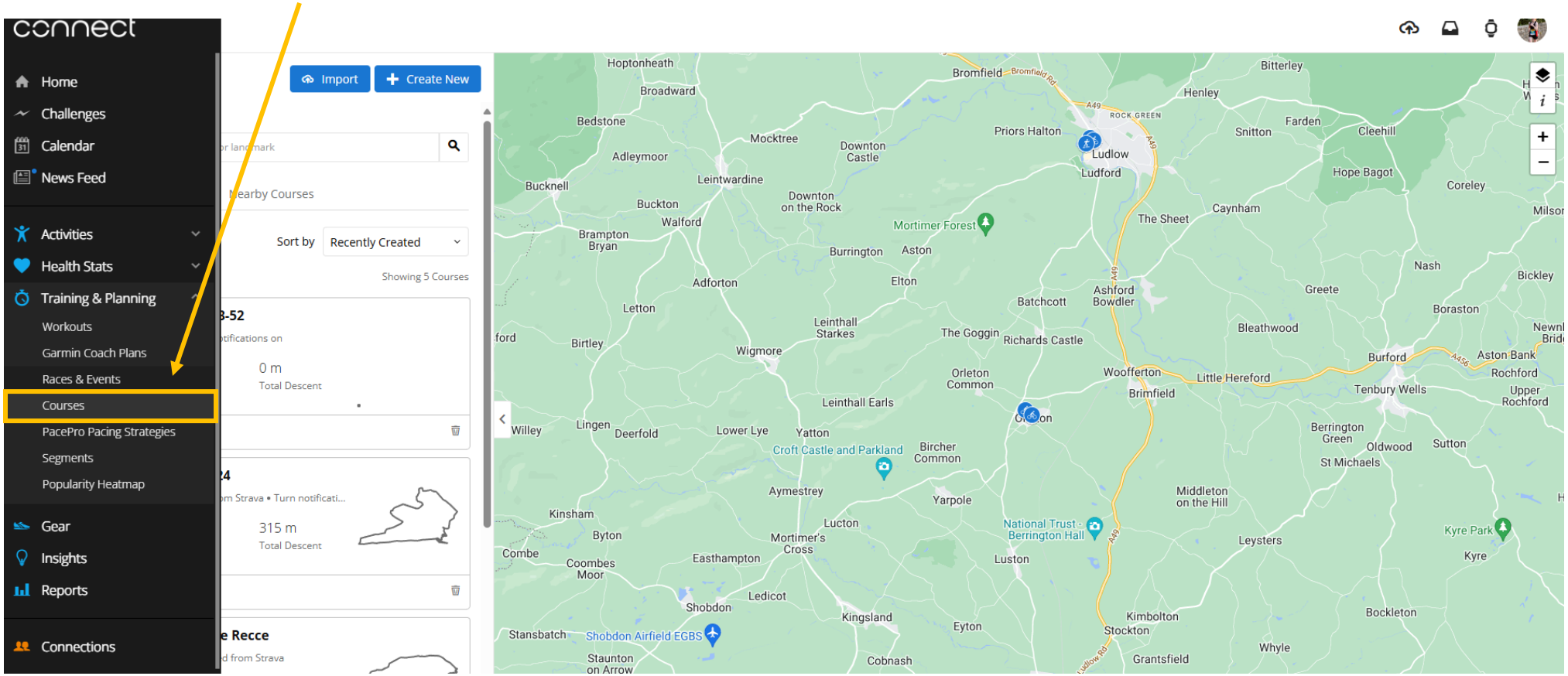
2. Sign In to Garmin Connect on your computer [Garmin SSO Portal]



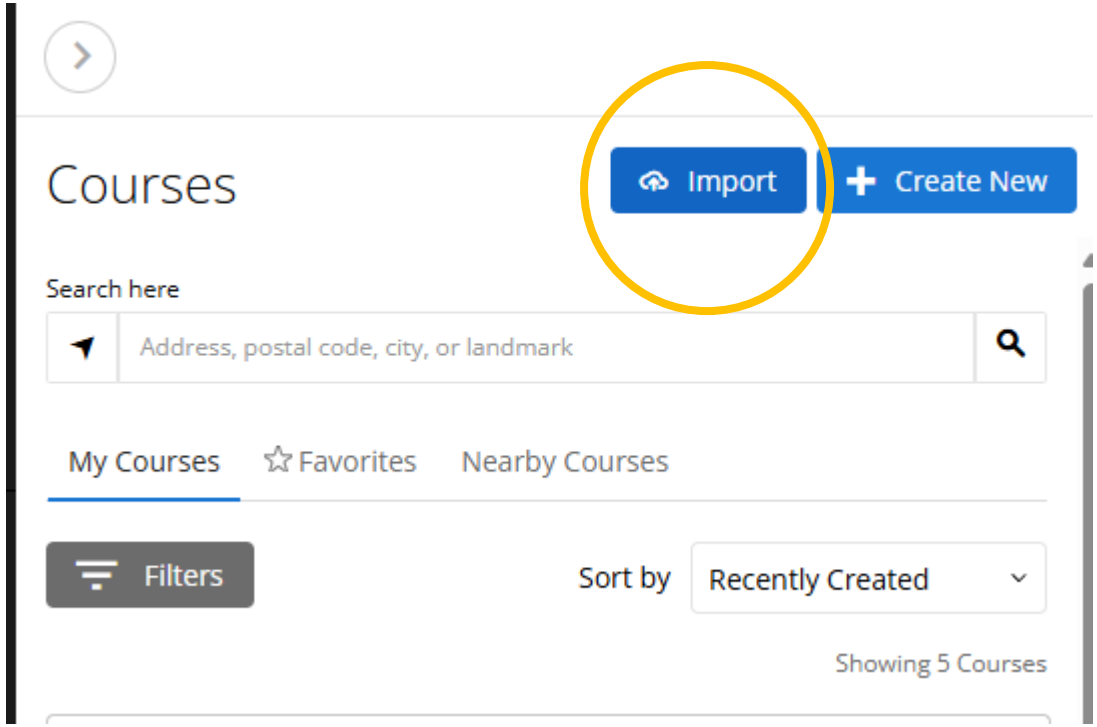
3. Using the main menu on the lefthand side, click on **Training & Planning**



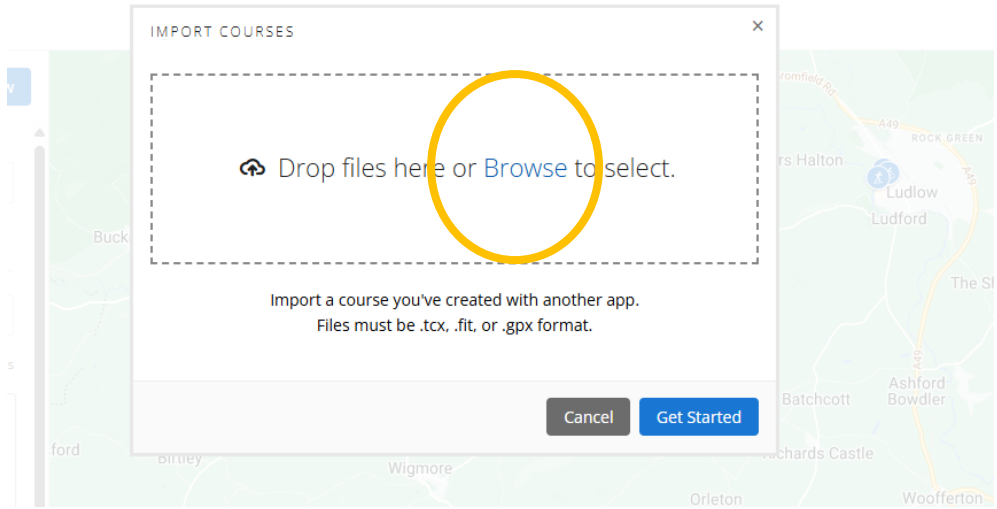
4. Then click on **Courses**



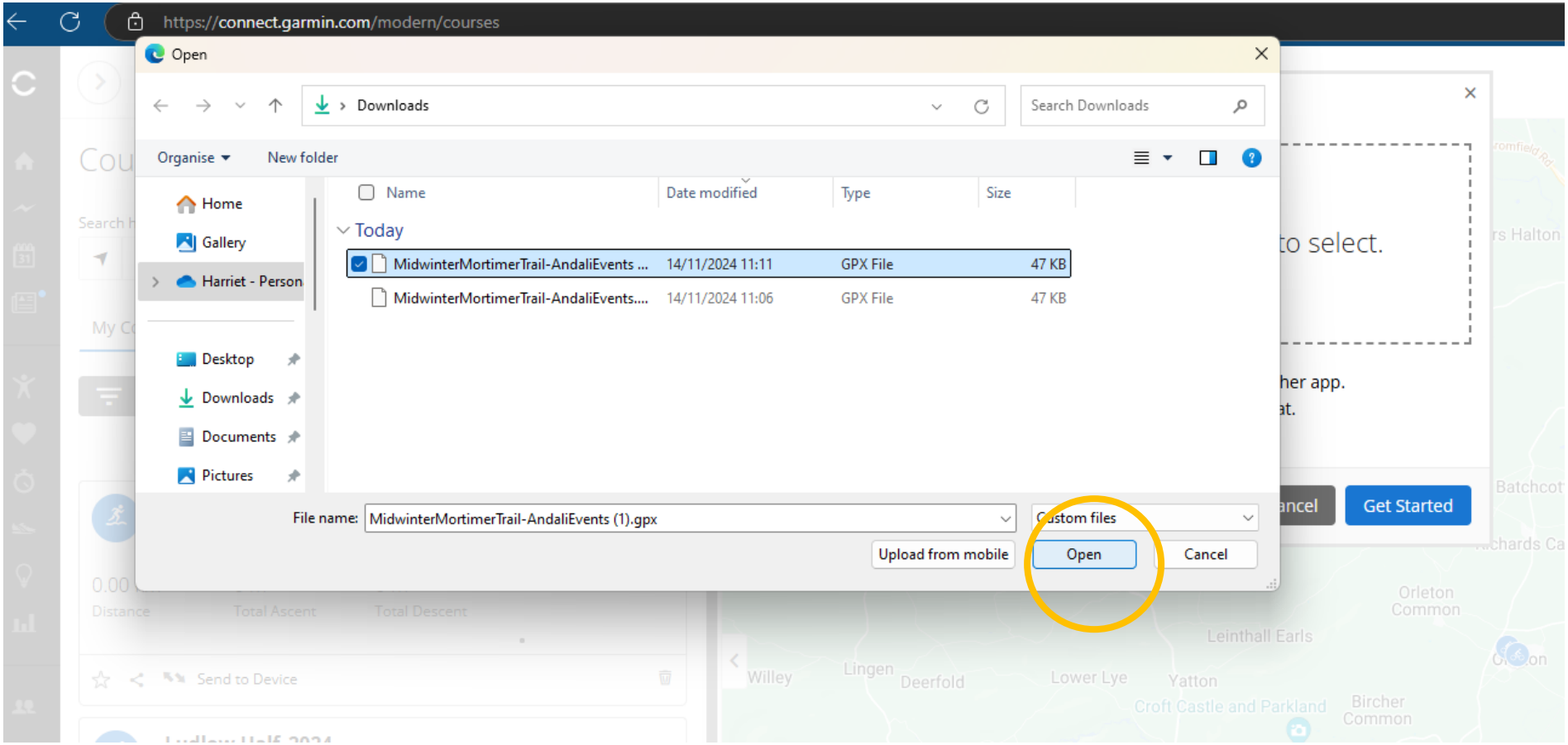
5. Click on **Import**



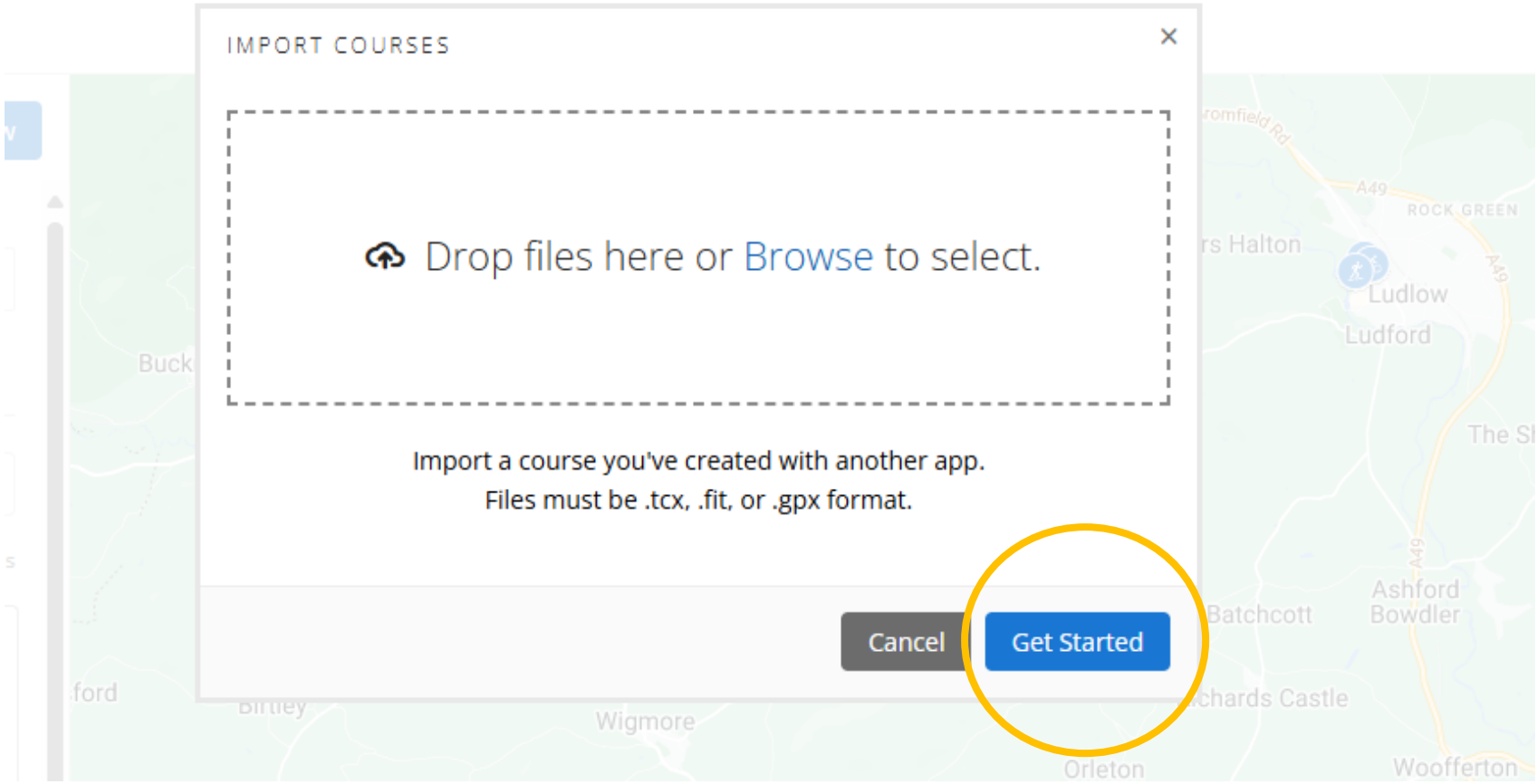
6. Click on **Browse**



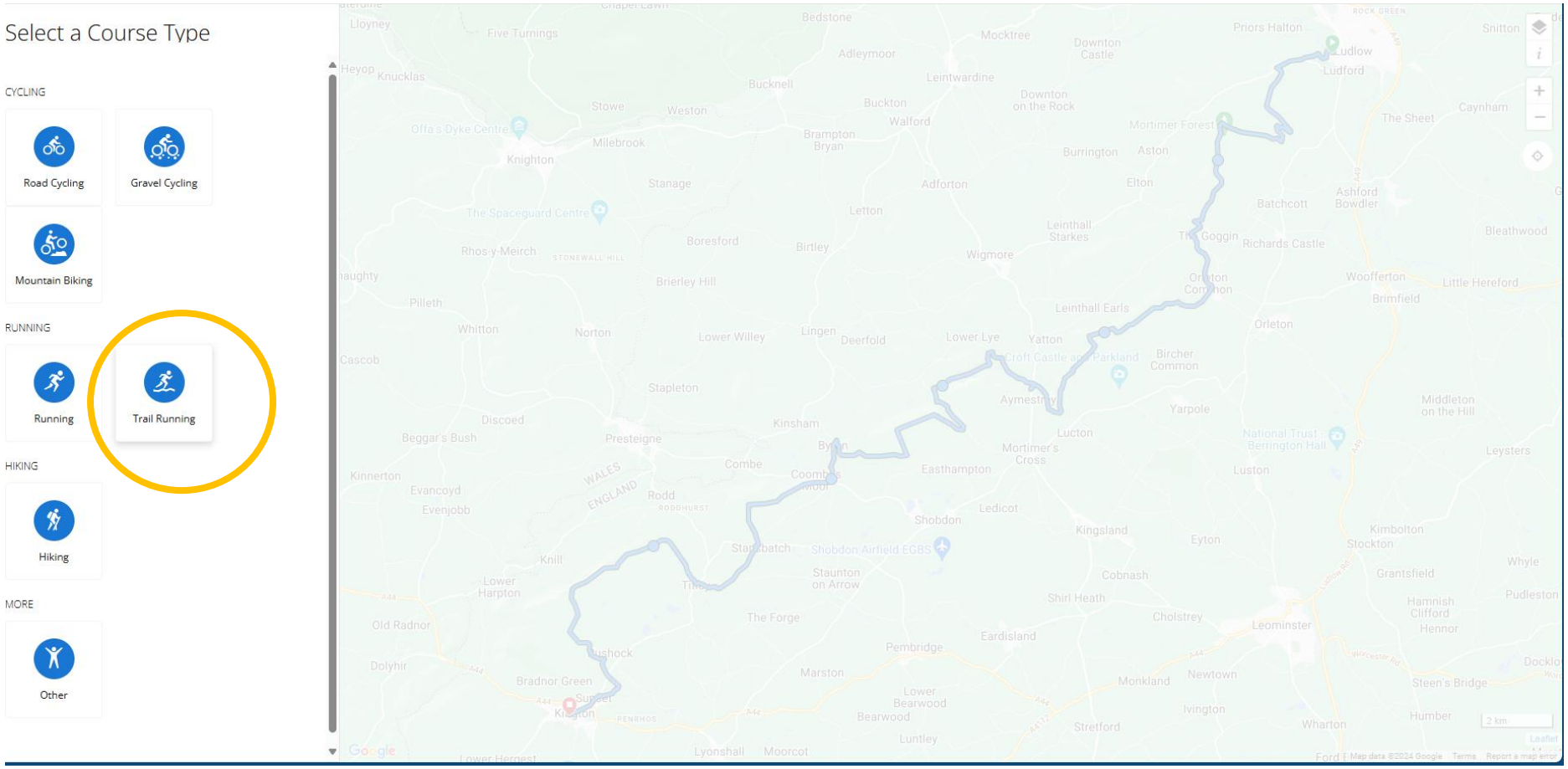
7. Select the .gpx file you've already downloaded, and click on Open



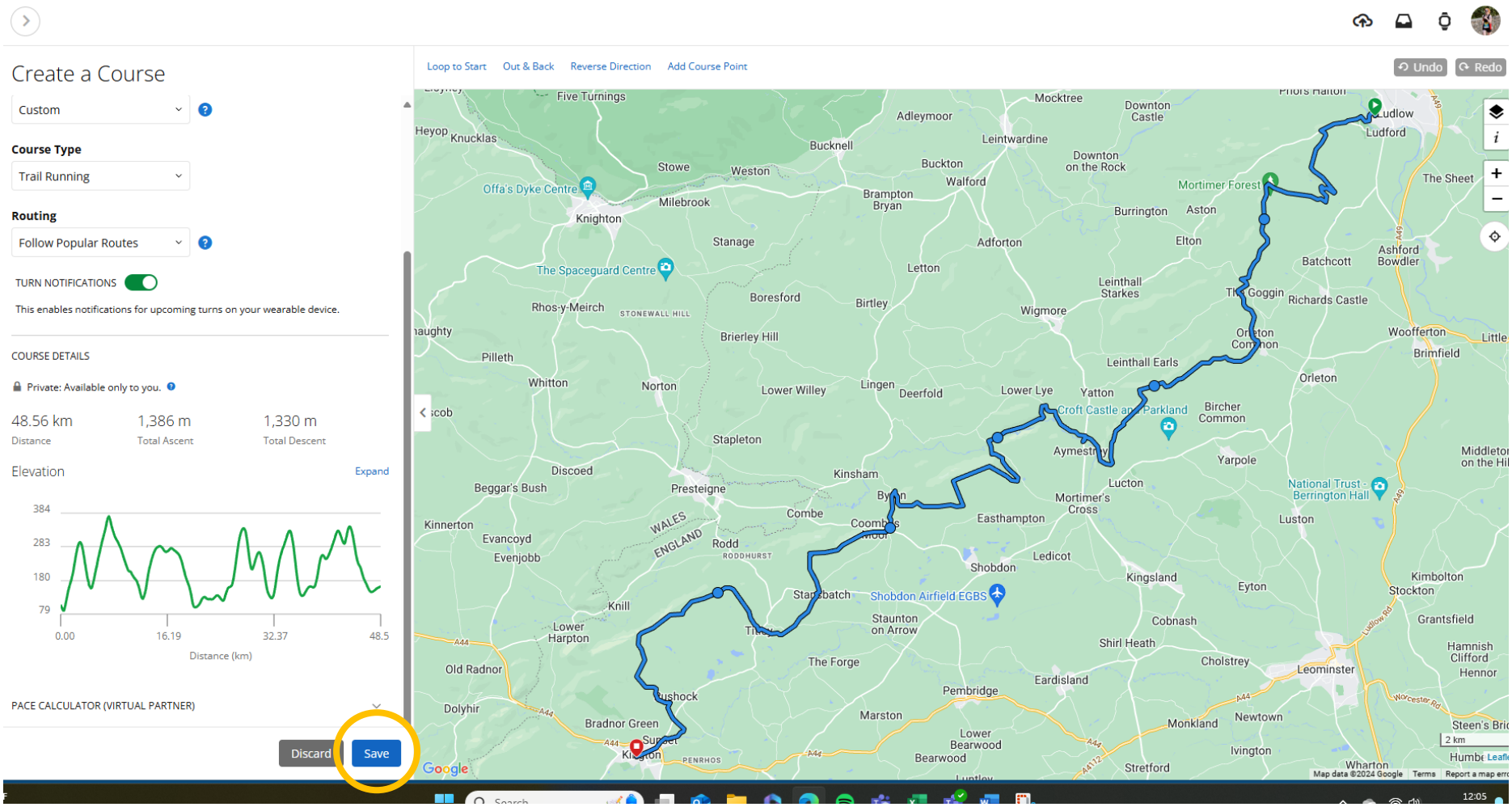
8. Click on **Get Started**



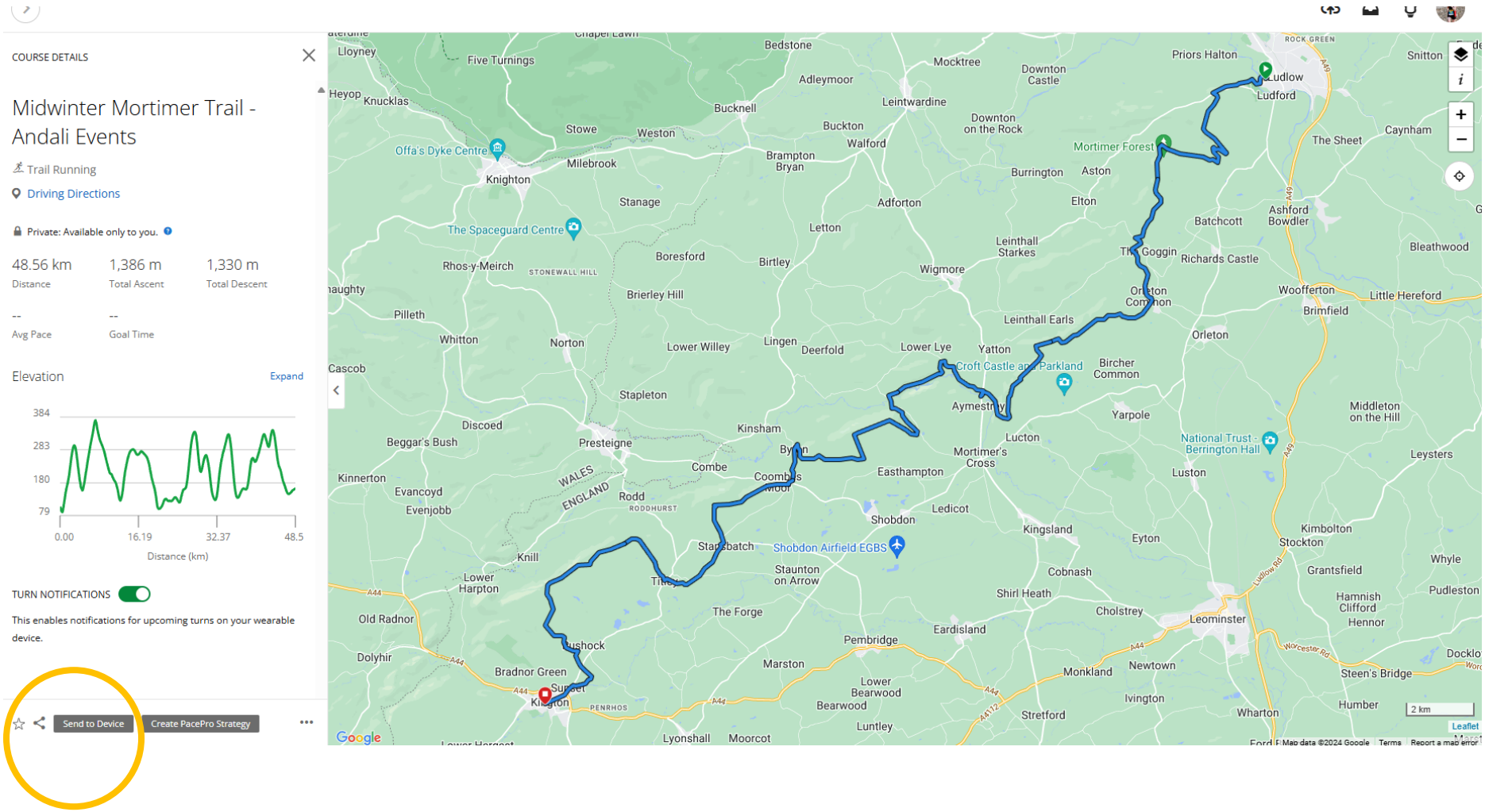
9. Select **Course Type** – in this case, Trail Running



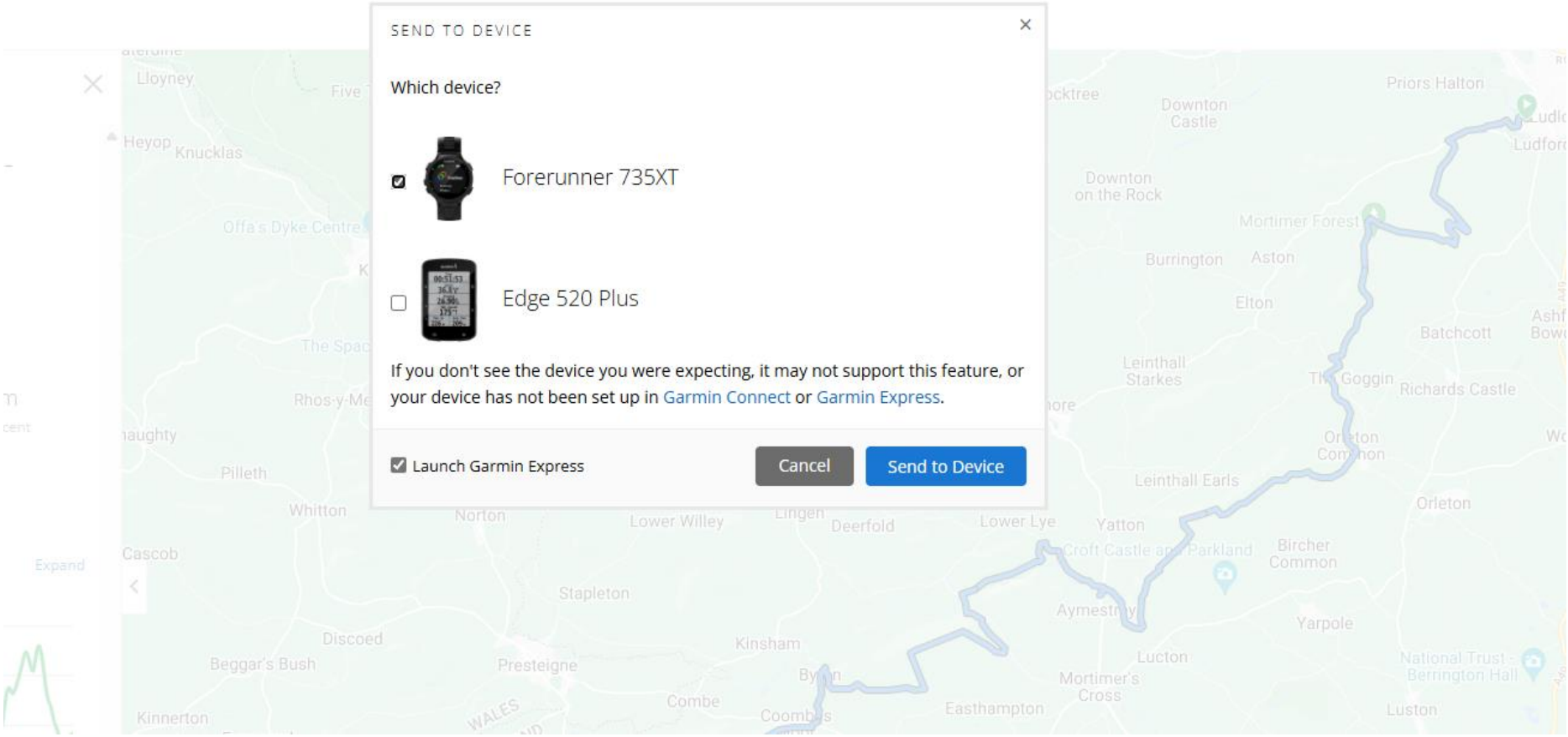
10. Click on **Save,** and then **Save** again, when prompted



11. Click on **Send to Device**



12. Select your device and then click on **Send to Device**



13. Next time you sync your device to your phone, it will appear under **Navigation -> Courses**