

## How to use common GPS Cycle Route Software

### Firstly some Pros & Cons

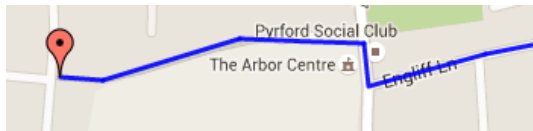
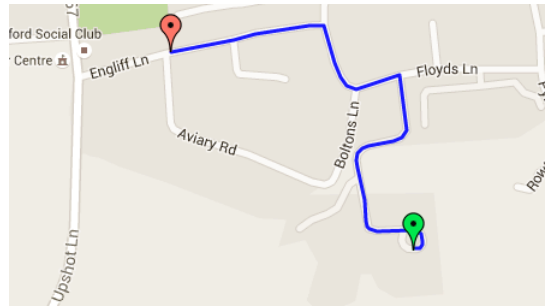
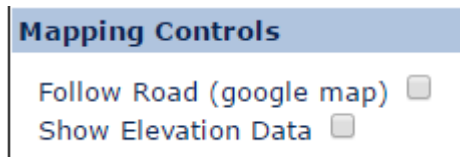
Software	Advantages	Disadvantages
<b>BikeHike</b>	Is very popular in the club. No account required, and the simplest to use.  Ordnance Survey map on a separate screen is a real winner – very useful for checking off road routes or closed farm roads	But, in a dispute with Google, main map cluttered with other ride routes = poor visibility; poor editing tools.
<b>Ride with GPS</b>	Displays elevation / grade as you plot the route, help videos	Need to create an account but no charge
<b>Map my Ride</b>	An excellent alternative to BikeHike, very easy to use and clear map, fault free route creation including return to start. But only generates GPX.	Contains advertisements – don't click on these – they may be malware; appears to only export GPX format.
<b>Plot a Route</b>	Excellent software and a favourite with many in the club. Route can be saved and then accessed via a web URL. TCX and FIT formats available.	Need to create an account but no need for the premium version.
<b>Garmin Connect</b>	If you have a Garmin Edge device and have downloaded the Garmin Connect mobile app then the one big advantage is seamless transfer to a new course to your phone and then automatically to the GPS.	You would expect it to be the best and it's actually the worst. Not at all intuitive and maps cluttered with other rides.

**See below some reasonably detailed notes on how to use each of the software describe above.**

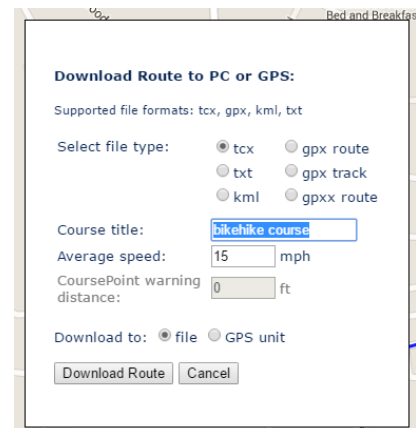
# Bike Hike

[www.bikehike.co.uk](http://www.bikehike.co.uk)

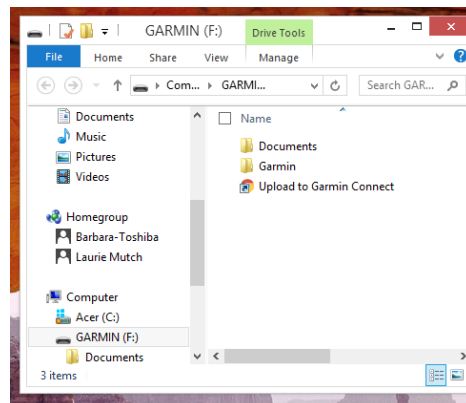
1. Enter desired start location in
2. Drag the map with your mouse to the desired start point, using the scroll feature on your mouse to zoom in or out
3. Using the left hand map, place cursor on desired start point and left click
4. Click on the road you wish to follow
5. If you need to go off road (e.g. footpath, bicycle path) remove the "tick" from "Follow Road"



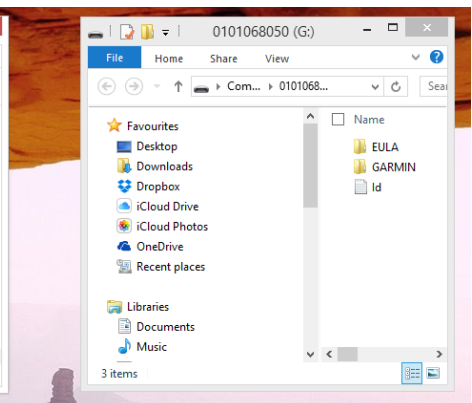
6. Note you will need to click several times along an "off road" route to avoid long, straight lines.
7. Revert to "Follow Road as soon as possible because this saves time
8. When route completed click on "Save Route" and the following window will open...
9. Select preferred file type – preferably tcx for modern devices, and give the course a name that you will recognise. Click on Download – this will place the .tcx file in your Downloads folder (Windows)
10. You may wish to use File Explorer to move the downloaded file to a new location (e.g. GPS Routes).



11. Connect your Garmin to your PC via the normal charging cable. It will switch on automatically. After a short delay you should see two new screens

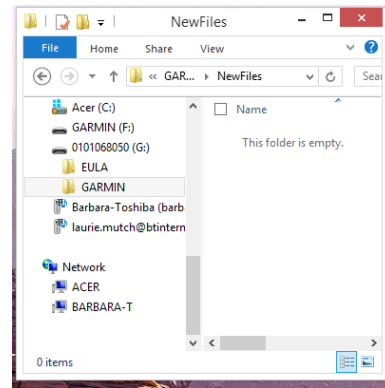


12. In the example above there are two storage locations on the GPS unit. "F" is the internal memory and "G" is the plug-in memory. Note the



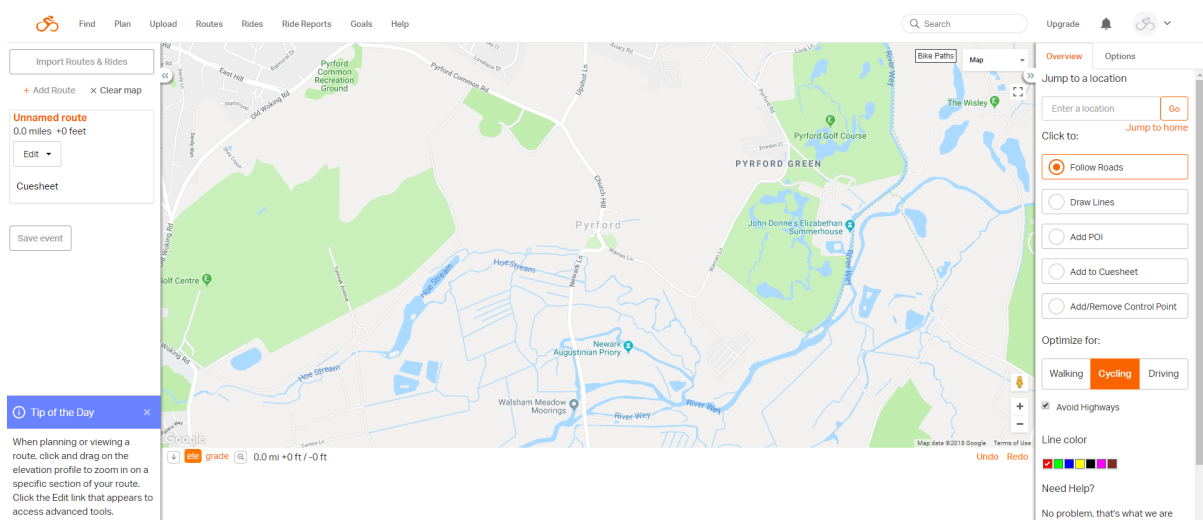
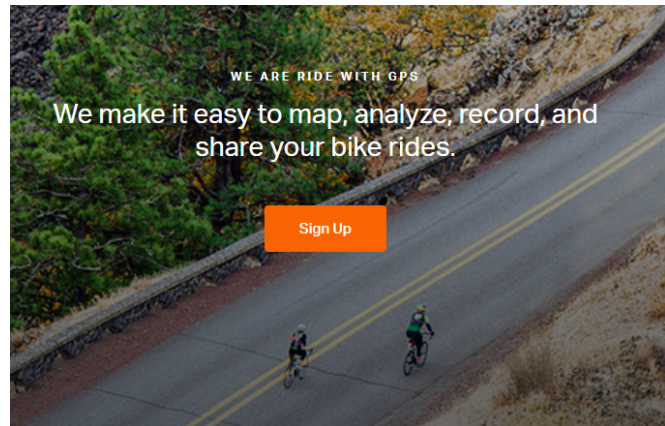
F and G designations will be different on your PC. You can store your route on either of F or G. Click on Garmin on either, then on New Files.

13. Using File Explorer, copy your saved route .tcx file across to the NewFiles location on the GPS
14. Health Check: It's a good idea to disconnect the GPS properly from the PC. To do this click on "show hidden icons" (usually bottom right of your Windows screen). Find the "safely remove hardware" button and "eject" the two memory locations – just like a memory stick.
15. Switch on the Garmin, click on Menu and then on Courses and you will find the course your created – Whoopee.

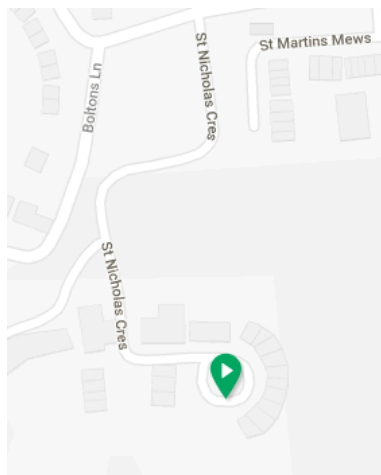
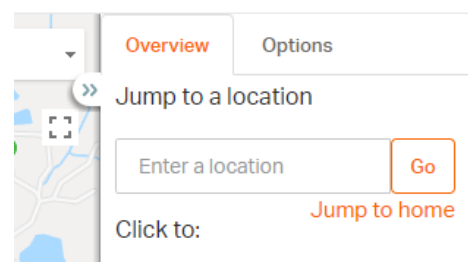


## Ride with GPS

1. Go to <https://ridewithgps.com>
2. You will need to sign up and create an account with your email address and a password – no charge for this. Don't forget to remember your selected password!
3. Click on Plan (to plot a route)



4. Type in the approximate location of your start point and click on Go
5. Click on your exact starting point



6. Then simply click on the roads you wish to follow all the

way around your route. In this example we are going to go up Staples Lane to the top of Coombe bottom and then home via Ripley, about 18 miles and 840 feet of climbing. Use your mouse to move the map and the Scroll wheel on the mouse to zoom in or out.

7. We now need to save the route, click Save

Fill in the details on the form and click Save as new

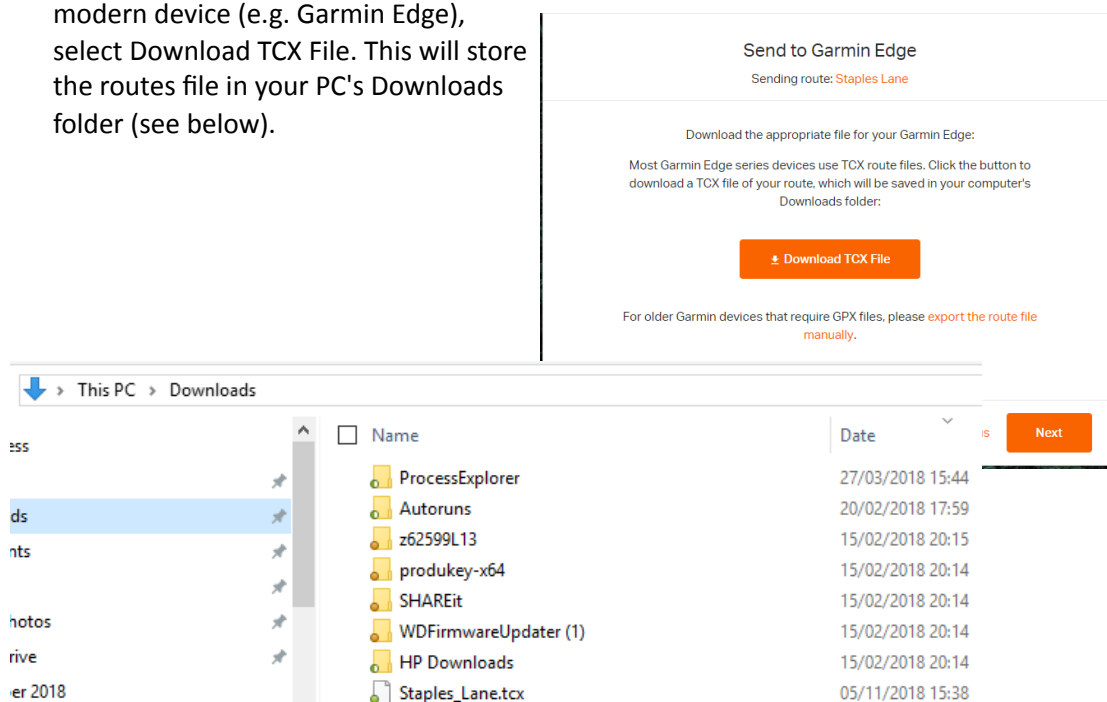


8. Click on View your route here, then Send to Device

9. Select your device e.g. Garmin Edge, then Next

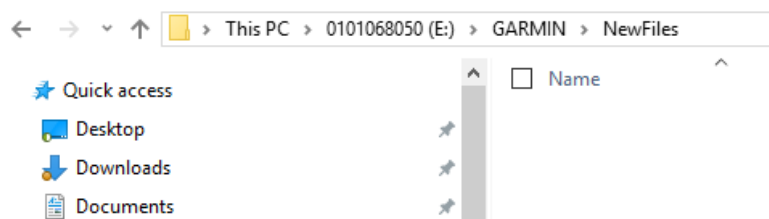
10. Ride with GPS now has a number of screens to assist putting the route onto your GPS. If you have a

modern device (e.g. Garmin Edge), select Download TCX File. This will store the routes file in your PC's Downloads folder (see below).



11. Connect up your GPS to your PC via a USB cable. After a moment or two your GPS should appear on your screen rather like a USB storage stick. The

GPS memory will be designated a "drive" letter – in the example shown this is (E). Click on Garmin and then on NewFiles. Copy the file "Staples Lane.tcx" from Downloads to NewFiles.



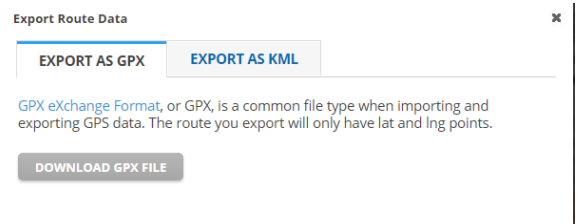
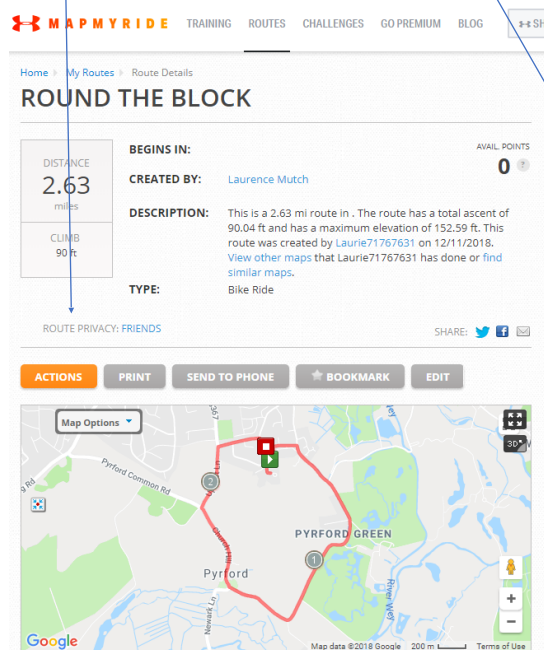
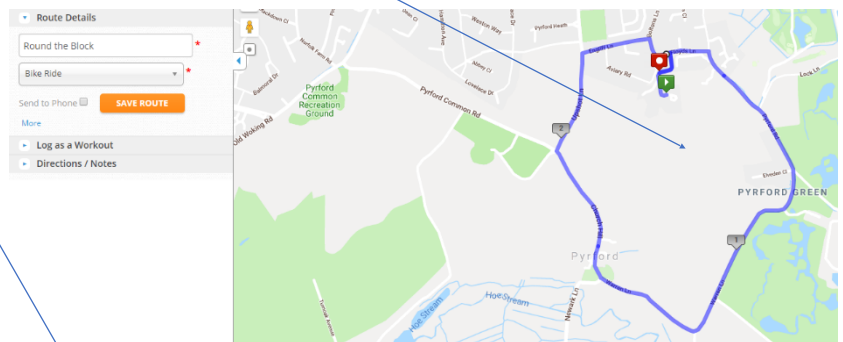
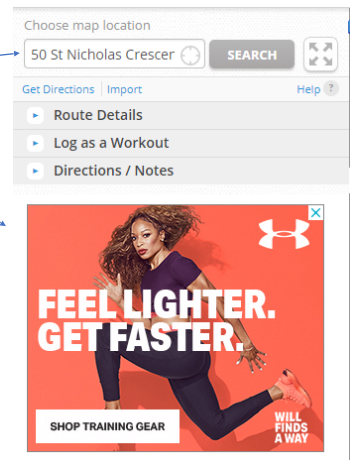
12. Disconnect your GPS safely from your PC by Ejecting the E drive in the same way as a memory stick.

13. The route is now available on your GPS generally within the Menu item called "Courses". Normally, you will want to change some of the options for this route e.g. by switching on "Turn Guidance" and switching off "Virtual Partner. You will want to keep "Off Course Warnings" switched off.

# Map my Ride

[www.mapmyride.com](http://www.mapmyride.com)

1. Requires an account and login but free (no advantage in the Premium upgrade \$30 per annum). Update the account profile in order to set the default map location to your home address.
2. Beware there's a malware advertisement in the software. Don't click here.
3. Click on Routes/Create Route
4. In the "choose map location box, search for a start location, then move the map with your mouse to preferred exact start.
5. Use the techniques described above. Map my Ride has excellent mapping and easy to use route plotting tools.
6. Fill in the Route Details, then click on Save Route, then on Actions – see below.
7. Click on Export and then Download GPX File (TCX or FIT formats are not available).
8. The file will then appear in Downloads on your PC, then transfer to GPS unit as described above.

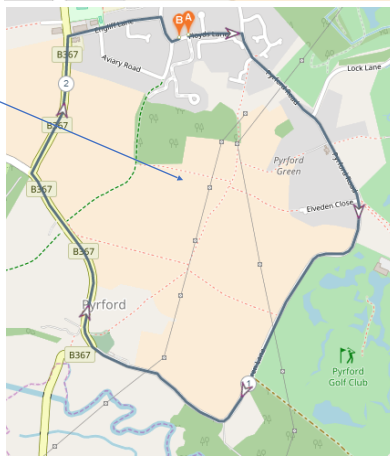
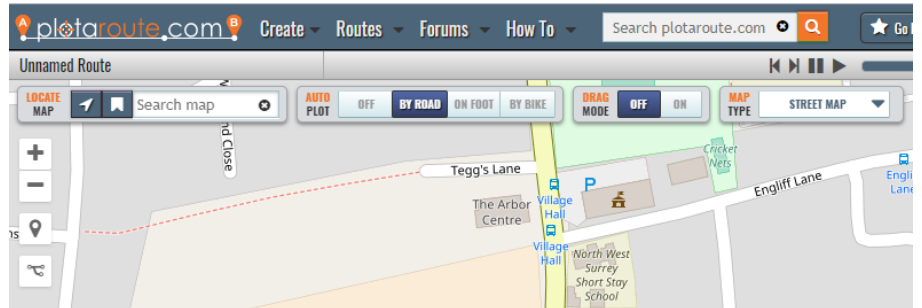


## Plot a Route

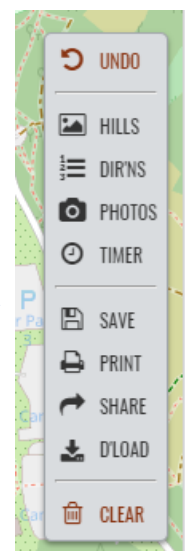
[www.plotaroute.com](http://www.plotaroute.com)

Very similar to the software described above:

1. Create an account
2. Search for the start point
3. Follow the same approach as above, click on the start point and all along the chosen route.



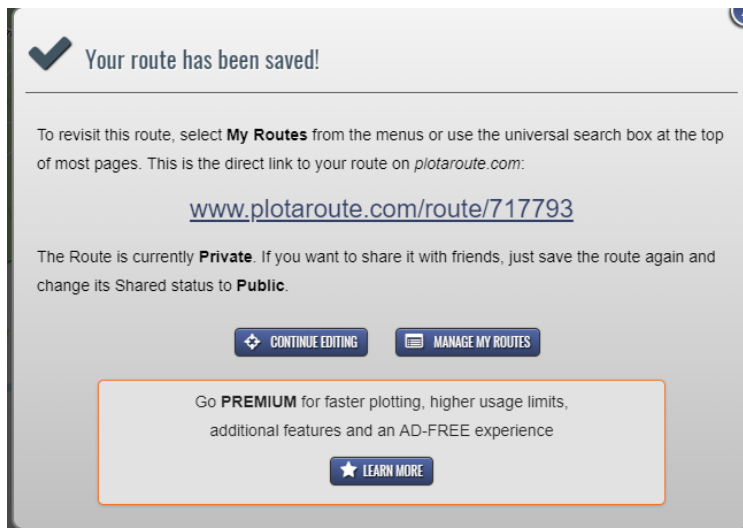
4. In the bottom left hand corner there is a "briefcase" with a number of useful tools
5. When completed, click on Save and fill in the required information. Then click SAVE at the bottom of the form.

The weblink shown below

can then be sent to other Plotaroute users,



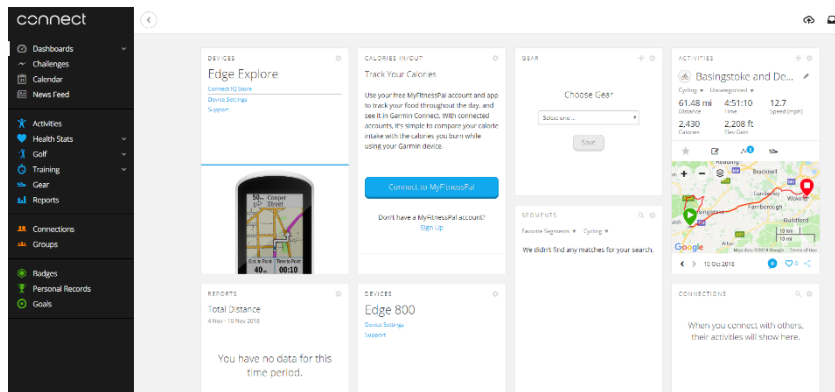


6. Then click Download. Select the preferred download details on the form (generally chose TCX) and then click download. Note that almost uniquely amongst free plotting software, the FIT format is available (used by the most modern GPS units).
7. Click DOWNLOAD at the bottom of the page. This will save the route in your Downloads folder on your laptop.
8. To move the route to your GPS device follow the instructions above or look at <https://www.plotaroute.com/tip/1/how-to-download-a-route-to-a-garmin-edge>

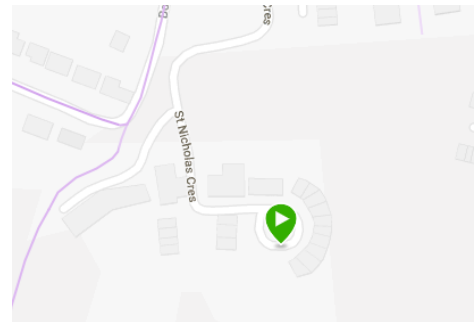
# Garmin Connect

<https://connect.garmin.com/en-US/signin>

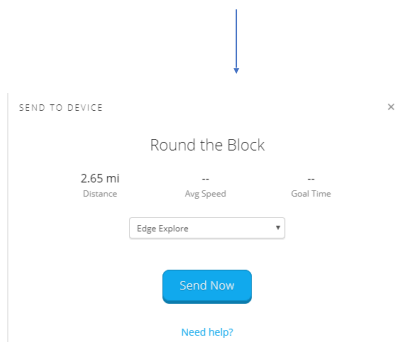
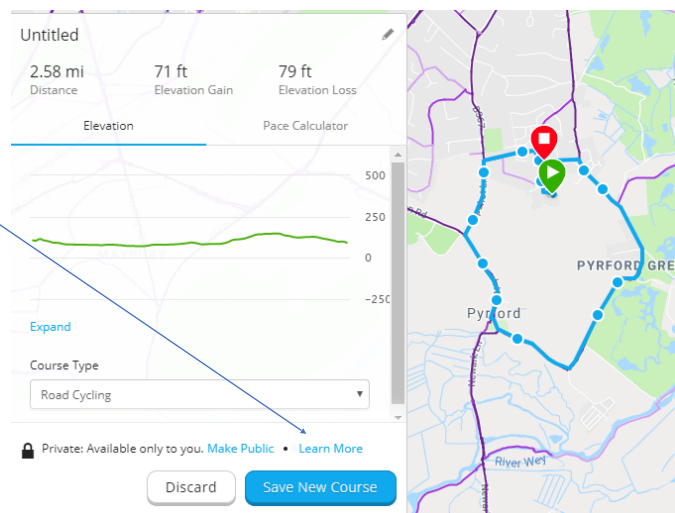
1. Create an account, once signed in, this screen will appear
2. On the left-hand side click Training, then Courses.
3. A map will appear. Go to the top left "Location" and type in a location near to your start point



4. This will move the map to the preferred Location, zoom in as necessary using the wheel on your mouse. Drag and Zoom to your start point.
5. Click on Create a Course, select Road Cycling from the options, NB edit the name of the course by clicking on the pen (this is your only chance!) and then Continue. Then click on the start point.



6. Continue clicking on the roads along your route.
7. One criticism of Garmin Connect is that it struggles to return to the start – this requires some fiddling.
8. When finished click on Save New Course
9. Then Send to Device.



10. One nice feature is that the course is automatically sent to the Garmin Connect mobile phone app and then onto a Garmin Edge GPS via Bluetooth.