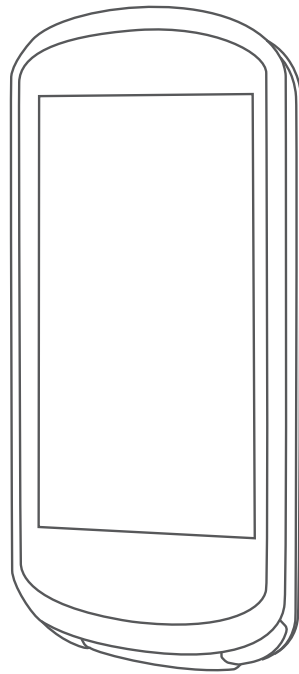


**GARMIN®**



# **EDGE® EXPLORE 2**

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**Owner's Manual**

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M/N: A04457, B04457

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# Introduction





## **WARNING**

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

## Device Overview



<p>①</p> 	<p>Press to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.</p>
<p>②</p> 	<p>Press to mark a new lap.</p>
<p>③</p> <p>USB port (under weather cap)</p>	<p>Lift the weather cap to charge the device or connect it to a computer. Replace the weather cap to prevent damage to the USB port.</p>
<p>④</p> 	<p>Press to start and stop the activity timer.</p>
<p>⑤</p> 	<p>Select to open the main menu.</p>
<p>⑥</p> <p>Glances</p>	<p>Swipe up or down on the home screen to view the glances. Select to open the glance or menu.</p>









<p>⑦ Biking profile</p>	<p>Swipe left or right to change the biking profile. Select to open the biking profile.</p>
<p>⑧ Widgets</p>	<p>Swipe down from the top of the screen to view the widgets, then swipe left or right to view more widgets.</p>
<p>⑨ Electrical contacts</p>	<p>Charge using an external power accessory. <b>NOTE:</b> Not available on all models.</p>

**NOTE:** Go to [buy.garmin.com](http://buy.garmin.com) to purchase optional accessories.

## Home Screen Overview

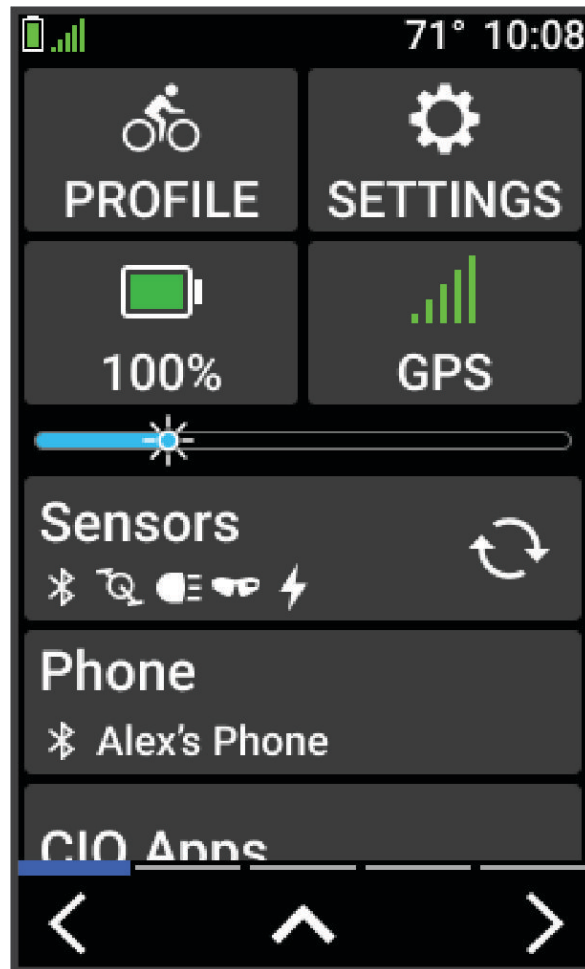
The home screen gives you quick access to all the features of the Edge device.

	<p>Battery status</p>
	<p>GPS signal strength</p>
	<p>Bluetooth® status</p>
	<p>Sync in progress</p>
	<p>Select to go for a ride. Use the arrows to change the biking profile.</p>
<p>Navigation</p>	<p>Select to browse the map, mark a location, search for locations, points of interest, or addresses.</p>
<p>Courses</p>	<p>Select to create a new course or access a saved course.</p>
<p>History</p>	<p>Select to access your previous rides and totals.</p>
	<p>Select to access connected features, personal records, contacts, and settings. Select to access your Connect IQ™ apps, widgets, and data fields.</p>

## Viewing Widgets

Your device is preloaded with several widgets, and more are available when you pair your device with a phone or other compatible device.

- 1 From the home screen, swipe down from the top of the screen.



The settings widget appears. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected. You can select any icon to change the settings.

- 2 Swipe left or right to view more widgets.

The next time you swipe down to view the widgets, the last widget you viewed appears.

## Viewing Glances

Glances provide quick access to health data, activity information, built-in sensors, and more.

- From the home screen, swipe up or down.



The device scrolls through the glances.

- Select a glance ① to view additional information.
- Select ✎ to customize the glances (*Customizing the Glances*, page 42).

## Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.  
The timer overlay allows you to return to the home screen during a ride.
- Select 🏠 to return to the home screen.
- Swipe or select the arrows to scroll.
- Select ⬅️ to return to the previous page.
- Select ✓ to save your changes and close the page.
- Select ✕ to close the page and return to the previous page.
- Select 🔍 to search near a location.
- Select 🗑️ to delete an item.
- Select ⓘ for more information.

## Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

- Hold 🔒, and select **Lock Screen**.
- During an activity, select 🔒.

## Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

**TIP:** For more information about GPS, go to [www.garmin.com/aboutGPS](http://www.garmin.com/aboutGPS).

- 1 Go outdoors to an open area.  
The front of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.





## Navigation

Navigation features and settings also apply to navigating courses ([Courses, page 10](#)).

- Locations and finding places ([Locations, page 7](#))
- Planning a course ([Courses, page 10](#))
- Route settings ([Route Settings, page 16](#))
- Map settings ([Map Settings, page 15](#))



## Going for a Ride

If you are using a wireless sensor or accessory, it can be paired and activated during initial setup (*Pairing Your Wireless Sensors, page 29*).

- 1 Hold  to turn on the device.
- 2 Go outside, and wait while the device locates satellites.  
The satellite bars turn green when the device is ready.
- 3 From the home screen, select  or  to change the biking profile.
- 4 Press  to start the activity timer.

SPEED <b>21.2</b> <sup>m</sup> / <sub>h</sub>	AVG SPEED <b>17.8</b> <sup>m</sup> / <sub>h</sub>
DISTANCE <b>26.29</b> <sup>m</sup> / <sub>i</sub>	
TIMER <b>1:45:15</b>	
CALORIES <b>1120</b>	↑ TTL ASCENT <b>1563</b> <sup>f</sup> / <sub>t</sub>

**NOTE:** History is recorded only while the activity timer is running.

- 5 Swipe left or right to view additional data screens.  
You can swipe down from the top of the data screens to view the widgets.
- 6 If necessary, tap the screen to view status overlay data (including battery life) or return to the home screen.
- 7 Press  to stop the activity timer.
- 8 Select **Save**.
- 9 Select .

## Locations

You can record and store locations in the device.



## Marking Your Location

Before you can mark a location, you must locate satellites.

If you want to remember landmarks or return to a certain spot, you can mark a location.

- 1 Go for a ride.
- 2 Select **Navigation** >  > **Mark Location** > .

## Saving Locations from the Map

- 1 Select **Navigation** > **Browse Map**.
- 2 Browse the map for the location.
- 3 Select the location.  
Location information appears at the top of the map.
- 4 Select the location information.
- 5 Select  > **Save Location** > .

## Navigating to a Location


**TIP:** You can use the LOCATION SEARCH glance to perform a quick search from the home screen. If necessary, you can add the glance to the glance loop (*Customizing the Glances, page 42*).

1 Select **Navigation**.

2 Select an option:

- Select **Browse Map** to navigate to a location on the map.
- Select **Courses** to navigate using a saved course (*Courses, page 10*).
- Select **Search** to navigate to a point of interest, city, address, intersection, or known coordinates.

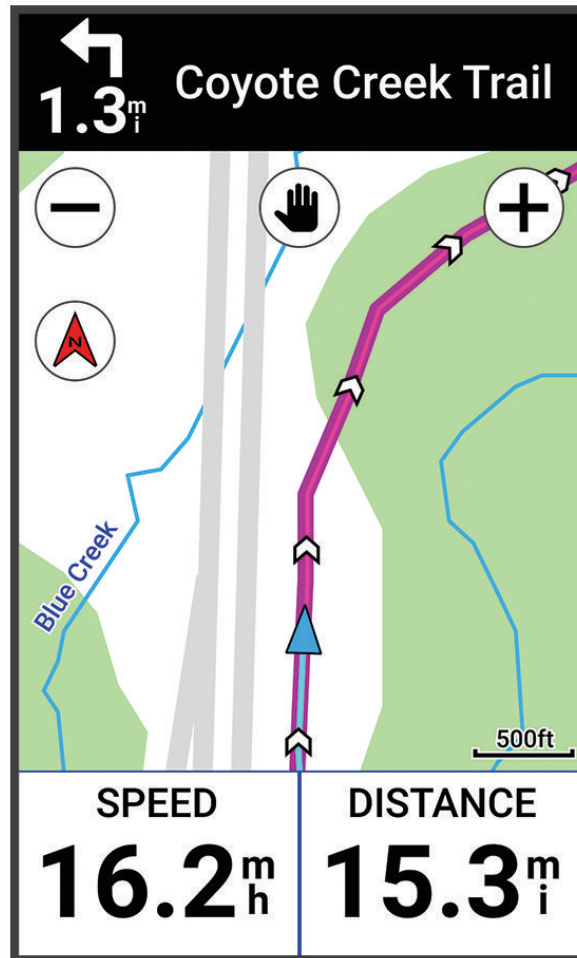
**TIP:** You can select  to enter specific search information.

- Select **Saved Locations** to navigate to a saved location.
- Select **Recent Finds** to navigate to one of the last 50 locations you have found.
- Select  > **Searching near:** to narrow your search area.

3 Select a location.

4 Select **Ride**.

5 Follow the on-screen instructions to your destination.



## Navigating Back to Start

At any point during your ride, you can return to the starting point.

- 1 Go for a ride.
- 2 At any time, swipe down from the top of the screen, and on the controls widget, select **Back to Start**.
- 3 Select **Along Same Route** or **Most Direct Route**.
- 4 Select **Ride**.

The device navigates you back to the starting point of your ride.

## Stopping Navigation

- 1 Scroll to the map.
- 2 Tap the screen.
- 3 Select **Stop Navigation** > ✓.

## Editing Locations

- 1 Select **Navigation** > **Saved Locations**.
- 2 Select a location.
- 3 Select the information bar at the top of the screen.
- 4 Select ⋮.
- 5 Select an attribute.  
For example, select Change Elevation to enter a known altitude for the location.
- 6 Enter the new information, and select ✓.

## Deleting a Location

- 1 Select **Navigation** > **Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select ⋮ > **Delete Location** > ✓.

## Courses

You can send a course from your Garmin Connect™ account to your device. After it is saved to your device, you can navigate the course on your device. You can also create and save a custom course directly on your device. You can follow a saved course simply because it is a good route. For example, you can save and follow a bike-friendly commute to work.



**TIP:** You can send courses to your device from third-party apps when you link your accounts or use a Connect IQ app. Go to [apps.garmin.com](https://apps.garmin.com) for more information about Connect IQ apps.







## Planning and Riding a Course

You can create and ride a custom course. A course is a sequence of waypoints or locations that leads you to your final destination.

**TIP:** You can also create a custom course in the Garmin Connect app and send it to your device ([Following a Course From Garmin Connect, page 13](#)).


- 1 Select **Courses** >  > **Course Creator**.
- 2 Select  to add a location.
- 3 Select an option:
  - To select your current location on the map, select **Current Location**.
  - To select a location on the map, select **Use Map**, and select a location.
  - To select a saved location, select **Saved & Recent** > **Saved Locations**, and select a location.
  - To select a location for which you recently searched, select **Saved & Recent** > **Recent Finds**, and select a location.
  - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
  - To select a city, select **Cities**, and select a nearby city.
  - To select an address, select **Search Tools** > **Addresses**, and enter the address.
  - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
  - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
- 4 Select **Add to Course**.


**TIP:** From the map, you can select another location, and select Add to Course to continue adding locations.
- 5 Repeat steps 2 through 4 until you have selected all locations for the route.
- 6 If necessary, select an option:
  - Hold  on a location and drag it to reorder the list.
  - Swipe left and select  to remove a location.
- 7 Select an option:
  - To calculate the route, select **View Map**.
  - To calculate the route with the same route back to the start location, select  > **Out and Back**.
  - To calculate the route with a different route back to the start location, select  > **Loop to Start**.



A map of the course appears.
- 8 Select **Save** > **Ride**.

## Creating and Riding a Round-Trip Course

The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.



- 1 Select **Courses** >  > **Round-Trip Course**.
- 2 Select **Distance**, and enter the total distance for the course.
- 3 Select **Start Location**.
- 4 Select an option:
  - To select your current location, select **Current Location**.
  - To select a location on the map, select **Use Map**, and select a location.
  - To select a saved location, select **Saved Locations**, and select a location.
  - To select a location for which you recently searched, select **Recent Finds**, and select a location.
  - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
  - To select an address, select **Search Tools** > **Addresses**, and enter the address.
  - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
  - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
- 5 Select **Start Direction**, and select a direction heading.
- 6 Select **Search**.

**TIP:** You can select  to search again.
- 7 Select a course to view it on the map.

**TIP:** You can select  and  to view the other courses.
- 8 Select **Save** > **Ride**.


## Creating a Course from a Recent Ride

You can create a new course from a ride you saved on this Edge device.

- 1 Select **History** > **Rides**.
- 2 Select a ride.
- 3 Select  > **Save Ride as Course**.
- 4 Enter a name for the course, and select .


## Following a Course From Garmin Connect

Before you can download a course from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect, page 33](#)).

- 1 Select an option:
  - Open the Garmin Connect app.
  - Go to [connect.garmin.com](https://connect.garmin.com).
- 2 Create a new course, or select an existing course.
- 3 Select an option:
  - On the Garmin Connect app, select  > **Send to Device**.
  - On the Garmin Connect website, select **Send to Device**.
- 4 Select your Edge device.
- 5 Select an option:
  - Sync your device with the Garmin Connect app.
  - Sync your device using the Garmin Express™ application.

On the Edge device, the course appears on the home screen.
- 6 Select the course.  
**NOTE:** If necessary, you can select **Courses** to select a different course.
- 7 Select **Ride**.

## Tips for Riding a Course


- Use turn guidance ([Course Options, page 14](#)).
- If you include a warmup, select  to begin the course, and warm up as normal.
- Stay away from your course path as you warm up.  
When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map.  
If you stray from the course, a message appears.

## Viewing Course Details

- 1 Select **Courses**.
- 2 Select a course.
- 3 Select an option:
  - Tap the course to view the course on the map.
  - Select **Summary** to view details about the course.
  - Select **Climbs** to view details and elevation plots for each climb.

## Displaying a Course on the Map

For each course saved to your device, you can customize how it appears on the map. For example, you can set your commute course to always display on the map in yellow. You can have an alternate course display in green. This allows you to see the courses while you are riding, but not follow or navigate a particular course.

- 1 Select **Courses**.
- 2 Select the course.
- 3 Select .
- 4 Select **Always Display** to make the course appear on the map.
- 5 Select **Color**, and select a color.
- 6 Select **Course Points** to include course points on the map.

The next time you ride near the course, it appears on the map.

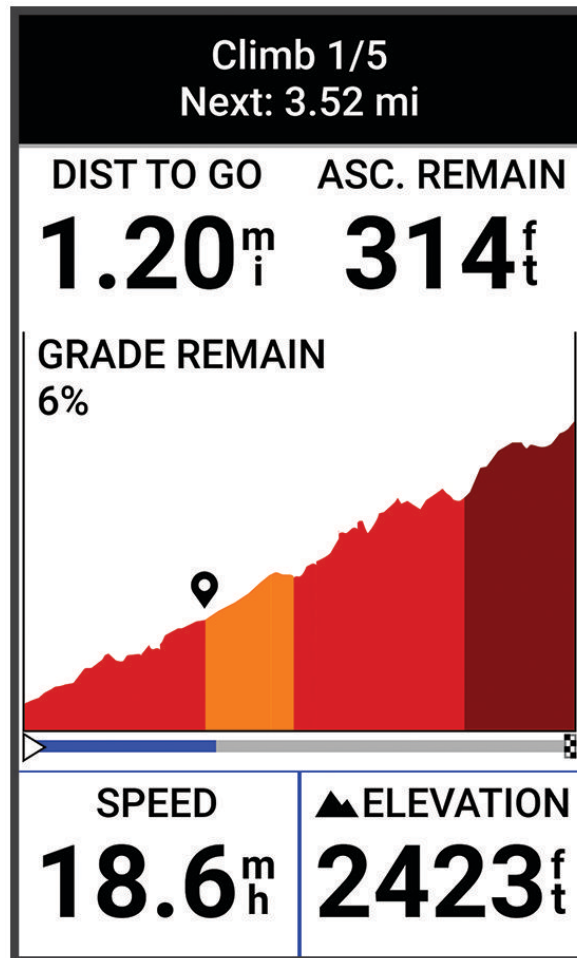
## Using ClimbPro

The ClimbPro feature helps you manage your effort for the upcoming climbs on a course. You can view details about the climbs, including when they occur, average gradient, and total ascent. The climb categories, based on length and gradient, are indicated by color.

**TIP:** After your ride, you can view the climb splits in the ride history.

- 1 Enable the ClimbPro feature for the activity profile ([Updating Your Activity Profile](#), page 36).
- 2 Review the climbs and course details for the course ([Viewing Course Details](#), page 13).
- 3 Start following a saved course ([Courses](#), page 10).

At the start of a climb, the ClimbPro screen appears automatically.



After you save the ride, you can view the climb splits in your ride history.

## Course Options

Select **Courses** > ⋮.

**Turn Guidance:** Enables or disables turn prompts.

**Off Course Warnings:** Alerts you if you stray from the course.

**Search:** Allows you to search for saved courses by name.

**Sort:** Allows you to sort saved courses by name, distance, or date.

**Delete:** Allows you to delete all or multiple saved courses from the device.

## Rerouting a Course

You can choose how the device recalculates the route when you go off course.

When you go off course, select an option:


- To pause navigation until you get back on course, select **Pause Navigation**.
- To choose from rerouting suggestions, select **Re-route**.

**NOTE:** The first rerouting option is the shortest route back to the course and starts automatically after 10 seconds.

## Stopping a Course

- 1 Scroll to the map.
- 2 Swipe down from the top of the screen, and scroll to the controls widget.
- 3 Select **Stop Course** > ✓.

## Deleting a Course

- 1 Select **Navigation** > **Courses**.
- 2 Swipe left on a course.
- 3 Select .

## Map Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation** > **Map**.

**Orientation:** Sets how the map is shown on the page.

**Auto Zoom:** Automatically selects a zoom level for the map. When Off is selected, you must zoom in or out manually.

**Guide Text:** Sets when the turn-by-turn navigation prompts are shown (requires routable maps).

**Appearance:** Customizes the appearance settings on the map ([Map Appearance Settings, page 15](#)).

**Map Information:** Enables or disables the maps currently loaded on the device.

## Map Appearance Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation** > **Map** > **Appearance**.

**Map Theme:** Adjusts the appearance of the map for your ride type. ([Map Themes, page 16](#))

**Popularity Map:** Highlights popular roads or trails for your ride type. The darker the road or trail, the more popular.


**Map Detail:** Sets the level of detail shown on the map.

**History Line Color:** Allows you to change the line color of the path you have traveled.

**Advanced:** Allows you to set zoom levels and text size, and enable shaded relief and contours.

**Reset Map Default:** Resets the map appearance to the default settings.

## Changing the Map Orientation

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Navigation** > **Map** > **Orientation**.
- 4 Select an option:
  - Select **North Up** to show north at the top of the page.
  - Select **Track Up** to show your current direction of travel at the top of the page.

## Map Themes

You can change the map theme to adjust the appearance of the map for your ride type.

Select  > **Activity Profiles**, select a profile, and select **Navigation > Map > Appearance > Map Theme**.

**Classic:** Uses the classic Edge map color scheme, with no additional theme applied.

**High Contrast:** Sets the map to display data with higher contrast, for better visibility in challenging environments.

**Mountain Biking:** Sets the map to optimize trail data in mountain biking mode.

## Route Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation > Routing**.

**Popularity Routing:** Calculates routes based on the most popular rides from Garmin Connect.

**Routing Mode:** Sets the transportation method to optimize your route.

**Calculation Method:** Sets the method used to calculate your route.

**Lock on Road:** Locks the position icon, which represents your position on the map, onto the nearest road.


**Avoidance Setup:** Sets the road types to avoid while navigating.

**Course Recalculation:** Automatically recalculates the route when you deviate from the course.

**Route Recalculation:** Automatically recalculates the route when you deviate from the route.

## Selecting an Activity for Route Calculation

You can set the device to calculate the route based on activity type.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Navigation > Routing > Routing Mode**.
- 4 Select an option to calculate your route.


For example, you can select Road Cycling for on-road navigation or Mountain Biking for off-road navigation.

## Connected Features

Connected features are available for your Edge device when you connect the device to a compatible phone using Bluetooth technology.



## Pairing Your Phone

To use the connected features of the Edge device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Connect app.
- 2 Hold  to turn on the device.

The first time you turn on the device, you will select the device language. The next screen prompts you to pair with your phone.

**TIP:** You can swipe down on the home screen to view the settings widget, and select **Phone > Pair Smartphone** to manually enter pairing mode.

- 3 Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect app, from the  or  menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your device syncs automatically with your phone.

## Bluetooth Connected Features

The Edge device has several Bluetooth connected features for your compatible phone using the Garmin Connect and Connect IQ apps. Go to [www.garmin.com/apps](http://www.garmin.com/apps) for more information.

**Activity uploads to Garmin Connect:** Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

**Audio prompts:** Allows the Garmin Connect app to play status announcements on your phone during a ride.

**Bike alarm:** Allows you to enable an alarm that sounds on the device and sends an alert to your phone when the device detects motion.

**Connect IQ downloadable features:** Allows you to download Connect IQ features from the Connect IQ app.

**Course downloads from Garmin Connect:** Allows you to search for courses on Garmin Connect using your phone and send them to your device.

**Find my Edge:** Locates your lost Edge device that is paired with your phone and currently within range.

**Messages:** Allows you to reply to an incoming call or text message with a preset text message. This feature is available with compatible Android™ phones.

**Music controls:** Allows you to use your device to control music playback on your phone.

**Notifications:** Displays phone notifications and messages on your device.

**Safety and tracking features:** (*Safety and Tracking Features, page 17*)

**Social media interactions:** Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

**Weather updates:** Sends real-time weather conditions and alerts to your device.

## Safety and Tracking Features

### ⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

To use these features, the Edge Explore 2 device must have GPS enabled and be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

The Edge Explore 2 device has safety and tracking features that must be set up with the Garmin Connect app. For more information about safety and tracking features, go to [www.garmin.com/safety](http://www.garmin.com/safety).

**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**Incident detection:** When the Edge Explore 2 device detects an incident during certain outdoor activities, the device sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

**GroupTrack:** Allows you to keep track of your connections using LiveTrack directly on screen and in real time.

## Incident Detection

### ⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can enable incident detection on your device, you must set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

When an incident is detected by your Edge device with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location, if available, to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

## Assistance

### ⚠ CAUTION

Assistance is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE


Before you can enable the assistance feature on your device, you must set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

When your Edge device with GPS enabled is connected to the Garmin Connect app, you can send an automated text message with your name and GPS location, if available, to your emergency contacts.

A message appears on your device indicating your contacts will be informed after a countdown has elapsed. If assistance is not needed, you can cancel the message.

## Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

- 1 From the Garmin Connect app, select  or .
- 2 Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

## Viewing Your Emergency Contacts

Before you can view your emergency contacts on your device, you must set up your rider information and emergency contacts in the Garmin Connect app.

Select  > **Safety & Tracking** > **Emergency Contacts**.



Your emergency contacts' names and phone numbers appear.



## Requesting Assistance


### NOTICE

Before you can request assistance, you must enable GPS on your Edge device and set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold  for five seconds to activate the assistance feature.  
The device beeps and sends the message after the five-second countdown is complete.  
**TIP:** You can select  before the countdown is complete to cancel the message.
- 2 If necessary, select **Send** to send the message immediately.

### Turning Incident Detection On and Off

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

- 1 Select  > **Safety & Tracking** > **Incident Detection**.
- 2 Select the activity profile to enable incident detection.  
**NOTE:** Incident detection is enabled by default for certain outdoor activities. Depending on the terrain and your riding style, false positives can occur.

### Cancelling an Automated Message

When an incident is detected by your device, you can cancel the automated emergency message on your device or your paired phone before it is sent to your emergency contacts.

Before the end of the 30-second countdown, hold **Press and hold to cancel**.

### Sending a Status Update After an Incident


Before you can send a status update to your emergency contacts, your device must detect an incident and send an automated emergency message to your emergency contacts.

You can send a status update to your emergency contacts informing them you are not in need of assistance.

- 1 Swipe down from the top of the screen, and swipe left or right to view the controls widget.
- 2 Select **Incident Detected** > **I'm Okay**.  
A message is sent to all emergency contacts.

### Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app.






- 1 Select  > **Safety & Tracking** > **LiveTrack**.
- 2 Select an option:
  - Select **Auto Start** to start a LiveTrack session each time you start this type of activity.
  - Select **LiveTrack Name** to update the name of your LiveTrack session. The current date is the default name.
  - Select **Recipients** to view recipients.
  - Select **Course Sharing** if you want your recipients to see your course.
  - Select **Extend LiveTrack** to extend viewing of the LiveTrack session for 24 hours.
- 3 Select **Start LiveTrack**.

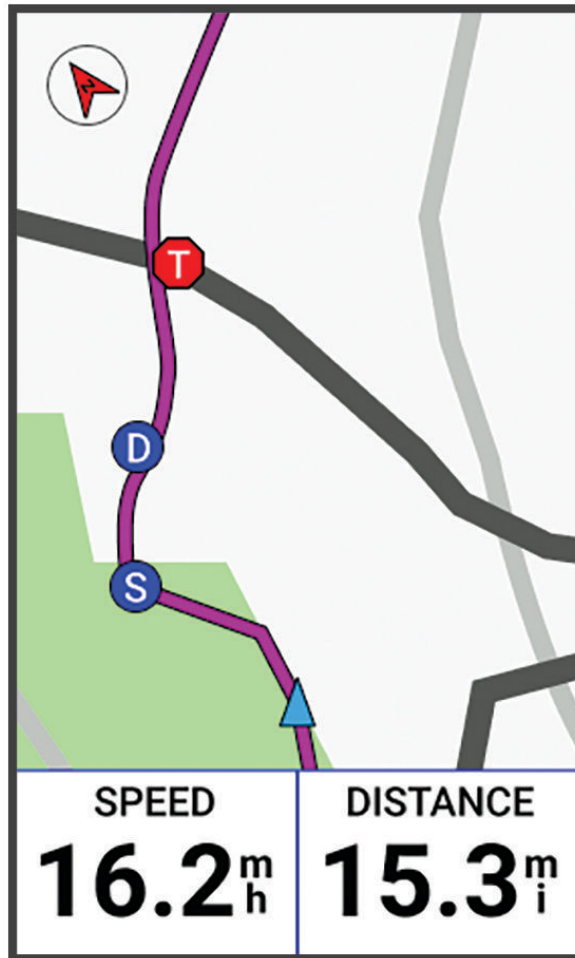
Recipients can view your live data on a Garmin Connect tracking page.

## Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a smartphone with the Garmin Connect app paired to your device ([Pairing Your Phone](#), page 16).

During a ride, you can see the riders in your GroupTrack session on the map.

- 1 On the Edge device, select  > **Safety & Tracking** > **GroupTrack** to enable viewing connections on the map screen.
- 2 From the Garmin Connect app, select  or .
- 3 Select **Safety & Tracking** > **LiveTrack** >  > **Settings** > **GroupTrack** > **All Connections**.
- 4 Select **Start LiveTrack**.
- 5 On the Edge device, select , and go for a ride.
- 6 Scroll to the map to view your connections.





You can tap an icon on the map to view location and heading information for other riders in the GroupTrack session.

- 7 Scroll to the GroupTrack list.

You can select a rider from the list, and that rider appears centered on the map.


## Tips for GroupTrack Sessions

The GroupTrack feature allows you to keep track of other riders in your group using LiveTrack directly on the screen. All riders in the group must be your connections in your Garmin Connect account.

- Ride outside using GPS.
- Pair your Edge Explore 2 device with your phone using Bluetooth technology.
- In the Garmin Connect app, select  or , and select **Connections** to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their phones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections.
- Stop riding before you attempt to view location and heading information for other riders in the GroupTrack session.

## Setting the Bike Alarm

You can turn on the bike alarm when you are away from your bike, such as on a stop during a long ride. You can control the bike alarm from your device or the device settings in the Garmin Connect app.

1 Select  > **Safety & Tracking** > **Bike Alarm**.

2 Create or update your passcode.

When you disable the bike alarm from your Edge device, you are prompted to enter the passcode.

3 Swipe down from the top of the screen, and on the controls widget, select **Set Bike Alarm**.

If the device detects motion, it sounds an alarm and sends an alert to your connected phone.

## Playing Audio Prompts on Your Phone

Before you can set up audio prompts, you must have a phone with the Garmin Connect app paired to your Edge device.

You can set the Garmin Connect app to play motivational status announcements on your phone during a ride or other activity. Audio prompts include the lap number and lap time, navigation, power, pace or speed, and heart rate data. During an audio prompt, the Garmin Connect app mutes the primary audio of the phone to play the announcement. You can customize the volume levels on the Garmin Connect app.

1 From the Garmin Connect app, select  or .

2 Select **Garmin Devices**.

3 Select your device.

4 Select **Audio Prompts**.

## Listening to Music

### **WARNING**

Do not listen to music while cycling on public roadways, as this can cause distraction leading to an accident resulting in personal injury or death. It is the user's responsibility to know and understand local laws and regulations relating to headphone usage while cycling.

1 Go for a ride.

2 While stopped, swipe down from the top of the screen to view the widgets.

3 Swipe left or right to view the music controls widget.

**NOTE:** You can add options to the widget loop ([Customizing the Widget Loop, page 42](#)).

4 Start listening to music from on your paired phone.

You can control music playback on your phone from your Edge device.

# Training

## Training Indoors

The device includes an indoor activity profile where GPS is turned off. When GPS is turned off, speed and distance are not available unless you have a compatible sensor or indoor trainer that sends speed and distance data to the device.

### Pairing Your ANT+® Indoor Trainer


- 1 Bring the Edge device within 3 m (10 ft.) of the ANT+ indoor trainer.
- 2 Select the indoor biking profile.
- 3 Select the indoor trainer to pair with your Edge device.
- 4 Follow the on-screen instructions.

When the indoor trainer is paired with your Edge device, the indoor trainer appears as a connected sensor. You can customize your data fields to display sensor data.

### Using an ANT+ Indoor Trainer

Before you can use a compatible ANT+ indoor trainer, you must mount your bike on the trainer and pair it with your device (*Pairing Your ANT+® Indoor Trainer*, page 22).

You can use your device with an indoor trainer to simulate resistance while following a course or activity. While using an indoor trainer, GPS is turned off automatically.

- 1 Select  > **Training** > **Smart Trainer**.
- 2 Select an option:
  - Select **Free Ride** to manually adjust the resistance level.
  - Select **Follow a Course** to follow a saved course (*Courses*, page 10).
  - Select **Follow an Activity** to follow a saved ride (*Going for a Ride*, page 7).







3 Select a course or activity.

4 Select **Ride**.







5 Press  to start the activity timer.

The trainer increases or decreases resistance based on the elevation information in the course or ride.



### Setting Resistance

- 1 Select  > **Training** > **Smart Trainer** > **Set Resistance**.
- 2 Select  or  to set the resistance force applied by the trainer.
- 3 Press  to start the activity timer.
- 4 If necessary, select  or  to adjust the resistance during your activity.


### Setting the Simulated Grade

- 1 Select  > **Training** > **Smart Trainer** > **Set Grade**.
- 2 Select  or  to set the simulated grade applied by the trainer.
- 3 Press  to start the activity timer.
- 4 If necessary, select  or  to adjust the simulated grade during your activity.

### Setting Target Power

- 1 Select  > **Training** > **Smart Trainer** > **Set Target Power**.
- 2 Set the target power value.
- 3 Press  to start the activity timer.

The resistance force applied by the trainer is adjusted to maintain a constant power output based on your speed.

- 4 If necessary, select  or  to adjust the target power during your activity.

## Setting a Training Target

The training target feature works with the Virtual Partner® feature so you can train toward a set distance, distance and time, or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your training target.

- 1 Select **Training** > **Set a Target**.
- 2 Select an option:
  - Select **Distance Only** to select a preset distance or enter a custom distance.
  - Select **Distance and Time** to select a distance and time target.
  - Select **Distance and Speed** to select a distance and speed target.

The training target screen appears, indicating your estimated finish time. The estimated finish time is based on your current performance and the time remaining.

- 3 Select ✓.
- 4 Select ▶ to start the activity timer.
- 5 If necessary, scroll to view the Virtual Partner screen.
- 6 After you complete your activity, select ▶ > **Save**.

## Racing a Previous Activity

You can race a previously recorded activity or saved course.

- 1 Select ☰ > **Training** > **Race an Activity**.
- 2 Select an option:
  - Select **Ride History**.
  - Select **Saved Courses**.
- 3 Select the activity or course.
- 4 Select **Ride**.
- 5 Press ▶ to start the activity timer.

## My Stats

The Edge Explore 2 device can track your personal statistics and calculate performance measurements. Performance measurements require a compatible heart rate monitor or power meter.

### Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to [www.garmin.com/performance-data](http://www.garmin.com/performance-data).

**NOTE:** The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. Your device displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude.

**Recovery time:** The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.


## About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. VO2 max. estimates are provided and supported by Firstbeat. You can use your Garmin® device paired with a compatible heart rate monitor and power meter to display your cycling VO2 max. estimate.

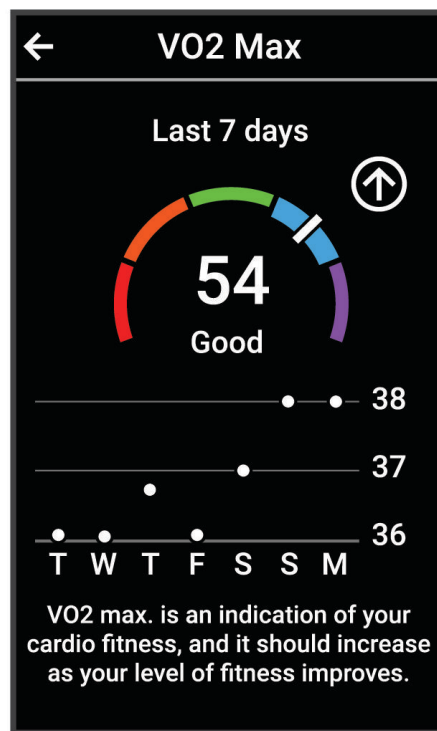
## Getting Your VO2 Max. Estimate

Before you can view your VO2 max. estimate, you must put on the heart rate monitor, install the power meter, and pair them with your device ([Pairing Your Wireless Sensors, page 29](#)). For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 27](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 29](#)).

**NOTE:** The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

- 1 Ride at a steady, high intensity for at least 20 minutes.
- 2 After your ride, select **Save**.
- 3 Select  > **My Stats** > **VO2 Max**.

Your VO2 max. estimate appears as a number and position on the color gauge.



 Purple	Superior
 Blue	Excellent
 Green	Good
 Orange	Fair
 Red	Poor

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix ([VO2 Max. Standard Ratings, page 55](#)), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Tips for Cycling VO2 Max. Estimates

The success and accuracy of the VO2 max. calculation improves when your ride is a sustained and moderately hard effort, and where heart rate and power are not highly variable.

- Before your ride, check that your device, heart rate monitor, and power meter are functioning properly, paired, and have good battery life.
- During your 20 minute ride, maintain your heart rate at greater than 70% of your maximum heart rate.
- During your 20 minute ride, maintain a fairly constant power output.
- Avoid rolling terrain.
- Avoid riding in groups where there is a lot of drafting.

## Recovery Time



You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

**NOTE:** The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

## Viewing Your Recovery Time

Before you can use the recovery time feature, you must have a Garmin device with wrist-based heart rate or a compatible chest heart rate monitor paired with your device ([Pairing Your Wireless Sensors, page 29](#)). If your device was packaged with a heart rate monitor, the device and sensor are already paired. For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 27](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 29](#)).

- 1 Select  > **My Stats** > **Recovery** >  > **Enable**.
- 2 Go for a ride.
- 3 After your ride, select **Save**.

The recovery time appears. The maximum time is 4 days, and the minimum time is 6 hours.

## Turning Off Performance Notifications

Performance notifications are turned on by default. Some performance notifications are alerts that appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate.

- 1 Select  > **My Stats** > **Performance Notifications**.
- 2 Select an option.

## Personal Records

When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride. When paired with a compatible power meter, the device displays the maximum power reading recorded during a 20-minute period.



## Viewing Your Personal Records

Select  > **My Stats** > **Personal Records**.






## Reverting a Personal Record

You can set each personal record back to the one previously recorded.

- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a record to revert.
- 3 Select **Previous Record** > .

**NOTE:** This does not delete any saved activities.

## Deleting a Personal Record


- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a personal record.
- 3 Select  > .

## Training Zones

- Heart rate zones ([Setting Your Heart Rate Zones, page 29](#))
- Power zones ([Setting Your Power Zones, page 30](#))

## Setting Up Your User Profile

You can update your gender, age, weight, and height settings. The device uses this information to calculate accurate ride data.

- 1 Select  > **My Stats** > **User Profile**.
- 2 Select an option.

## Wireless Sensors

Your device can be paired and used with wireless ANT+ or Bluetooth sensors ([Pairing Your Wireless Sensors, page 29](#)). After the devices are paired, you can customize the optional data fields ([Adding a Data Screen, page 37](#)). If your device was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

Sensor Type	Description
eBike	You can use your device with your eBike and view bike data, such as battery and shifting information, during your rides ( <a href="#">Viewing eBike Sensor Details, page 32</a> ).
Edge Remote	You can control your Edge device with the Edge remote, including starting the activity timer, marking laps, and scrolling through data screens.
Heart Rate	You can use an external heart rate monitor, such as the HRM-Pro™ or HRM-Dual™, and view heart rate data during your activities.
inReach Remote	The inReach® remote function allows you to control your inReach device using your Edge device ( <a href="#">Using the inReach Remote, page 32</a> ).
Lights	You can use Varia™ smart bike lights to improve situational awareness.
Power	You can use a power meter, such as Rally™ and Vector™, to view your power data on your device. You can adjust your power zones to match your goals and abilities ( <a href="#">Setting Your Power Zones, page 30</a> ), or use range alerts to be notified when you reach a specified power zone ( <a href="#">Setting Range Alerts, page 38</a> ).
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride ( <a href="#">Using the Varia Camera Controls, page 31</a> ).
Shimano STEPS	You can use your device with your Shimano STEPS™ eBike and view bike data, such as battery and shifting information, during your rides ( <a href="#">Viewing eBike Sensor Details, page 32</a> ).
Smart Trainer	You can use your device with an indoor bike smart trainer to simulate resistance while following a course or ride ( <a href="#">Using an ANT+ Indoor Trainer, page 22</a> ).
Speed/ Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference ( <a href="#">Wheel Size and Circumference, page 56</a> ).
Tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.
VIRB	The VIRB® remote function allows you to control your VIRB action camera using your device.

## Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ or Bluetooth wireless sensors, for example, connecting a heart rate monitor with your Garmin device.

1 Bring the device within 3 m (10 ft.) of the sensor.

**NOTE:** Stay 10 m (33 ft.) away from other riders' sensors while pairing.

2 Select  > **Sensors** > **Add Sensor**.

3 Select an option:

- Select a sensor type.
- Select **Search All** to search for all nearby sensors.

A list of available sensors appears.

4 Select one or more sensors to pair with your device.

5 Select **Add**.

When the sensor is paired with your device, the sensor status is Connected. You can customize a data field to display sensor data.

## Wireless Sensor Battery Life

After you go for a ride, battery life levels for the wireless sensors that were connected during the activity appear. The list is sorted by battery level.

## Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals ([Fitness Goals, page 30](#)). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

1 Select  > **My Stats** > **Training Zones** > **Heart Rate Zones**.

2 Enter your maximum and resting heart rate values.

The zone values update automatically, but you can also edit each value manually.

3 Select **Based On:**.

4 Select an option:

- Select **BPM** to view and edit the zones in beats per minute.
- Select **% Max.** to view and edit the zones as a percentage of your maximum heart rate.
- Select **% HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).

## About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

## Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 55](#)) to determine the best heart rate zone for your fitness objectives.


If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

## Training with Power Meters

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports) for a list of ANT+ sensors that are compatible with your Edge device (such as Rally and Vector).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities ([Setting Your Power Zones, page 30](#)).
- Use range alerts to be notified when you reach a specified power zone ([Setting Range Alerts, page 38](#)).
- Customize the power data fields ([Adding a Data Screen, page 37](#)).

## Setting Your Power Zones


The values for the zones are default values and may not match your personal abilities. You can manually adjust your zones on the device or using Garmin Connect. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically.

- 1 Select  > **My Stats** > **Training Zones** > **Power Zones**.
- 2 Enter your FTP value.
- 3 Select **Based On**:
- 4 Select an option:
  - Select **watts** to view and edit the zones in watts.
  - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.

## Calibrating Your Power Meter

Before you can calibrate your power meter, you must install it, pair it with your device, and begin actively recording data with it.

For calibration instructions specific to your power meter, see the manufacturer's instructions.

- 1 Select  > **Sensors**.
- 2 Select your power meter.
- 3 Select **Calibrate**.
- 4 Keep your power meter active by pedaling until the message appears.
- 5 Follow the on-screen instructions.

## Pedal-Based Power

Rally measures pedal-based power.

Rally measures the force you apply a few hundred times every second. Rally also measures your cadence or rotational pedaling speed. By measuring the force, the direction of force, the rotation of the crank arm, and time, Rally can determine power (watts). Because Rally independently measures left and right leg power, it reports your left-right power balance.

**NOTE:** The single-sensing Rally system does not provide left-right power balance.

## Updating the Rally Software Using the Edge Device

Before you can update the software, you must pair your Edge device with your Rally system.

- 1 Send your ride data to your Garmin Connect account ([Sending Your Ride to Garmin Connect, page 34](#)).  
Garmin Connect automatically looks for software updates and sends them to your Edge device.
- 2 Bring your Edge device within range (3 m) of the sensor.
- 3 Rotate the crank arm a few times. The Edge device prompts you to install all pending software updates.
- 4 Follow the on-screen instructions.

## Situational Awareness

### WARNING

The Varia device can improve situational awareness. It is not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.



Your Edge device can be used with the Varia smart bike lights and rearview radar ([Wireless Sensors, page 28](#)). See the owner's manual for your Varia device for more information.

## Using the Varia Camera Controls

### NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.


Before you can use the Varia camera controls, you must pair the accessory with your device ([Pairing Your Wireless Sensors, page 29](#)).

- 1 Swipe down from the top of the screen to open the widgets.
- 2 From the Varia camera controls widget, select an option:
  - Select **Radar Camera** to view the camera settings.
  - Select  to take a photo.
  - Select  to save a clip.

## Enabling the Green Threat Level Tone

Before you can enable the green threat level tone, you must pair the device with a compatible Varia rearview radar device and enable tones.



You can enable a tone that plays when your radar transitions to the green threat level.

- 1 Select  > **Sensors**.
- 2 Select your radar device.
- 3 Select **Sensor Details** > **Alert Settings**.
- 4 Select the **Green Threat Level Tone** toggle switch.

## Using an eBike

Before you can use a compatible eBike, such as a Shimano STEPS eBike, you must pair it with your Edge device ([Pairing Your Wireless Sensors, page 29](#)). You can customize the optional eBike data screen and data fields ([Adding a Data Screen, page 37](#)).





## Viewing eBike Sensor Details

- 1 Select  > **Sensors**.
- 2 Select your eBike.
- 3 Select an option:
  - To view eBike details, such as the odometer or travel distance, select **Sensor Details** > **eBike Details**.
  - To view eBike error messages, select .See the eBike owner's manual for more information.

## inReach Remote

The inReach remote function allows you to control your inReach device using your Edge device. Go to [buy.garmin.com](http://buy.garmin.com) to purchase a compatible inReach device.

### Using the inReach Remote

- 1 Turn on the inReach device.
- 2 On your Edge device, select  > **Sensors** > **Add Sensor** > **inReach**.
- 3 Select your inReach device, and select **Add**.
- 4 From the home screen, swipe down, and swipe left or right to view the inReach remote widget.
- 5 Select an option:
  - To send a preset message, select  > **Send Preset**, and select a message from the list.
  - To send a text message, select  > **Start Conversation**, select the message contacts, and enter the message text or select a quick text option.
  - To view the timer and distance traveled during a tracking session, select  > **Start Tracking**.
  - To send an SOS message, select **SOS**.

**NOTE:** You should only use the SOS function in a real emergency situation.

## History

History includes time, distance, calories, speed, lap data, elevation, and optional ANT+ sensor information.

**NOTE:** History is not recorded while the activity timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. Upload your history to Garmin Connect periodically to keep track of all your ride data.

## Viewing Your Ride

- 1 Select **History** > **Rides**.
- 2 Select a ride.
- 3 Select an option.


## Viewing Your Time in Each Training Zone

Before you can view your time in each training zone, you must pair your device with a compatible heart rate monitor or power meter, complete an activity, and save the activity.

Viewing your time in each heart rate and power zone can help you adjust your training intensity. You can adjust your power zones ([Setting Your Power Zones, page 30](#)) and your heart rate zones ([Setting Your Heart Rate Zones, page 29](#)) to match your goals and abilities. You can customize a data field to display your time in training zones during your ride ([Adding a Data Screen, page 37](#)).

- 1 Select **History > Rides**.
- 2 Select a ride.
- 3 Select **Summary**.
- 4 Select an option:
  - Select **HR Zones**.
  - Select **Power Zones**.

## Deleting a Ride


- 1 Select **History > Rides**.
- 2 Swipe a ride to the left and select .

## Viewing Data Totals

You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

Select **History > Totals**.

## Deleting Data Totals

- 1 Select **History > Totals**.
- 2 Select an option:
  - Select  to delete all data totals from the history.
  - Select an activity profile to delete accumulated data totals for a single profile.

**NOTE:** This does not delete any saved activities.

- 3 Select .

## Garmin Connect

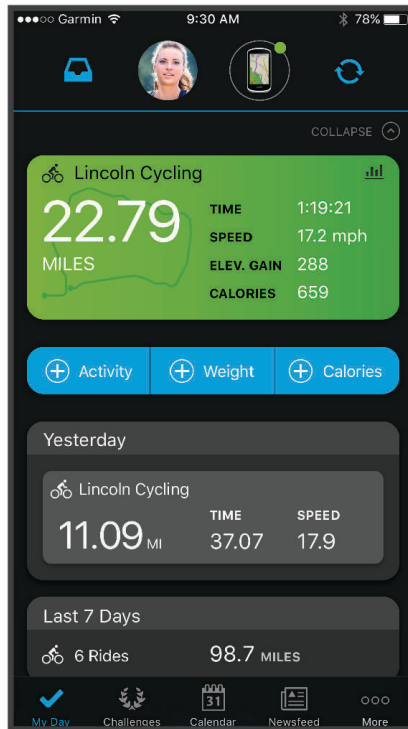
You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to [connect.garmin.com](https://connect.garmin.com).

**Store your activities:** After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.

**NOTE:** Some data requires an optional accessory such as a heart rate monitor.



**Share your activities:** You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

## Sending Your Ride to Garmin Connect

- Sync your Edge device with the Garmin Connect app on your smartphone.
- Use the USB cable that came with your Edge device to send ride data to your Garmin Connect account on your computer.

## Data Recording

The device uses smart recording. It records key points where you change direction, speed, or heart rate.

When a power meter is paired, the device records points every second. Recording points every second provides an extremely detailed track, and uses more of the available memory.

For information about data averaging for cadence and power, see [Data Averaging for Cadence or Power](#), page 42.

## Data Management

**NOTE:** The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

## Connecting the Device to Your Computer

### NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

- 1 Pull up the weather cap from the USB port.
- 2 Plug the small end of the USB cable into the USB port.
- 3 Plug the large end of the USB cable into a computer USB port.

Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.



## Transferring Files to Your Device

- 1 Connect the device to your computer.

On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.

**NOTE:** Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.

- 2 On your computer, open the file browser.
- 3 Select a file.
- 4 Select **Edit > Copy**.
- 5 Open the portable device, drive, or volume for the device.
- 6 Browse to a folder.
- 7 Select **Edit > Paste**.

The file appears in the list of files in the device memory.

## Deleting Files

### NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

- 1 Open the **Garmin** drive or volume.
- 2 If necessary, open a folder or volume.
- 3 Select a file.
- 4 Press the **Delete** key on your keyboard.

**NOTE:** If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

## Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.

- 1 Complete an action:
  - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
  - For Apple computers, select the device, and select **File > Eject**.
- 2 Disconnect the cable from your computer.

# Customizing Your Device

## Connect IQ Downloadable Features

You can add Connect IQ features to your device from Garmin and other providers using the Connect IQ app.

**Data Fields:** Allow you to download new data fields that present sensor, activity, and history data in new ways.

You can add Connect IQ data fields to built-in features and pages.

**Widgets:** Provide information at a glance, including sensor data and notifications.

**Apps:** Add interactive features to your device, such as new outdoor and fitness activity types.



## Downloading Connect IQ Features Using Your Computer

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

## Updating Your Activity Profile








You can customize three activity profiles. You can customize your settings and data fields for a particular activity or trip.

**TIP:** You can also customize the activity profiles from the device settings in the Garmin Connect app.






- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 If necessary, select  to edit the name and color for the profile.
- 4 Select an option:
  - Select **Data Screens** to customize the data screens and data fields ([Adding a Data Screen, page 37](#)).
  - Select **Climbs** > **ClimbPro** to enable the ClimbPro feature ([Using ClimbPro, page 14](#)).
  - Select **Alerts and Prompts** to customize your activity alerts ([Alerts, page 37](#)).
  - Select **Alerts and Prompts** > **Sharp Bend Warnings** to enable navigation warning messages for difficult turns.
  - Select **Alerts and Prompts** > **High Traffic Road Warnings** to enable navigation warning messages for high traffic roads.
  - Select **Alerts and Prompts** > **Lap** to set how laps are triggered ([Marking Laps by Position, page 38](#)).
  - Select **Timer** > **Auto Pause** to change when the activity timer automatically pauses ([Using Auto Pause, page 39](#)).
  - Select **Timer** > **Timer Start Mode** to customize how the device detects the start of a ride and automatically starts the activity timer ([Starting the Timer Automatically, page 40](#)).
  - Select **Navigation** > **Map** to customize the map settings ([Map Settings, page 15](#)).
  - Select **Navigation** > **Routing** to customize the routing settings ([Route Settings, page 16](#)).
  - Select **Navigation** > **Navigation Prompts** to show turn-by-turn navigation prompts as text or on the map.
  - Select **Satellite Systems** to turn off GPS ([Training Indoors, page 22](#)) or change the satellite setting ([Changing the Satellite Setting, page 40](#)).
  - Select **Auto Sleep** to automatically enter sleep mode after five minutes of inactivity ([Using Auto Sleep, page 40](#)).

All changes are saved to the activity profile.





## Adding a Data Screen

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens > Add New > Data Screen**.
- 4 Select a category, and select one or more data fields.  
**TIP:** For a list of all the available data fields, go to [Data Fields, page 53](#).
- 5 Select .
- 6 Select an option:
  - Select another category to select more data fields.
  - Select .
- 7 Select  or  to change the layout.
- 8 Select .
- 9 Select an option:
  - Tap a data field, then tap another data field to rearrange them.
  - Double-tap a data field to change it.
- 10 Select .

## Editing a Data Screen

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens**.
- 4 Select a data screen.
- 5 Select **Layout and Data Fields**.
- 6 Select  or  to change the layout.
- 7 Select .
- 8 Select an option:
  - Tap a data field, then tap another data field to rearrange them.
  - Double-tap a data field to change it.
- 9 Select .

## Rearranging Data Screens


- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens >  > Reorder**.
- 4 Hold  on a data screen and drag it to a new location.
- 5 Select .

## Alerts

You can use alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals. Alert settings are saved with your activity profile.

## Setting Range Alerts



If you have an optional heart rate monitor, cadence sensor, or power meter, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your cadence is below 40 RPM and over 90 RPM. You can also use a training zone for the range alert ([Training Zones, page 27](#)).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts**.
- 4 Select **Heart Rate Alert, Cadence Alert, or Power Alert**.
- 5 Select the minimum and maximum values, or select zones.

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 42](#)).

## Setting Recurring Alerts

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.






- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts**.
- 4 Select an alert type.
- 5 Turn on the alert.
- 6 Enter a value.
- 7 Select .

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 42](#)).

## Auto Lap



### Marking Laps by Position

You can use the Auto Lap feature to mark the lap at a specific position automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, you can use the By Position option to trigger laps at all of the lap positions saved in the course.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Position**.
- 6 Select **Lap At**.
- 7 Select an option:
  - Select **Lap Press Only** to trigger the lap counter each time you press  and each time you pass any of those locations again.
  - Select **Start and Lap** to trigger the lap counter at the GPS location where you press  and at any location during the ride where you press .
  - Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you press .
- 8 If necessary, customize the lap data fields ([Adding a Data Screen, page 37](#)).





## Marking Laps by Distance

You can use the Auto Lap feature to mark the lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Distance**.
- 6 Select **Lap At**.
- 7 Enter a value.
- 8 Select .
- 9 If necessary, customize the lap data fields ([Adding a Data Screen, page 37](#)).


## Marking Laps by Time

You can use the Auto Lap feature to mark the lap at a specific time automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 20 minutes).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Time**.
- 6 Select **Lap At**.
- 7 Select the hours, minutes, or seconds value.
- 8 Select  or  to enter a value.
- 9 Select .
- 10 If necessary, customize the lap data fields ([Adding a Data Screen, page 37](#)).

## Customizing the Lap Banner


You can customize the data fields that appear in the lap banner.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Custom Lap Banner**.
- 6 Select a data field to change it.

## Using Auto Pause



You can use the Auto Pause<sup>®</sup> feature to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.

**NOTE:** History is not recorded while the activity timer is stopped or paused.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Timer > Auto Pause**.
- 4 Select an option:
  - Select **When Stopped** to pause the timer automatically when you stop moving.
  - Select **Custom** to pause the timer automatically when your speed drops below a specified value.
- 5 If necessary, customize optional time data fields ([Adding a Data Screen, page 37](#)).


## Starting the Timer Automatically

This feature automatically detects when your device has acquired satellites and is moving. It starts the activity timer or reminds you to start the activity timer so you can record your ride data.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Timer** > **Timer Start Mode**.
- 4 Select an option:
  - Select **Manual**, and select  to start the activity timer.
  - Select **Prompted** to display a visual reminder when you reach the start notice speed.
  - Select **Auto** to start the activity timer automatically when you reach the start speed.


## Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable Multi-GNSS. Using GPS and another satellite together reduces battery life more quickly than using only GPS.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Satellite Systems**.
- 4 Select an option.



## Using Auto Sleep

You can use the Auto Sleep feature to automatically enter sleep mode after 5 minutes of inactivity. During sleep mode, the screen is turned off and the ANT+ sensors, Bluetooth, and GPS are disabled.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Auto Sleep**.

## Using Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data screens while the timer is running.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens** >  > **Auto Scroll**.
- 4 Select a display speed.

## Phone Settings

Select  > **Phone**.

**Enable:** Enables Bluetooth.

**NOTE:** Other Bluetooth settings appear only when you enable Bluetooth technology.

**Friendly Name:** Allows you to enter a friendly name that identifies your devices with Bluetooth.

**Pair Smartphone:** Connects your device with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect.

**Sync Now:** Allows you to sync your device with your compatible phone.

**Smart Notifications:** Allows you to enable phone notifications from your compatible phone.

**Missed Notifications:** Displays missed phone notifications from your compatible phone.

**Text Reply Signature:** Enables signatures in your text message replies. This feature is available with compatible Android phones.




## Guest Mode

The guest mode feature allows you to limit the features and settings available before sharing the device with a guest user.

### Enabling Guest Mode

1 Select  > **Guest Mode** > **Enable**.

2 Select an option:

- To enable guest mode and require a code to disable it, select , enter a 4-digit code, and select .
- To enable guest mode without requiring a code, select .

The device limits the settings available for customization.



### Disabling Guest Mode

1 Select  > **Guest Mode** > **Enable**.

2 If necessary, enter the 4-digit code, and select .

**NOTE:** After three incorrect attempts, you are prompted to enter the universal unlock code: Garmin.

3 Select an option:

- Select  to restore the device settings used before guest mode was enabled.
- Select  to keep the device settings used while guest was enabled.

## System Settings

Select  > **System**.

- Display Settings ([Display Settings, page 41](#))
- Widget Settings ([Customizing the Widget Loop, page 42](#))
- Data Recording Settings ([Data Recording Settings, page 42](#))
- Unit Settings ([Changing the Units of Measure, page 42](#))
- Tone Settings ([Turning the Device Tones On and Off, page 42](#))
- Language Settings ([Changing the Device Language, page 42](#))

### Display Settings

Select  > **System** > **Display**.

**Brightness:** Sets the backlight brightness.

**Backlight Timeout:** Sets the length of time before the backlight turns off.

**Color Mode:** Sets the device to display day or night colors. You can select the Auto option to allow the device to set day or night colors automatically based on the time of day.

**Screen Capture:** Allows you to save the image on the device screen when you press .

### Using the Backlight





You can tap the touchscreen to turn on the backlight.

**NOTE:** You can adjust the backlight timeout ([Display Settings, page 41](#)).

1 From the home screen or a data screen, swipe down from the top of the screen.





2 Select , and use the slider bar to manually adjust the brightness.

## Customizing the Glances

- 1 Scroll to the bottom of the home screen.
- 2 Select .
- 3 Select an option:
  - Select  to add a glance to the glance loop.
  - Select  to drag the glance up or down to change the location of the glance in the glance loop.
  - Swipe left on a glance, and select  to remove the glance from the glance loop.

## Customizing the Widget Loop

You can change the order of widgets in the widget loop, remove widgets, and add new widgets.

- 1 Select  > **System** > **Widgets**.
- 2 Select an option:
  - Select  to add a widget to the widget loop.
  - Select  to drag the widget up or down to change the location of the widget in the widget loop.
  - Swipe left on a widget, and select  to remove the widget from the widget loop.

## Data Recording Settings

Select  > **System** > **Data Recording**.

**Recording Interval:** Controls how the device records activity data. The Smart option records key points where you change direction, speed, or heart rate. The 1 Sec option records points every second. It creates a very detailed record of your activity and increases the size of the stored activity file.

**Cadence Averaging:** Controls whether the device includes zero values for cadence data that occur when you are not pedaling ([Data Averaging for Cadence or Power, page 42](#)).

**Power Averaging:** Controls whether the device includes zero values for power data that occur when you are not pedaling ([Data Averaging for Cadence or Power, page 42](#)).

**Log HRV:** Sets the device to record your heart rate variability during an activity.


## Data Averaging for Cadence or Power

The non-zero data-averaging setting is available if you are training with an optional cadence sensor or power meter. The default setting excludes zero values that occur when you are not pedaling.

You can change the value of this setting ([Data Recording Settings, page 42](#)).

## Changing the Units of Measure

You can customize units of measure for distance and speed, elevation, temperature, weight, position format, and time format.

- 1 Select  > **System** > **Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure for the setting.

## Turning the Device Tones On and Off

Select  > **System** > **Tones**.

## Changing the Device Language

Select  > **System** > **Language**.

## Time Zones

Each time you turn on the device and acquire satellites or sync with your phone, the device automatically detects your time zone and the current time of day.



# Device Information

## Charging the Device

### NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

**NOTE:** The device will not charge when outside the approved temperature range (*Specifications, page 49*).

1 Pull up the weather cap ① from the USB port ②.



- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.  
When you connect the device to a power source, the device turns on.
- 5 Charge the device completely.

After you charge the device, close the weather cap.

## About the Battery

### ⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

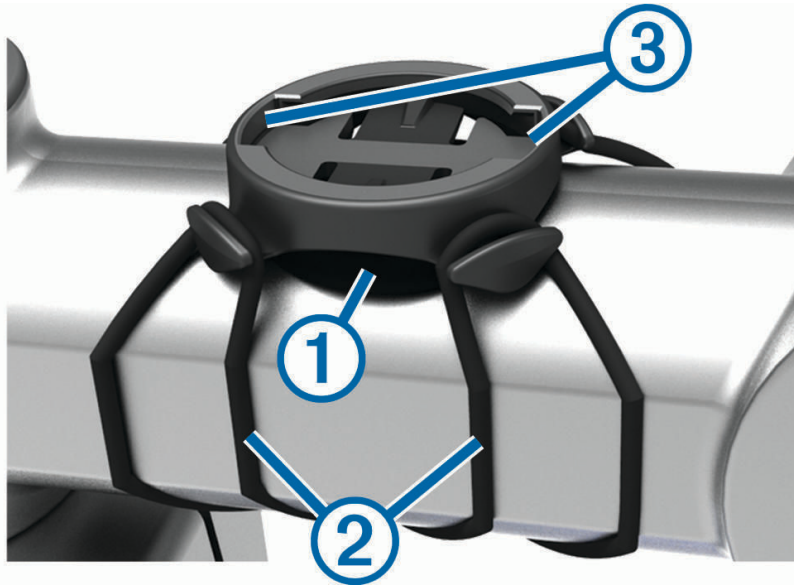
## Installing the Standard Mount

For the best GPS reception and screen visibility, position the bike mount so the device is horizontal to the ground and the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebar.

**NOTE:** If you do not have this mount, you can skip this task.

- 1 Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
- 2 Place the rubber disk ① on the back of the bike mount.

Two rubber disks are included, and you can select the disk that best fits your bike. The rubber tabs align with the back of the bike mount so it stays in place.



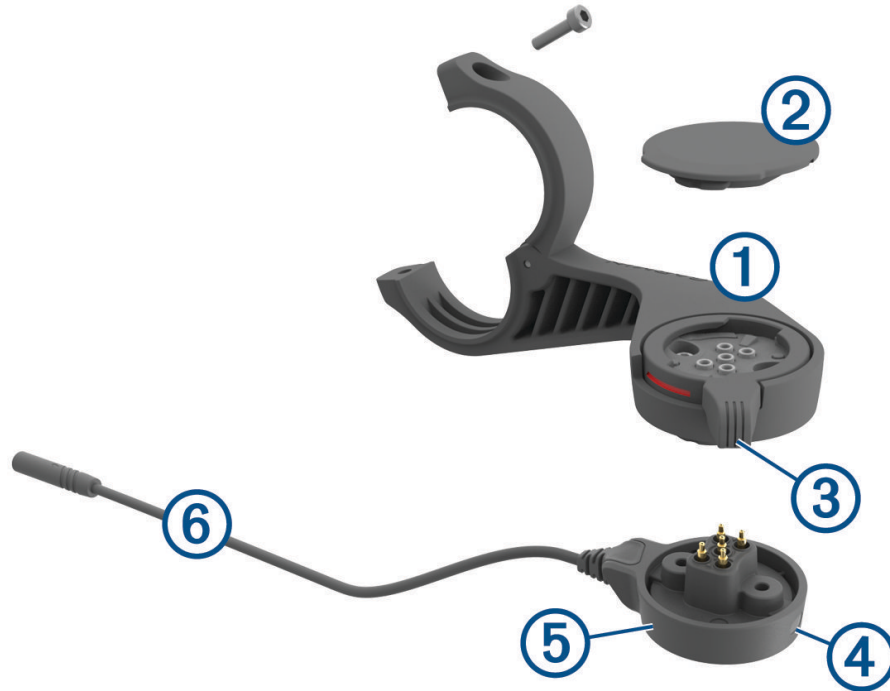
- 3 Place the bike mount on the bike stem.
- 4 Attach the bike mount securely using the two bands ②.
- 5 Align the tabs on the back of the device with the bike mount notches ③.
- 6 Press down slightly and turn the device clockwise until it locks into place.



## Releasing the Edge

- 1 Turn the Edge clockwise to unlock the device.
- 2 Lift the Edge off the mount.

## Edge Power Mount Overview



①	Out-front mount
②	Weather cap
③	Locking ring
④	Status LED
⑤	Power pod
⑥	Power pod cable

## Installing the Edge Power Mount

You can use the power mount to install your Edge device and connect it to your eBike. Garmin recommends that you adjust the mount for the Edge viewing angle before you connect the cable to your eBike.

**NOTE:** If you do not have this mount, you can skip this task.

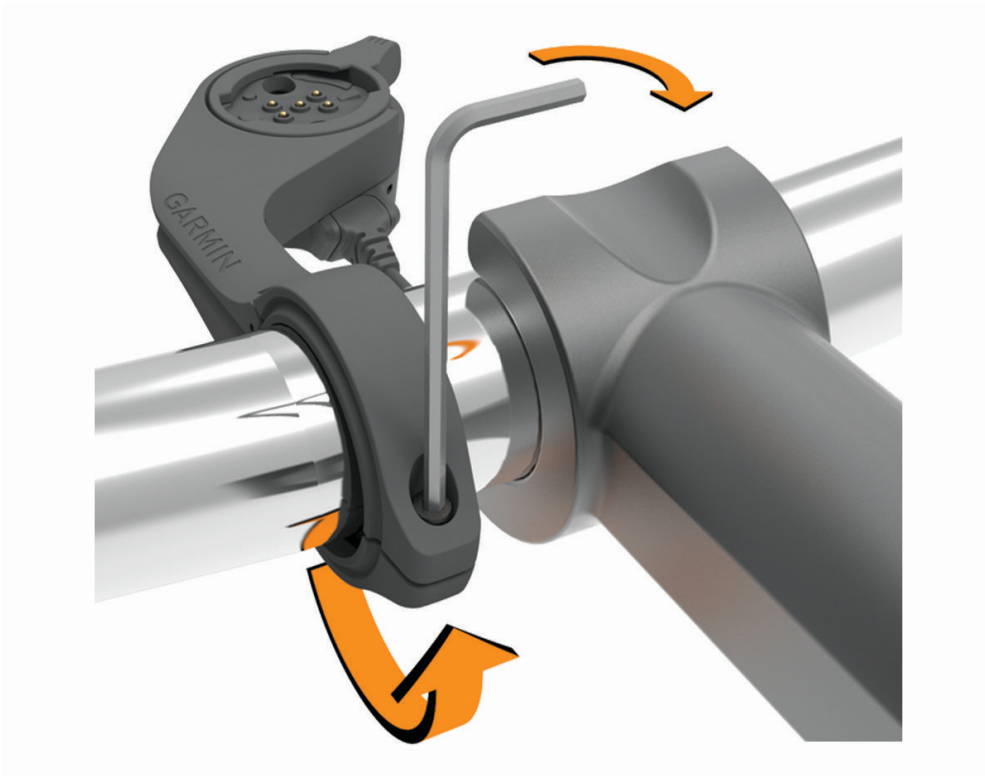
- 1 Select a secure location to mount the Edge device where it does not interfere with the safe operation of your eBike.
- 2 Use the 2.5 mm hex key to remove the screw ① from the handlebar connector ②.



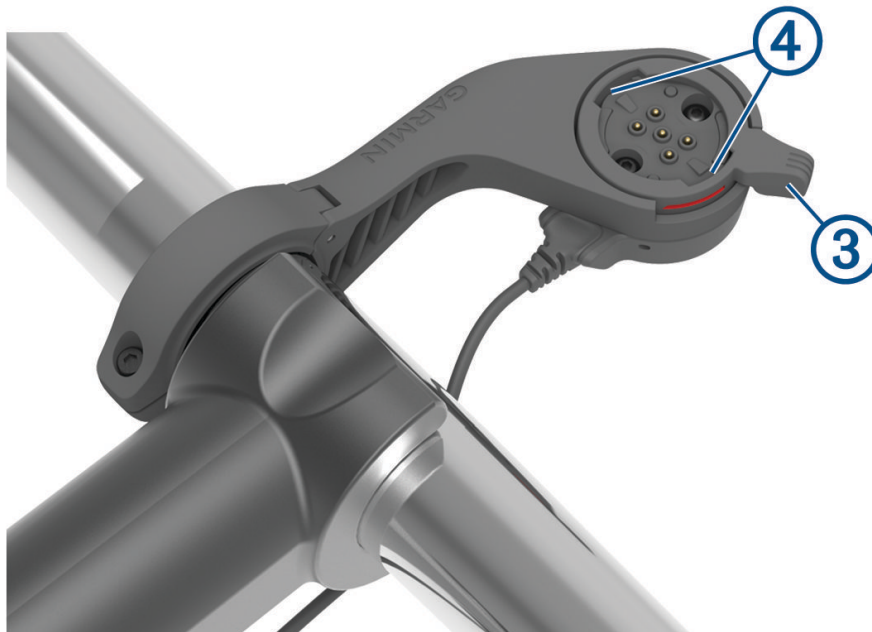
- 3 Place a rubber pad around the handlebar:
  - If the handlebar diameter is 25.4 mm, use the thicker pad.
  - If the handlebar diameter is 31.8 mm, use the thinner pad.
  - If the handlebar diameter is 35 mm, do not use a rubber pad.
- 4 Place the handlebar connector around the rubber pad.

**NOTE:** You should align the contours on the rubber pad with the grooves on the inside of the handlebar connector.

- 5 Replace the screw, and use the 2.5 mm hex key to tighten the screw until the mount is secure.  
**NOTE:** You should check the tightness of the screw periodically.



- 6 Open the locking ring ③.  
**NOTE:** The locking ring is in the open position when the red line is visible on the side of the mount.



- 7 Align the tabs on the back of the Edge device with the eBike mount notches ④.

- 8 Press down slightly and close the lever to lock the Edge device into the mount.
- 9 Connect the power pod cable ⑤ to the compatible power cable on your eBike (*Required Cables*, page 48).



## Required Cables

In order to complete the installation, you must purchase one of these compatible cables:

- Bosch® power mount accessory cable
- Shimano® power mount accessory cable

**NOTE:** Garmin recommends having a bike technician trim the compatible Shimano cable to the correct length.

Wire Color	Wire Function
Red	Power
Yellow	Power
Blue	Ground
Black	Ground

- USB-A power mount accessory cable

**NOTE:** If you have trouble installing and wiring the mount, Garmin recommends visiting a bike service store for assistance.

## Edge Power Mount Status LED

LED Activity	Status
Solid green	The power mount is connected to power, but it is not connected to an Edge device.
Flashing green	The power mount is connected to the Edge device and is charging.
Flashing red	An error occurred. Unplug the power mount, and remove the Edge device. Plug the power mount in again, and install the Edge device. If the red flashing continues, contact Product Support.

## Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 16 hr.
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency	2.4 GHz @ 20 dBm maximum
Water rating	IEC 60529 IPX7 <sup>1</sup>

## Product Updates

Your device automatically checks for updates when connected to Bluetooth. You can manually check for updates from the system settings ([System Settings, page 41](#)). On your computer, install Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates
- Data uploads to Garmin Connect
- Product registration

### Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone ([Pairing Your Phone, page 16](#)).

Sync your device with the Garmin Connect app.

When new software is available, the Garmin Connect app automatically sends the update to your device.

### Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

- 1 Connect the device to your computer using the USB cable.  
When new software is available, Garmin Express sends it to your device.
- 2 Follow the on-screen instructions.
- 3 Do not disconnect your device from the computer during the update process.

## Viewing Device Information

You can view device information, such as the unit ID, software version, and license agreement.

Select  > **System** > **About** > **Copyright Info**.

## Viewing Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Select .
- 2 Select **System** > **Regulatory Info**.

<sup>1</sup> The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Device Care

### NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, sunscreen, and insect repellents that can damage plastic components and finishes.

Secure the weather cap tightly to prevent damage to the USB port.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

## Cleaning the Device

### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.

2 Wipe it dry.

After cleaning, allow the device to dry completely.

## Edge Power Mount Device Care

### NOTICE

Secure the weather cap tightly to prevent damage to the exposed contacts.

Keep the components clean and free of debris.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Avoid chemical cleaners, solvents, sunscreen, and insect repellents that can damage plastic components and finishes.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Replace components with Garmin parts only. See your Garmin dealer or the Garmin website.

Contact your local waste disposal department to dispose of the power mount in accordance with applicable local laws and regulations.

## Cleaning the Edge Power Mount

- Clear mud and dirt from the weather cap area and exposed contacts.
- While the weather cap is installed, hold the device under running water.

After cleaning, allow the device to dry completely.

# Troubleshooting

## Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

Hold  for 10 seconds.

The device resets and turns on.

## Restoring the Default Settings

You can restore the default configuration settings and activity profiles. This will not remove your history or activity data, such as rides and courses.

Select  > **System** > **Device Reset** > **Reset Default Settings** > .



## Clearing User Data and Settings

You can clear all user data and restore the device to its initial setup. This removes your history and data, such as rides and courses, and resets the device settings and activity profiles. This will not remove any files you added to the device from your computer.

Select  > **System** > **Device Reset** > **Delete Data and Reset Settings** > .

## Maximizing Battery Life

- Turn on **Battery Saver** (*Turning On Battery Saver Mode, page 51*).
- Decrease the backlight brightness (*Using the Backlight, page 41*) or shorten the backlight timeout (*Display Settings, page 41*).
- Select the **Smart** recording interval (*Data Recording Settings, page 42*).
- Turn on the **Auto Sleep** feature (*Using Auto Sleep, page 40*).
- Turn off the **Phone** wireless feature (*Phone Settings, page 40*).
- Select the **GPS** setting (*Changing the Satellite Setting, page 40*).
- Remove wireless sensors that you no longer use.

## Turning On Battery Saver Mode

Battery saver mode allows you to adjust the settings to extend the battery life for longer rides.

1 Select  > **Battery Saver** > **Enable**.

2 Select an option:



- Select **Reduce Backlight** to reduce the backlight brightness.
- Select **Hide Map** to hide the map screen.  
**NOTE:** When this option is enabled, navigation turn prompts still appear.
- Select **Satellite Systems** to change the satellite setting.

The estimated battery life remaining appears at the top of the screen.

After your ride, you should charge your device and disable battery saver mode to use all the device features.

## My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.

- Turn off your phone and your device, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your device from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the device.
- On your phone, open the Garmin Connect app, select  or , and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Swipe down on the home screen to view the settings widget, and select **Phone** > **Pair Smartphone** to manually enter pairing mode.


## Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled phone.

While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.


- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## My device is in the wrong language

- 1 Select .
- 2 Scroll down to the second-to-last item in the list, and select it.
- 3 Scroll down to the seventh item in the list, and select it.
- 4 Select your language.



## Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

- 1 Select  > **System** > **Altimeter**.
- 2 Select an option:
  - To calibrate automatically from your GPS starting point, select **Auto Cal..**
  - To enter the current elevation manually, select **Calibrate** > **Enter Manually**.
  - To enter the current elevation from the digital elevation model (DEM), select **Calibrate** > **Use DEM**.
  - To enter the current elevation from your GPS starting point, select **Calibrate** > **Use GPS**.

## Setting Your Elevation

If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.

- 1 Select **Navigation** >  > **Set Elevation**.
- 2 Enter the elevation, and select .

## Temperature Readings

The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the device will take some time to adjust to significant changes in temperature.

## Replacement O-rings

Replacement bands (O-rings) are available for the mounts.

**NOTE:** Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to <http://buy.garmin.com>, or contact your Garmin dealer.

## Getting More Information

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.

# Appendix

## Data Fields

Some data fields require ANT+ or Bluetooth accessories to display data. Some data fields appear in more than one category on the device.

**TIP:** You can also customize the data fields from the device settings in the Garmin Connect app.

**%Max Heart Rate:** The percentage of maximum heart rate.

**3s Power:** The 3-second moving average of power output.

**Asc. to Next Course Pt.:** The remaining ascent to the next point on the course.

**Ascent Remaining:** During a course, the remaining ascent when you are using an elevation target.

**Assist Mode:** The current eBike assistance mode.

**Avg Cadence:** Cycling. The average cadence for the current activity.

**Avg Heart Rate:** The average heart rate for the current activity.

**Avg Lap Time:** The average lap time for the current activity.

**Avg Power:** The average power output for the current activity.

**Avg Speed:** The average speed for the current activity.

**Battery Level:** The remaining battery power.

**Battery Status:** The remaining battery power of a bike light accessory.

**Beam Angle Status:** The headlight beam mode.

**Cadence:** Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

**Cadence Graph:** A line graph showing your cycling cadence values for the current activity.

**Calories:** The amount of total calories burned.

**Course Pt. Distance:** The remaining distance to the next point on the course.

**Destination Location:** The position of your final destination.

**Dist. to Point:** The remaining distance to the next point.

**Distance:** The distance traveled for the current track or activity.

**Distance to Destination:** The remaining distance to the final destination. You must be navigating for this data to appear.

**Distance to Next:** The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

**eBike Battery:** The remaining battery power of an eBike.

**Elapsed Time:** The total time recorded. For example, if you start the activity timer and ride for 10 minutes, then stop the timer for 5 minutes, then start the timer and ride for 20 minutes, your elapsed time is 35 minutes.

**Elevation:** The altitude of your current location above or below sea level.

**Elevation Graph:** A line graph showing your current elevation, total ascent, and total descent for the current activity.

**ETA at Destination:** The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

**ETA at Next:** The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

**GPS Signal Strength:** The strength of the GPS satellite signal.

**Grade:** The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

**Heading:** The direction you are moving.

**Heart Rate:** Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

**Heart Rate Graph:** A line graph showing your current, average, and maximum heart rate values for the current activity.

**Heart Rate Zone:** The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

**Kilojoules:** The accumulated work performed (power output) in kilojoules.

**Lap Cadence:** Cycling. The average cadence for the current lap.

**Lap Distance:** The distance traveled for the current lap.

**Lap Heart Rate:** The average heart rate for the current lap.

**Lap Power:** The average power output for the current lap.

**Laps:** The number of laps completed for the current activity.

**Lap Speed:** The average speed for the current lap.

**Lap Time:** The stopwatch time for the current lap.

**Light Mode:** The light network configuration mode.

**Lights Connected:** The number of connected lights.

**Max. Power:** The top power output for the current activity.

**Max. Speed:** The top speed for the current activity.

**Next Waypoint:** The next point on the route. You must be navigating for this data to appear.

**Odometer:** A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

**Power:** The current power output in watts.

**Power Graph:** A line graph showing your current, average, and maximum power output values for the current activity.

**Power Zone:** The current range of power output (1 to 7) based on your FTP or custom settings.

**Shifting Advice:** The recommendation to shift up or down based on your current effort. Your eBike must be in manual shifting mode.

**Smart Travel Range:** The estimated remaining distance the eBike will provide assistance, taking into account the local terrain.

**Speed:** The current rate of travel.

**Speed Graph:** A line graph showing your speed for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor.

**Time of Day:** The time of day based on your current location and time settings (format, time zone, daylight saving time).

**Timer:** The stopwatch time for the current activity.

**Time to Destination:** The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

**Time to Next:** The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

**Time to Point:** The remaining time to the next point.

**Total Ascent:** The total elevation distance ascended since the last reset.

**Total Descent:** The total elevation distance descended since the last reset.

**Trainer Controls:** During a workout, the resistance force applied by an indoor trainer.

**Travel Range:** The estimated distance you can travel based on the current eBike settings and remaining battery power.

## VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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## Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

## Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155

Tire Size	Wheel Circumference (mm)
27 x 1-1/4	2161
27 x 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 x 35A	2090
650 x 38B	2105
650 x 38A	2125
700 x 18C	2070
700 x 19C	2080
700 x 20C	2086
700 x 23C	2096
700 x 25C	2105
700C Tubular	2130
700 x 28C	2136
700 x 30C	2146
700 x 32C	2155
700 x 35C	2168
700 x 38C	2180
700 x 40C	2200
700 x 44C	2235
700 x 45C	2242
700 x 47C	2268

