

Uploading a .gpx file to your Garmin device

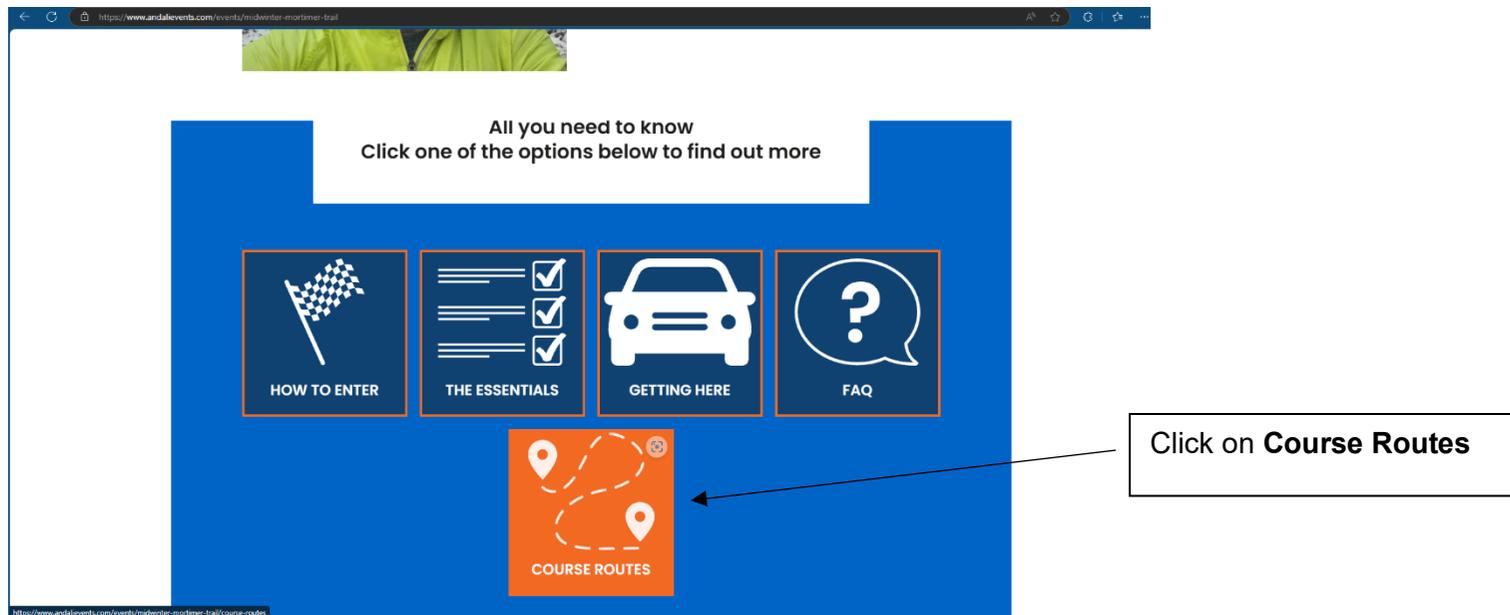
A step-by-step guide

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



Browser address bar: <https://www.andalievts.com/events/midwinter-mortimer-trail/course-routes>

ANDALI EVENTS

Home About Events Blog Contact

Course Routes

Route details and GPX file can be found here -

[Download .gpx file](#) →

PDF course maps for both can be found here:

[Download MMT \(W\) Ultra Map - Ludlow to Kington Map](#) →

[Download MMT \(W\) Croft 15 Map - Aymestrey to Kington](#) →

[https://www.andalievts.com/events/midwinter-mortimer-trail/course-routes](#)

Disclaimer: The organisers reserve the right to amend the routes when necessary.

Click on **Download .gpx file**

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

My Drive > Midwinter Mortimer Trai... ▾

Type ▾ People ▾ Modified ▾

Name ↑	Owner	Last modified ▾	File size	
 MidwinterMortimerTrail-AndaliEvents.gpx 	 me	11:08 AM me	46 KB	    

Download

Downloads

Downloads

New

Home

Gallery

Harriet - Personal

Desktop

Downloads

Documents

Pictures

Name	Date modified	Type	Size
Today			
MidwinterMortimerTrail-AndaliEvents ...	14/11/2024 11:11	GPX File	47 KB
MidwinterMortimerTrail-AndaliEvents...	14/11/2024 11:06	GPX File	47 KB
Earlier this week			
results (1)	12/11/2024 21:18	Microsoft Edge H...	1 KB
results	12/11/2024 21:17	Microsoft Edge H...	1 KB

2. Sign In to Garmin Connect on your computer [Garmin SSO Portal](#)

connect

https://sso.garmin.com/portal/sso/en-US/sign-in?clientId=GarminConnect&service=https%3A%2F%2Fconnect.garmin.com%2Fmodern

Sign In

Email Address *
harriet@andalievents.com

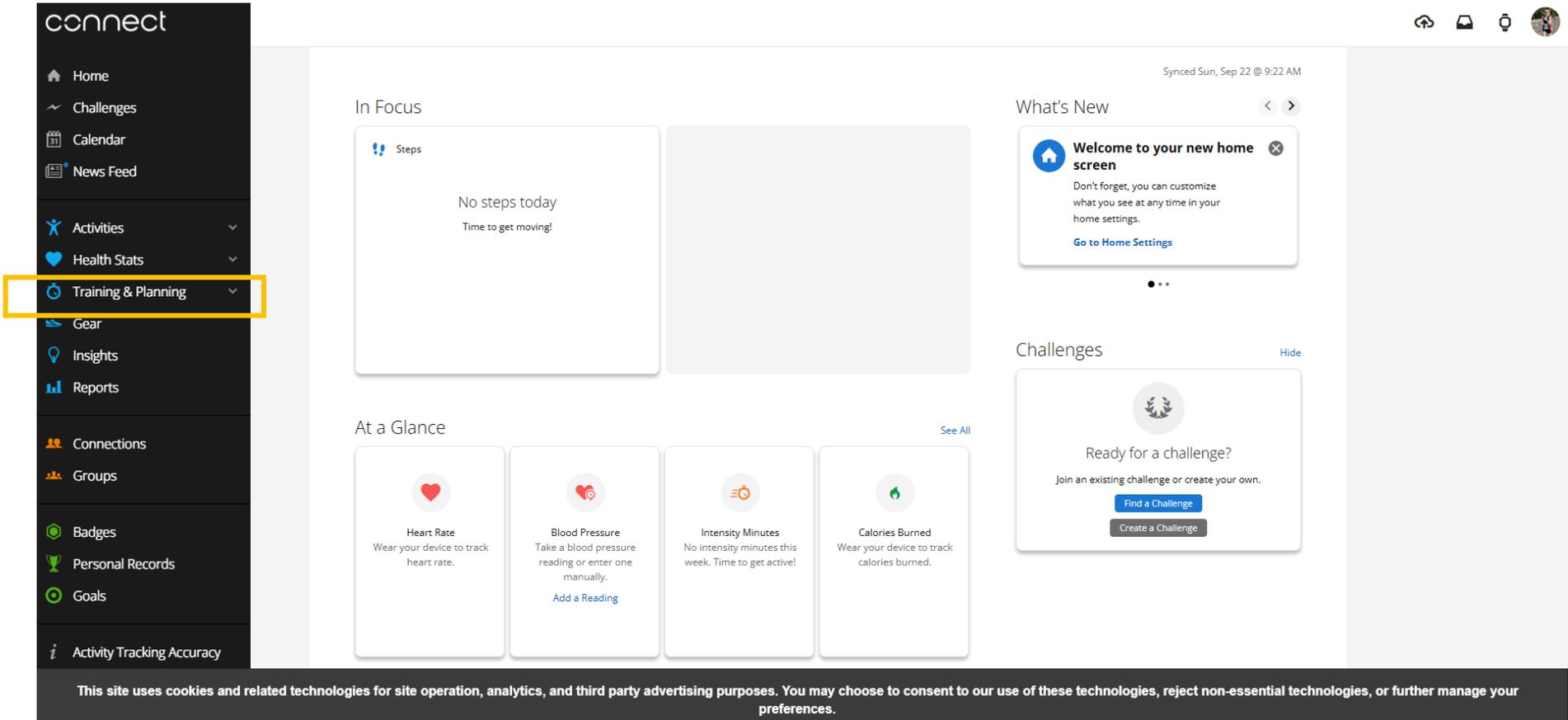
Password *
..... [Show](#)

Remember Me [Forgot Password?](#)

[Sign In](#)

Don't have an account? [Create One](#)

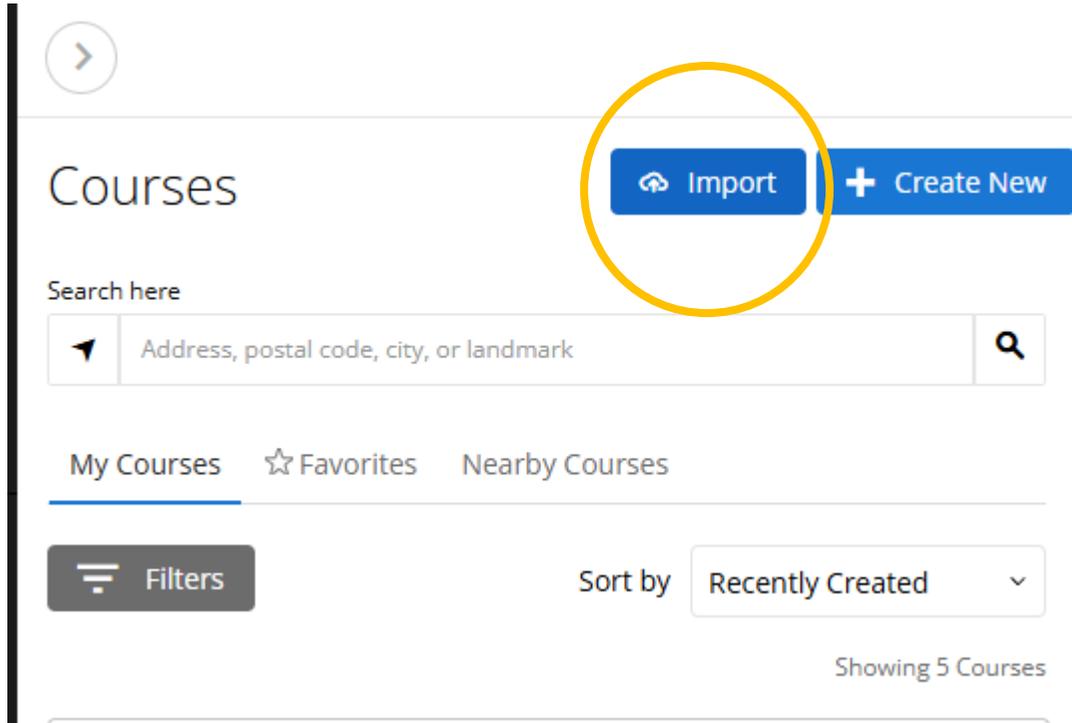
3. Using the main menu on the lefthand side, click on **Training & Planning**



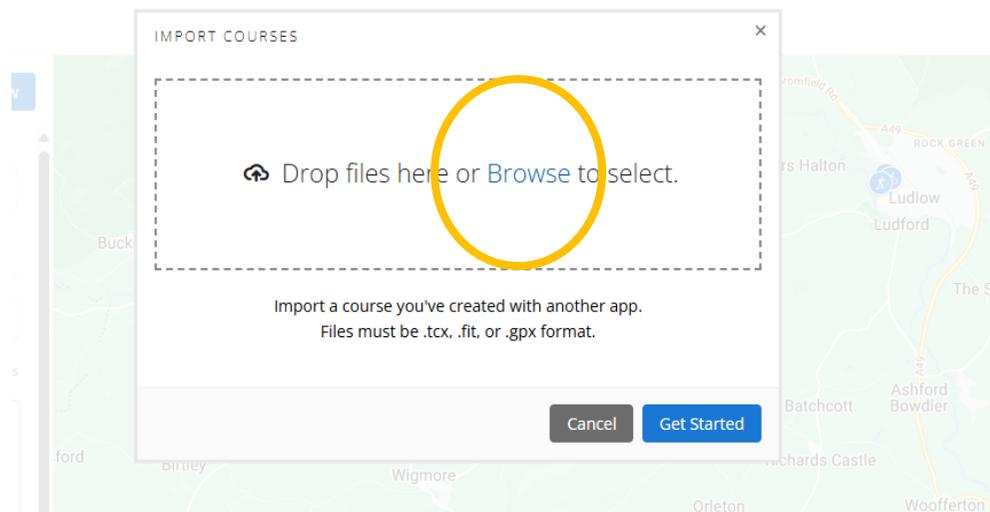
4. Then click on **Courses**

The screenshot displays the 'connect' application interface. On the left is a dark sidebar menu with the following items: Home, Challenges, Calendar, News Feed, Activities, Health Stats, Training & Planning (with sub-items: Workouts, Garmin Coach Plans, Races & Events, **Courses**, PacePro Pacing Strategies, Segments, Popularity Heatmap), Gear, Insights, Reports, and Connections. A yellow arrow points from the 'Courses' menu item to the main content area. The main content area features a search bar, 'Import' and 'Create New' buttons, a 'Sort by Recently Created' dropdown, and a list of nearby courses. Below the list are three course preview cards, each showing a map thumbnail and 'Total Descent' information (e.g., 0 m, 315 m). The right side of the interface is a map of a rural region with various towns and landmarks labeled, including Ludlow, Ludford, and Shobdon. A yellow route is overlaid on the map. The top right corner contains navigation icons for home, search, and user profile.

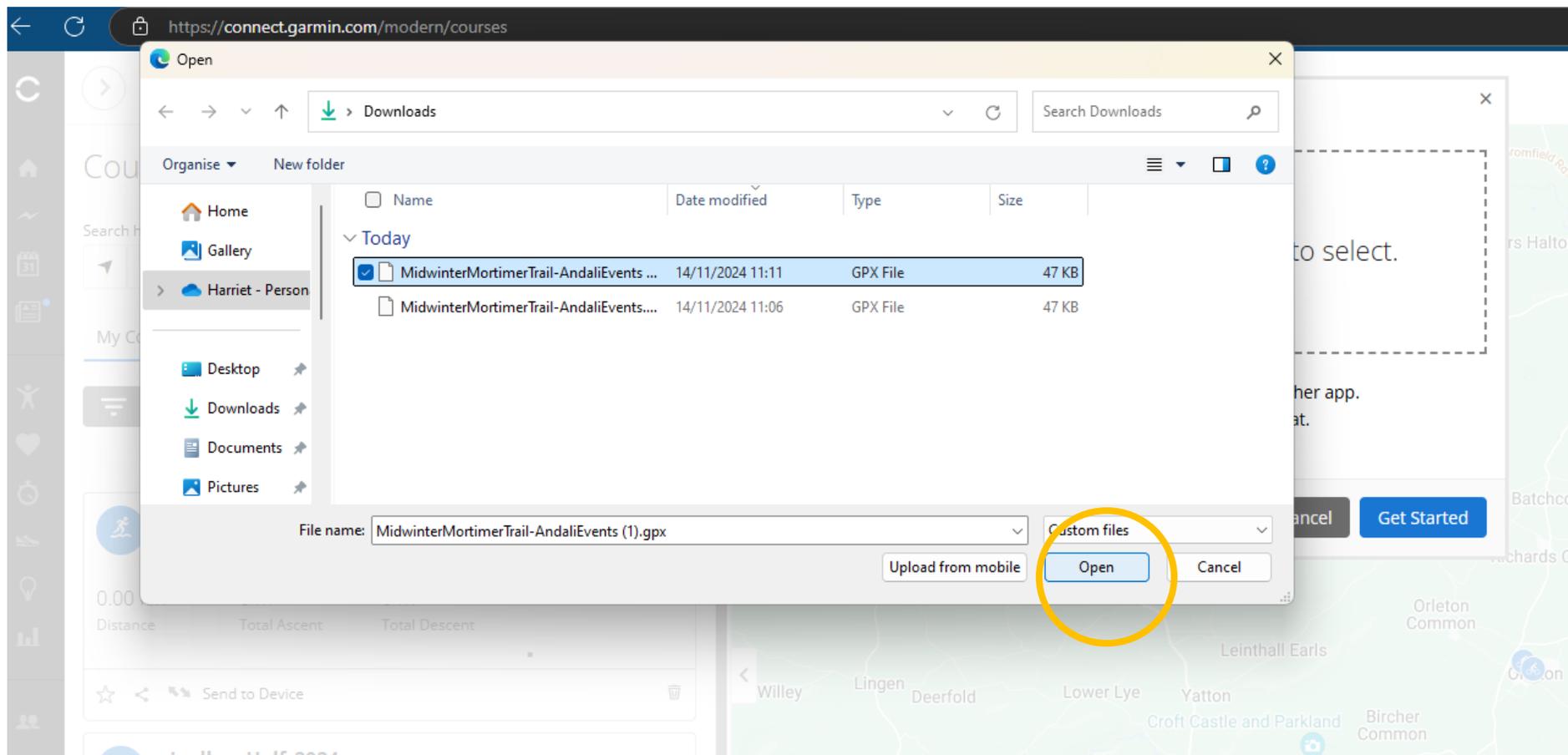
5. Click on **Import**



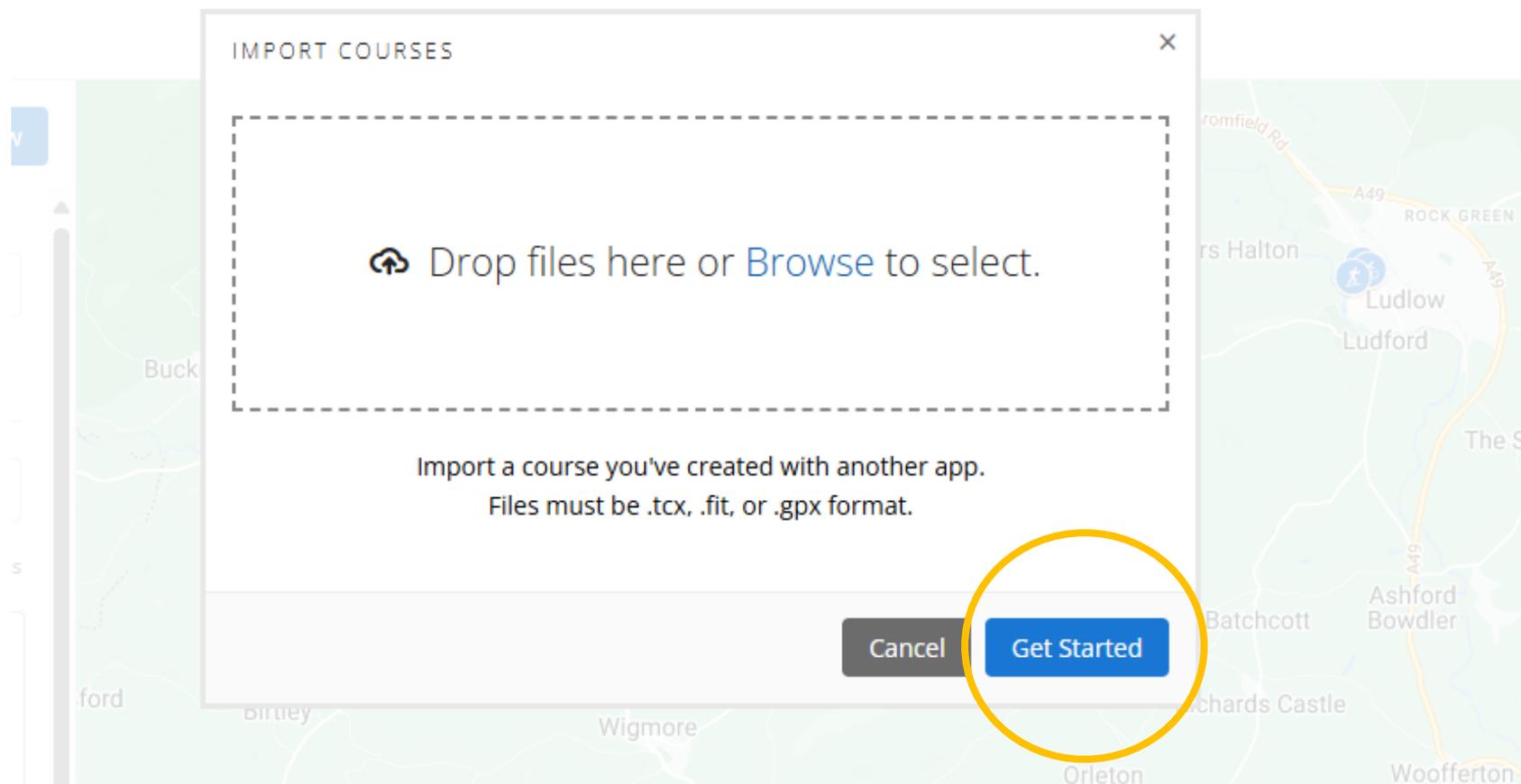
6. Click on **Browse**



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

Select a Course Type

CYCLING

- Road Cycling
- Gravel Cycling
- Mountain Biking

RUNNING

- Running
- Trail Running**

HIKING

- Hiking

MORE

- Other

The image shows a digital map interface for selecting a course type. On the left, a sidebar titled 'Select a Course Type' lists various activities under four categories: CYCLING, RUNNING, HIKING, and MORE. Under CYCLING, there are three options: Road Cycling, Gravel Cycling, and Mountain Biking. Under RUNNING, there are two options: Running and Trail Running. The Trail Running option is highlighted with a yellow circle. Under HIKING, there is one option: Hiking. Under MORE, there is one option: Other. The main map area shows a blue trail route starting near Ludlow and ending near Leominster, passing through various villages and forests. The map includes a scale bar (2 km) and a Google logo at the bottom left.

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

The screenshot displays a route planning application interface. On the left, a sidebar titled "Create a Course" contains several settings: a "Custom" dropdown, "Course Type" set to "Trail Running", "Routing" set to "Follow Popular Routes", and a "TURN NOTIFICATIONS" toggle switch that is turned on. Below these settings, "COURSE DETAILS" are shown: "Private: Available only to you.", "Distance: 48.56 km", "Total Ascent: 1,386 m", and "Total Descent: 1,330 m". An "Elevation" graph shows the route's profile with a y-axis ranging from 79 to 384 and an x-axis for "Distance (km)" from 0.00 to 48.5. At the bottom of the sidebar, a "PACE CALCULATOR (VIRTUAL PARTNER)" section is visible, with a "Save" button highlighted by a yellow circle. The main map area shows a blue route on a topographic map of a region in Wales and England, with various towns and landmarks labeled. The map includes navigation controls like zoom in (+), zoom out (-), and a compass. At the bottom of the screen, a Windows taskbar is visible with the time 12:05.

11. Click on Send to Device

COURSE DETAILS

Midwinter Mortimer Trail - Andali Events

Trail Running
Driving Directions

Private: Available only to you.

48.56 km	1,386 m	1,330 m
Distance	Total Ascent	Total Descent
--	--	--
Avg Pace	Goal Time	

Elevation Expand

TURN NOTIFICATIONS

This enables notifications for upcoming turns on your wearable device.

Send to Device **Create PacePro Strategy**

