

How to copy a .gpx to your garmin

Instructions (for Garmin 200 for example):

- Copy the gpx file into a folder on your computer.
- Connect your garmin edge 200 to your computer.
- Open the garmin in windows explorer.
- Drag and drop the gpx file into the newfiles folder on the garmin.
- Unplug the garmin and switch on, the course should now be listed.
- During power up the garmin will convert the gpx file and move it into courses.

Also, if you open Google Earth and simply drag the file into the window it opens up the route.