

## Using a Garmin GPSMap 64s on a Senior Hike

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Most of these definitions and instructions should also apply to other models of the Garmin GPSMap 64 and GPSMap 62. This document doesn't address all of the functionality of these units; the intent is to provide what is useful for leading a senior hike. For all the functionality, go to the Garmin manuals support website at

<https://support.garmin.com/support/manuals/searchManuals.faces?refresh=true>

and select your GPS make and model from the list.

### Getting Started

#### **Button Functions**

**Power Button.** Click the Power button once to see Battery, GPS, Backlight status (can increase the light intensity by pressing the right arrow). Click & hold the Power button to turn the unit off.

**In/Out Buttons --** Zoom in or out on the displayed map.

**Find Button --** If you aren't currently navigating, it goes to a list of things you can search for (Waypoints, Tracks, Geocaches, Addresses, etc.).

**Mark --** Allows you to mark a new Waypoint.

**Quit --** Go back to the previous screen.

**Enter --** Enter a selected value.

**Menu --** Shows options available for the given screen.

**Page --** Allows the user to go through the main pages (Main Menu, Map, Compass, Trip Computer, and Elevation Plot).

#### **Main Pages**

##### **(1) Main Menu**

##### **Main Menu -> Setup (Recommended Settings)**

System

Satellite System -> GPS + GLONASS  
WAAS/EGNOS -> On  
AA Battery Type -> Choose between Traditional NiMH, Alkaline, Precharged NiMH

#### Display

Backlight Timeout -> Stays on (so that you can read the screen in any lighting conditions)  
Battery Save -> Off (bring spare batteries)  
Colors -> Mode and Setup -> Mode -> Day (will leave the background unchanged even when it gets dark)  
Screen Capture -> Off (choose On if you want to make a screenshot of the current screen. Note – after you take a screen capture, the option automatically goes back to Off).

#### Tones

Tones -> On (at a minimum you want to hear turn warnings when you're driving to the trailhead)

#### Map

Orientation -> North up (or Track up, your preference)  
Guidance Text -> When Navigating (this will provide the road directions when driving using a routable map)  
Map Information -> Select Map (enable or disable installed Topo maps)

#### Tracks

Track Log -> Record, Show On Map  
Recording Interval -> Normal  
Auto Archive -> When Full  
Color -> Red (or another color – your choice, but make sure it contrasts with the color of the current track and with Topo map details)

Units (Select feet, Fahrenheit, etc.)

#### Position Format

Position Format (hddd mm.mmm') (aka "degrees decimal minutes")  
Map Datum -> WGS 84  
Map Spheroid -> WGS 84

#### Altimeter

Auto Calibration -> On  
(You can calibrate the altimeter if you know the current elevation or pressure. The auto calibration seems pretty good.)

Routing (to get to the trailhead – only works with a "routable" map, such as those sold by Garmin)

Activity -> Automobile driving

Calculation method -> Minimize time  
Lock on Road -> Yes  
Avoidance Setup (Select ferries, U-turns, carpool lanes. Add unpaved roads if your GPS isn't routing you via highways where possible.)  
Off Route Recalculation -> Automatic

Routing (for the hike itself)

Activity -> Hiking  
Calculation method -> Minimize time  
Lock on Road -> No  
Avoidance Setup (don't select anything)  
Off Route Recalculation -> Automatic

About (software version and unit ID)

### **Main Menu -> Waypoint Manager**

Displays waypoints and their distance from the current location (probably as the crow flies). Choosing a waypoint and then pressing Go will provide directions to that waypoint and a magenta navigational path.

### **Main Menu -> Track Manager**

Options are Current Track, Archived Tracks, and any downloaded or saved tracks not archived.

1. Current Track. Options to Save, Save Portion, View Map, Elevation Plot, Set Color, Clear Current Track.
2. Archived Tracks. Allows you to access any tracks that you've archived in the past.
3. Named Tracks (these will be tracks you've downloaded from the ASCHG website. Sometimes the track name will be an abbreviation of the hike name; other times it will be "Track 1" or similar.) Options to View Map, Elevation Plot, Show/Hide on Map, Set Color, Change Name, Copy Reversed, Delete, and Archive.
  - Press View Map to verify that color shown is what you want. If not, use Set Color to change it.
  - Show/Hide on Map (not intuitive – if you see "Hide on Map" on the button, your track will be shown on the map).
  - Copy Reversed (helpful if you want to navigate a downloaded loop track in the opposite direction from how it was originally recorded).

**Main Menu -> Active Route** (for routable maps, Activity -> Automobile driving and Find -> Waypoint, provides driving directions and distances to route changes).

**Main Menu -> Satellite** (shows current satellites and estimated position accuracy)

## **(2) Map**

Displays the current location (large blue arrow) on the selected map (e.g., New Mexico Topo, Garmin Topo U.S. 24K Southwest).

## **(3) Compass**

Not needed for most senior hikes. If you want a backup if your GPS navigation malfunctions, get a separate compass and learn how to use it.

## **(4) Trip Computer**

Menu Button -> Change Data Fields (Change one of them to Time of Day.)

## **(5) Elevation Plot**

Displays changes in elevation since the last time the elevation plot was cleared. The Menu Button can be used to reset, calibrate, restore defaults, etc.

# **What to Do Before, During, and After a Hike**

## **Before You Leave Home**

**DO NOT RESET ALL SETTINGS** – This will change EVERYTHING back to the factory defaults.

(1) Clear out any old data.

Trip Computer -> Menu button -> Reset -> Delete All Waypoints (this will reset the number of the first waypoint you enter to #01)

Trip Computer -> Menu button -> Reset -> Clear Track and Trip Data Reset Both

Main Menu -> Track Manager -> Select & delete any old downloaded or saved tracks.

(2) Download the upcoming hike from the website.

Using either Easy GPS (for PC), Garmin BaseCamp (versions for Mac or PC), or other software, download the hike from the website. You may have to set the software to be used for the .gpx filetype (methods vary by operating system).

## **Getting to the Trailhead**

(1) If you have selected an installed routable Topo map, you can use the following:

Main Menu -> Setup -> Routing  
Activity -> Automobile driving  
Calculation method -> Minimize time  
Lock on Road -> Yes  
Avoidance Setup (ferries, U-turns, carpool lanes)  
Off Route Recalculation -> Automatic

Find button -> Waypoint. Choose PARK. The waypoint on the Map is displayed. Enter GO.

The Map shows the current location, with driving instructions at the top of the screen and a magenta line indicating the route to follow on the map.

Note: Garmin maps are routable. Garmin-compatible maps may not be routable. For example, the New Mexico Topo map that can be downloaded from the GPSFileDepot website is not routable.

(2) If you don't have a routable map installed, you can choose:

Main Menu -> Setup -> Routing  
Activity -> Direct routing  
Route Transitions -> Auto  
Lock on Road -> Yes

Find button -> Waypoint. Choose PARK. The waypoint on the Map is displayed. Enter GO.

The Map shows a straight magenta line going from the current location to PARK, which is the "as the crow flies" route. You won't get turn warnings, but it might help once you're close to the trailhead.

## **Clearing Recorded Data Before the Hike Starts**

When you arrive at PARK, change the method of navigation by:

Find button -> PARK -> Change Route Activity -> Hiking

Then Find button -> PARK -> Stop Navigation

If you want to save the track of your trip to the trailhead:

Page button -> Main Menu -> Track Manager -> Current Track -> Save.

Otherwise, clear anything the GPS has recorded on the way to PARK:

Page button -> Trip Computer -> Menu button -> Reset -> Clear Track and Trip Data  
Reset Both

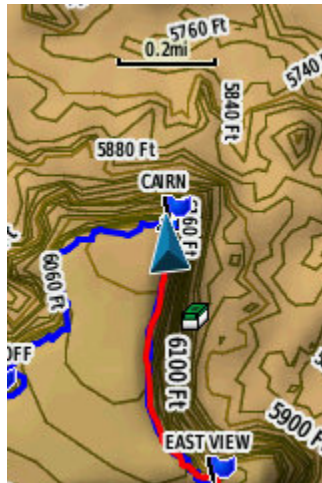
### **Following the Downloaded Track**

You have two choices for following the track on the Map page.

(1) Set the downloaded track to a different color from the track you will record. (The downloaded track color must be set each time unless you like the default value of red. My personal choice is blue for the downloaded track and red for the recorded/current track. However, if you are walking along a watercourse, it is easy to confuse a blue downloaded track with the blue watercourse on the Topo map.)

Page button -> Map  
Start walking.

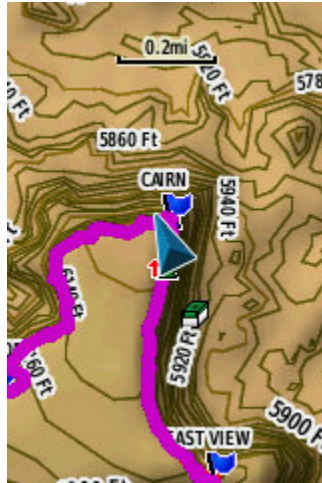
The following is an example of your GPS screen midway through the hike using this navigation method.



(2) Use the "navigate a track" feature.

Find button -> Tracks -> Select the downloaded track -> Enter. Press Enter for GO on the Map. A wide magenta opaque line appears along the downloaded track, making it difficult/impossible to see the downloaded track or recorded track colors.

The following is an example of your GPS screen midway through the hike using this navigation method.



If you want to follow the downloaded track closely on an off-trail hike, you probably should choose option (1).

You can switch between the two views by starting or stopping navigation from the Find button.

### **After the Hike**

(1) If you're using the Track navigation feature (the wide opaque magenta line along the track), stop navigation:

Find button -> Stop Navigation

Save the current track:

Main Menu -> Track Manager -> Current Track -> Save Track

Go to the Trip Computer page, and note the distance and total uphill readings shown there so you can check on the accuracy of your unit's odometer and altimeter.

(2) If the driver needs some help getting back to the center and you've downloaded the locations of all of the Albuquerque Senior Centers (see Resources -> Senior Centers – Locations, Phones, GPS), change the routing method by:

Find button -> [specific center] -> Change Route Activity -> Automobile driving

Otherwise, turn off the GPS.

(3) When you arrive home, connect the GPS to your computer's USB port, and copy the saved track & waypoints (they will be in separate files) to your hard drive. You can

combine them later in EasyGPS or BaseCamp. Change the filename(s) to include the name of the hike. Compare the values you recorded just after the hike of the hike distance and total uphill from Trip Computer to compare with values you get when you look at the hike in Garmin BaseCamp. (It's good to know how reliable the GPS-only data are when hikers ask you "how far did we go?" or "how much uphill was it?" after the hike.)