



At the top right of the map link screen click this link

A screenshot of a 'DOWNLOAD GPS FILE' form. The form has a dark header with the title. Below the header, there are several sections: 'ROUTE NAME' with a text input field; 'FORMAT' with a dropdown menu that is open, showing three options: 'GPS Exchange File (.GPX)', 'Garmin Course File (.CRS)', and 'Direct Transfer to Garmin GPS' (which is selected with a checkmark); 'VIRTUAL PARTNER PACE' with a text input field and a unit selector set to 'mins per mile'; and 'PROFILE PACE FOR HILLS' with a checked checkbox. An 'Enter' button is located at the bottom right of the form. A blue arrow points from the 'Direct Transfer to Garmin GPS' option in the dropdown menu towards the text below.

Now decide whether you would like to download the file to your computer or straight to your Garmin.

***If going to computer choose GPX option then upload this file to your GPS device.**

***If going direct to your Garmin then choose either CRS or direct to Garmin option.**