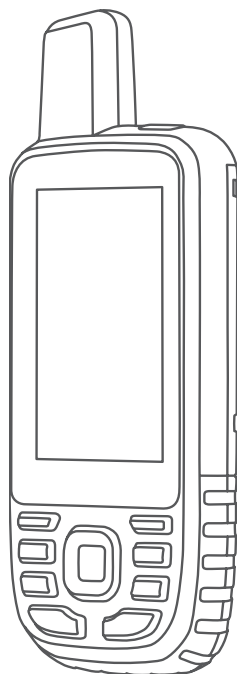


GARMIN®



GPSMAP® 67

Owner's Manual

 **Спорт Лайф**

Магазин спортивных часов
и пульсометров

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Table of Contents

Introduction.....	1	Saving a Location on the Map as a Waypoint.....	11
GPSMAP 67 Device Overview.....	1	Navigating to a Waypoint.....	11
Charging the GPSMAP 67 Device.....	2	Finding a Saved Waypoint.....	12
Buttons.....	3	Editing a Waypoint.....	12
Turning On the Device.....	3	Deleting a Waypoint.....	12
Locking the Buttons.....	3	Changing the Photo for a Waypoint.....	12
Turning On the Backlight.....	3	Increasing the Accuracy of a Waypoint Location.....	12
Adjusting the Backlight.....	4	Projecting a Waypoint from a Saved Waypoint.....	13
Acquiring Satellite Signals.....	4	Moving a Waypoint on the Map.....	13
GPS and Other Satellite Systems.....	4	Finding a Location Near a Waypoint.....	13
Using the Main Pages.....	4	Setting a Waypoint Proximity Alarm.....	13
Opening the Main Menu.....	4	Adding a Waypoint to a Route.....	14
Map.....	4	Repositioning a Waypoint to Your Current Location.....	14
Navigating with the Map.....	5	Routes.....	14
Measuring Distance on the Map.....	5	Creating a Route Using Route Planner.....	14
Map Page Settings.....	5	Creating a Route Using the Map.....	14
Map Settings.....	5	Navigating a Saved Route.....	14
Advanced Map Settings.....	6	Viewing the Active Route.....	15
Compass.....	6	Editing a Route.....	15
Navigating with the Compass.....	6	Editing the Name of a Route.....	15
Using the Course Pointer.....	7	Viewing a Route on the Map.....	15
Navigating with Sight 'N Go.....	7	Viewing the Elevation Plot of a Route.....	15
Projecting a Waypoint from Your Current Location.....	8	Reversing a Route.....	16
Compass Settings.....	8	Deleting a Route.....	16
Calibrating the Compass.....	8	Recordings.....	16
Heading Settings.....	9	Recording Settings.....	16
Trip Computer.....	9	Advanced Recording Settings.....	16
Trip Computer Settings.....	9	Auto Save Settings.....	17
Altimeter.....	9	Viewing the Current Activity.....	17
Altimeter Plot Settings.....	10	Navigating Using TracBack®.....	17
Altimeter Settings.....	10	Stopping the Current Activity.....	17
Calibrating the Barometric Altimeter.....	10	Saving the Current Activity.....	18
Navigation.....	10	Viewing Saved Activity Information.....	18
FIND Page.....	10	Saving a Location from an Activity as a Waypoint.....	18
Navigating to a Destination.....	11	Creating a Track from a Saved Activity.....	18
Stopping Navigation.....	11	Reversing an Activity.....	18
Finding a Location Near Another Location.....	11		
Waypoints.....	11		
Saving Your Current Location as a Waypoint.....	11		

Navigating a Saved Activity.....	18	Creating an Adventure.....	27
Deleting a Saved Activity.....	19	Starting an Adventure.....	28
Courses.....	19	Calculating the Size of an Area.....	28
Creating a Course.....	19	Using the Flashlight.....	28
Creating a Course Using the Map....	19	Geocaches.....	28
Navigating a Saved Course.....	19	Registering Your Device at	
Editing a Course.....	20	Geocaching.com.....	29
Editing the Name of a Course.....	20	Connecting to Geocaching.com...	29
Viewing a Saved Course on the		Downloading Geocaches Using a	
Map.....	20	Computer.....	29
Viewing the Elevation Plot of a		Searching for a Geocache.....	29
Course.....	20	Searching for a Geocache on the	
Reversing a Course.....	21	Map.....	30
Creating a Track or Route from a		Filtering the Geocache List.....	30
Saved Course.....	21	Saving a Custom Geocache	
Deleting a Course.....	21	Filter.....	30
Optional Maps.....	21	Editing a Custom Geocache	
Purchasing Additional Maps.....	21	Filter.....	30
Finding an Address.....	21	Viewing Geocache Details.....	30
Connected Features.....	22	Navigating to a Geocache.....	31
Connected Feature Requirements.....	22	Using Hints and Clues to find a	
Pairing a Smartphone with Your		Geocache.....	31
Device.....	23	Logging the Attempt.....	31
Phone Notifications.....	23	chirp.....	31
Viewing Phone Notifications.....	23	Enabling chirp Searching.....	31
Hiding Notifications.....	23	Finding a Geocache with a chirp..	31
Managing Notifications.....	23	Removing Live Geocache Data from	
Connecting to a Wireless Network.....	23	the Device.....	32
Connect IQ Features.....	23	Removing Your Device Registration	
Downloading Connect IQ Features..	24	From Geocaching.com.....	32
Downloading Connect IQ Features		Marking and Starting Navigation to a	
Using Your Computer.....	24	Man Overboard Location.....	32
Viewing Connect IQ Widgets.....	24	Downloading Maps.....	32
Garmin Explore.....	24	Enabling Maps.....	33
Main Menu Tools.....	25	Deleting a Map.....	33
Viewing an Active Weather Forecast...	26	Selecting a Profile.....	33
Viewing an Active Weather Map.....	26	Setting a Proximity Alarm.....	33
Adding an Active Weather		Editing or Deleting a Proximity	
Location.....	26	Alarm.....	33
Switching the Active Weather		Satellite Page.....	33
Location.....	27	GPS Satellite Settings.....	34
Deleting an Active Weather		Sending and Receiving Data	
Location.....	27	Wirelessly.....	34
Garmin Adventures.....	27	Using the VIRB Remote.....	34
Sending Files to and from		Using the inReach Remote.....	35
BaseCamp.....	27	Customizing the Device.....	35
		Customizing the Data Fields.....	35

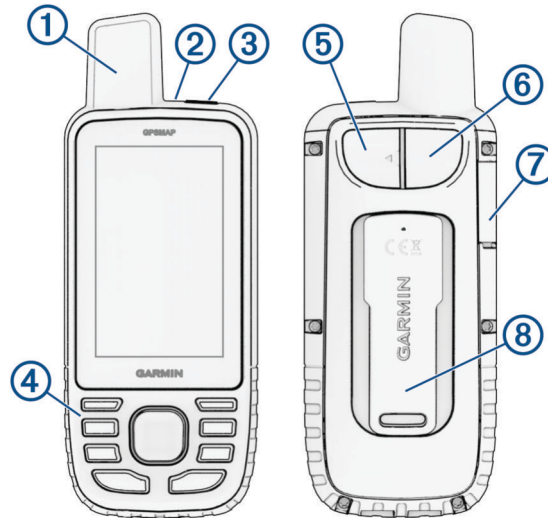
Setup Menu.....	36	Transferring Files to Your Device.....	46
System Settings.....	36	Deleting Files.....	46
Satellite Settings.....	36	Disconnecting the USB Cable.....	46
Display Settings.....	37	Specifications.....	47
Turning Off the Screen.....	37	Viewing E-label Regulatory and	
Changing the Color Mode.....	37	Compliance Information.....	47
Bluetooth Settings.....	37	Appendix.....	48
Wi-Fi Settings.....	37	Data Fields.....	48
Routing Settings.....	38	Optional Accessories.....	50
Advanced Routing Settings.....	38	tempe.....	50
Turning On Expedition Mode.....	38	Tips for Pairing Wireless Sensors....	51
Setting the Device Tones.....	38	Troubleshooting.....	51
Geocaching Settings.....	39	Maximizing Battery Life.....	51
Pairing Your Wireless Sensors.....	39	Long-Term Storage.....	51
Fitness Settings.....	39	Restarting the Device.....	51
Marking Laps by Distance.....	39	About Heart Rate Zones.....	51
Marine Settings.....	40	Fitness Goals.....	51
Setting Up Marine Alarms.....	40	Heart Rate Zone Calculations.....	52
Menu Settings.....	40		
Customizing the Main Menu.....	40		
Changing the Page Sequence.....	41		
Configuring the Page Ribbon			
Display.....	41		
Position Format Settings.....	41		
Changing the Units of Measure.....	42		
Time Settings.....	42		
Profiles.....	42		
Creating a Custom Profile.....	42		
Editing a Profile Name.....	42		
Deleting a Profile.....	43		
Resetting Data and Settings.....	43		
Restoring Default Page Settings..	43		
Device Information.....	43		
Product Updates.....	43		
Setting Up Garmin Express.....	43		
Getting More Information.....	44		
Attaching the Carabiner Clip.....	44		
Removing the Carabiner Clip.....	44		
Attaching a Lanyard.....	44		
Device Care.....	45		
Cleaning the Device.....	45		
Data Management.....	45		
File Types.....	45		
Installing a Memory Card.....	45		
Connecting the Device to Your			
Computer.....	46		

Introduction

⚠ WARNING

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

GPSMAP 67 Device Overview



①	GNSS antenna
②	Status LED
③	Power button ⓘ
④	Buttons
⑤	USB port (under weather cap)
⑥	Flashlight
⑦	microSD® card slot (under weather cap)
⑧	Mounting spine

Charging the GPSMAP 67 Device

NOTICE

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

NOTE: The device does not charge when it is outside the approved temperature range (*Specifications, page 47*).




- 1 Lift the weather cap ①.




- 2 Plug the small end of the power cable into the charging port ② on the device.
- 3 Plug the other end of the power cable into a compatible AC power adapter.
- 4 Plug the AC power adapter into a standard wall outlet.
The device displays the current battery charge level.

Buttons




FIND	Press to open the search menu. Hold to mark your current location as a man overboard (MOB) location and activate navigation.
MARK	Press to save your current location as a waypoint.
QUIT	Press to cancel or return to the previous menu or page. Press to scroll through the main pages.
ENTER	Press to choose options and acknowledge messages. Press to control the current activity recording (from the main pages).
MENU	Press to open the options menu for the page that is currently open. Press twice to open the main menu (from any page).
PAGE	Press to scroll through the main pages.
	Press to select menu options and move the map cursor.
	Press to zoom in on the map.
	Press to zoom out on the map.

Turning On the Device

Press and hold .

Locking the Buttons

You can lock the keypad to prevent inadvertent button presses.

- 1 Press  to open the status page.
- 2 Select **Lock Keys**.

Turning On the Backlight

Press any button to turn on the backlight.

The backlight turns on automatically when alerts and messages are displayed.

Adjusting the Backlight

- 1 Press **I** to open the status page.
- 2 Use **+** and **-** to adjust the brightness.

NOTE: To maximize battery life, the screen turns off automatically when the backlight times out. You can select **Setup > Display** to customize the backlight and display settings.

Acquiring Satellite Signals

It may take 30 to 60 seconds to acquire satellite signals.

- 1 Go outdoors to an open area.
- 2 If necessary, turn on the device.
- 3 Wait while the device searches for satellites.
? flashes while the device determines your GNSS location.

 in the status bar shows the satellite signal strength.

When the device acquires satellite signals, it automatically starts recording your path as an activity.

GPS and Other Satellite Systems

Using GPS and another satellite system together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

Your device can use these Global Navigation Satellite Systems (GNSS). Multi-band systems use multiple frequency bands and allow for more consistent track logs, improved positioning, improved multi-path errors, and fewer atmospheric errors when using the device in challenging environments.

NOTE: You can view satellite locations and available satellite systems on the satellite page ([Satellite Page, page 33](#)).

GPS: A satellite constellation built by the United States.

GPS multi-band: A satellite constellation built by the United States, using the enhanced L5 signal.

GLONASS: A satellite constellation built by Russia.

GALILEO: A satellite constellation built by the European Space Agency.

GALILEO multi-band: A satellite constellation built by the European Space Agency, using the enhanced L5 signal.

QZSS multi-band: A satellite constellation built by Japan, using the enhanced L5 signal.

IRNSS (NavIC): A satellite constellation built by India, using the enhanced L5 signal.

Using the Main Pages

The information needed to operate this device is found on the main menu, map, compass, and trip computer pages.

Press **PAGE** or **QUIT** to scroll through the main pages.

The page displayed in the middle opens automatically.

Opening the Main Menu

The main menu gives you access to tools and setup screens for waypoints, activities, routes, and more ([Main Menu Tools, page 25](#), [Setup Menu, page 36](#)).

From any page, press **MENU** twice.

Map

▲ represents your location on the map. As you travel, **▲** moves and displays your path. Depending on your zoom level, waypoint names and symbols may appear on the map. You can zoom in on the map to see more detail. When you are navigating to a destination, your route is marked with a colored line on the map.

Viewing the Active Route

- 1 Begin navigating a route (*Navigating a Saved Route*, page 14).
- 2 Press **MENU** twice to open the main menu.
- 3 Select **Active Route**.
- 4 Select a point in the route to view additional details.

Editing a Route

You can add, remove, or rearrange points on a route.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Press **MENU**.
- 5 Select **Edit Route**.
- 6 Select a point.
- 7 Select an option:
 - To view the point on the map, select **Review**.
 - To change the order of the points on the route, select **Move Up** or **Move Down**.
 - To insert an additional point on the route, select **Insert**.
The additional point is inserted before the point you are editing.
 - To remove the point from the route, select **Remove**.
- 8 Select **QUIT** to save the route.

Editing the Name of a Route

You can customize the name of a route to make it distinct.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Press **MENU**.
- 5 Select **Change Name**.
- 6 Enter the new name.

Viewing a Route on the Map

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Select the map tab.

Viewing the Elevation Plot of a Route

The elevation plot displays the elevations for a route based on your route setting. If your navigator is configured for direct routing, the elevation plot displays the straight-line elevations between route points. If your navigator is configured for on-road routing, the elevation plot displays the elevations along the roads included in your route.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Select the elevation plot tab.

Reversing a Route

You can switch the start and end points of your route to navigate the route in reverse.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Press **MENU**.
- 5 Select **Reverse Route**.

Deleting a Route

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Route Planner**.
- 3 Select a route.
- 4 Press **MENU**.
- 5 Select **Delete**.

Recordings

Your device records your path as an activity. Activities contain information about points along your recorded path, including time and location for each point. Activities are saved as FIT files on the device.

Recording Settings

Press **MENU** twice to open the main menu. Select **Setup > Recording**.

Record Method: Sets the recording method. The Auto option records points at a variable rate to create an optimum representation of your path. You can also record points at specific time or distance intervals.

Interval: Sets the recording rate. Recording points more frequently creates a more-detailed path, but fills the recording log faster.

Auto Pause: Sets the device to stop recording your path when you are not moving.

Auto Start: Sets the device to start a new recording automatically when the previous recording ends.

Activity Type: Sets the default activity type for the device.

Advanced Setup: Allows you to customize additional recording settings ([Advanced Recording Settings, page 16](#)).

Advanced Recording Settings

Press **MENU** twice to open the main menu. Select **Setup > Recording > Advanced Setup**.

Output Format: Sets the device to save the recording as a FIT or a GPX and FIT file ([File Types, page 45](#)). The FIT option records your activity with fitness information that is tailored for the Garmin Connect™ application and can be used for navigation. The FIT and GPX option records your activity as both a traditional track that can be viewed on the map and used for navigation, and as an activity with fitness information.

Auto Save: Sets an automated schedule to save your recordings. This helps organize your trips and save memory space ([Auto Save Settings, page 17](#)).

Trip Recording: Sets a trip recording option.

Recorded Data Reset: Sets a reset option. The Activity and Trip option resets the recording and trip data when you finish the active recording. The Prompted option prompts you to select the data to reset.

Auto Save Settings

Press **MENU** twice to open the main menu. Select **Setup > Recording > Advanced Setup > Auto Save**.

When Full: Automatically saves the current recording and starts a new one when the current recording is near 20,000 track points.

Daily: Automatically saves the previous day's recording and starts a new one when you turn on the device on a new day.

Weekly: Automatically saves the previous week's recording and starts a new one when you turn on the device on a new week.





Auto: Automatically saves the current recording based on its length and the number of track points taken.

Never: Never saves the current recording automatically. When the current recording nears 20,000 track points, the device filters the active track to remove redundant points while retaining the shape and history of the recording. Unfiltered points are saved in a temporary GPX and FIT file that is saved or discarded when the recording stops.

NOTE: When importing FIT activities or GPX tracks with more than 20,000 track points, the device filters the line to fit in the device memory and improve map drawing performance, while retaining the shape and history of the recording. The FIT and GPX files retain all of their original track points.

Viewing the Current Activity

By default, the device automatically starts recording your path as an activity when it is turned on and has acquired satellite signals. You can pause and start recording manually.


- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recording Controls**.
- 3 Press **◀** and **▶** to view an option:
 - To control the current activity recording, select .
 - To view data fields for the activity, select .
 - To view the current activity on the map, select .
 - To view the elevation plot for the current activity, select .

Navigating Using TracBack


While recording, you can navigate back to the beginning of your activity. This can be helpful when finding your way back to camp or the trail head.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recording Controls**.
- 3 Press **▶** to switch to the map tab.
- 4 Select **TracBack**.
The map displays your route with a magenta line, start point, and end point.
- 5 Navigate using the map (*Navigating with the Map, page 5*) or compass (*Navigating with the Compass, page 6*).


Stopping the Current Activity

- 1 From the main pages, press **ENTER**.
- 2 Select **Stop**.
- 3 Select an option:
 - To resume recording, select **Resume**.
 - To save the activity, select .



TIP: You can view the saved activity by pressing **MENU** twice to view the main menu, and selecting **Recorded Activities**.

 - To delete the activity and reset the trip computer, select .






Saving the Current Activity

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recording Controls** > .
- 3 Select an option:
 - Select **Save** to save the entire activity.
 - Press **MENU**, select **Save Portion**, and select a portion.

Viewing Saved Activity Information

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Select  to view information about the activity, such as time and distance.
- 5 Select  to view the activity on a map.
The beginning and the end of the trail are marked by flags.

Saving a Location from an Activity as a Waypoint

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Select .
- 5 Press , , , or  to move the cursor to a location.
An information bar appears at the top of the screen.
- 6 Press **ENTER**.
- 7 Press **MENU**.
- 8 Select **Save as Waypoint**.

Creating a Track from a Saved Activity

You can create a track from a saved activity. Tracks are saved using different file types than activities ([File Types, page 45](#)). This allows you to share your track wirelessly with other compatible Garmin® devices.


- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Press **MENU**.
- 5 Select **Save as Track**.

Reversing an Activity

You can switch the start and end points of your activity to navigate the activity in reverse.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Press **MENU**.
- 5 Select **Copy Reversed**.

Navigating a Saved Activity

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Select .
- 5 Select **Go**.

Deleting a Saved Activity

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Recorded Activities**.
- 3 Select an activity.
- 4 Press **MENU**.
- 5 Select **Delete**.

Courses

A course can have multiple destinations, and can be navigated point to point or on routable roads. Courses are saved as FIT files on the device.

Creating a Course

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner > Create Course**.
- 3 Select a course creation method:
 - To create a course with no map adjustments or recalculations, select **Direct Path**.
 - To create a course that adjusts to follow map data and recalculates as needed, select **Roads & Trails**.
- 4 Select **Select First Point**.
- 5 Select a category.
- 6 Select the first point in the course.
- 7 Select **Use**.
- 8 Select **Select Next Point** to add additional points to the course.
- 9 Select **Done**.

Creating a Course Using the Map

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner > Create Course**.
- 3 Select a course creation method:
 - To create a course with no map adjustments or recalculations, select **Direct Path**.
 - To create a course that adjusts to follow map data and recalculates as needed, select **Roads & Trails**.
- 4 Select **Select First Point > Use Map**.
- 5 Select a point on the map.
- 6 Select **Use**.
- 7 Move the map, and select additional points on the map to add to the course.
- 8 Select **Done**.

Navigating a Saved Course

- 1 Press **FIND**.
 - 2 Select **Courses**.
 - 3 Select a course.
 - 4 Select **Go**.
- By default, your route appears as a straight line on the map.

Editing a Course

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Press **MENU**.
- 5 Select **Edit Course**.
- 6 Select a point.
- 7 Select an option:
 - To view the point on the map, select **Review**.
 - To edit the name of the point, select **Edit Name**.
 - To edit the symbol used to represent the point, select **Edit Icon**.
 - To change the order of the points on the course, select **Move Up** or **Move Down**.
 - To insert an additional point on the course, select **Insert Before**.
The additional point is inserted before the point you are editing.
 - To receive an alert when you arrive at the point, select **Alert on Arrival**.
Points with alerts are generally destinations on your course. Points without alerts are used as shaping points on the course but are not destinations.
 - To remove the point from the course, select **Remove**.
- 8 Select **QUIT** to save the course.

Editing the Name of a Course

You can customize the name of a course to make it distinct.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Press **MENU**.
- 5 Select **Change Name**.
- 6 Enter the new name.

Viewing a Saved Course on the Map

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Select the map tab.

Viewing the Elevation Plot of a Course

The elevation plot displays the elevations for a course based on your routing settings. If your navigator is configured for direct routing, the elevation plot displays the straight-line elevations between course points. If your navigator is configured for on-road routing, the elevation plot displays the elevations along the roads included in your course.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Select the elevation plot tab.

Reversing a Course

You can switch the start and end points of your course to navigate the course in reverse.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Press **MENU**.
- 5 Select **Reverse Course**.

Creating a Track or Route from a Saved Course

You can create a track or route from a saved course. The tracks or routes can be navigated using Garmin devices that do not support course navigation.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Press **MENU**.
- 5 Select **Save as Track** or **Save as Route**.

Deleting a Course

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Course Planner**.
- 3 Select a course.
- 4 Press **MENU**.
- 5 Select **Delete**.

Optional Maps

You can use additional maps with the device, such as Outdoor Maps+, City Navigator®, and Garmin HuntView™ Plus detailed maps. Detailed maps may contain additional points of interest, such as restaurants or marine services. For more information, go to buy.garmin.com or contact your Garmin dealer.

Purchasing Additional Maps

- 1 Go to your device product page at www.garmin.com.
- 2 Click the **Maps** tab.
- 3 Follow the on-screen instructions.

Finding an Address

You can use optional City Navigator maps to search for addresses.

- 1 Press **FIND**.
- 2 Select **Addresses**.
- 3 Select **Search Area**, and enter the country, region, or city.
- 4 Select **Number**, and enter the house number.
- 5 Select **Street Name**, and enter the street.

Connected Features

Connected features are available for your GPSMAP 67 device when you connect the device to a wireless network or a compatible phone using Bluetooth® technology. Some features require you to install the Garmin Explore™ app on your phone. Go to garmin.com/apps for more information.

Garmin Explore: The Garmin Explore app syncs and shares waypoints, courses, and collections with your device. You can also download maps to your phone for offline access.

Bluetooth sensors: Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

Connect IQ™: Allows you to extend your device features with widgets, data fields, and apps using the Connect IQ app.

EPO Downloads: Allows you to download an extended prediction orbit file to quickly locate GPS satellites and reduce the time it takes to get an initial GPS fix using the Garmin Explore app or when connected to a Wi-Fi® network.

Outdoor Maps+: Allows you to download free satellite imagery or premium map data using an Outdoor Maps+ subscription when connected to a Wi-Fi network.

Live Geocache Data: Provides paid or subscription-free services to view live geocache data from www.geocaching.com using the Garmin Explore app or when connected to a Wi-Fi network.

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

Phone notifications: Displays phone notifications and messages on your GPSMAP 67 device using the Garmin Explore app.

Software updates: Allows you to receive updates for your device software using the Garmin Explore app or when connected to a Wi-Fi network.

Active Weather: Allows you to view current weather conditions and weather forecasts using the Garmin Explore app or when connected to a Wi-Fi network.

Connected Feature Requirements

Some features require a smartphone and a specific app on your smartphone.

Feature	Connected to a Paired Smartphone with the Garmin Connect App	Connected to a Wi-Fi Network
Activity uploads to Garmin Connect	Yes	Yes
Software updates	Yes	Yes
EPO downloads	Yes	Yes
Live geocache data	Yes	Yes
Weather	Yes	Yes
Phone notifications	Yes ¹	No
Connect IQ	Yes	No
Outdoor Maps+	Yes ²	Yes ³

¹ The device receives phone notifications from a paired iOS® phone directly, and through the Garmin Connect app on an Android™ phone.

² Required to activate your subscription.

³ Required to download maps.

Pairing a Smartphone with Your Device

- 1 Bring your compatible smartphone within 10 m (33 ft.) of your device.
- 2 From the main menu on your device, select **Setup > Bluetooth**.
- 3 On your compatible smartphone, enable Bluetooth technology, and open the Garmin Explore app.
- 4 From the app, select the devices option, and follow the on-screen instructions to pair your device.

Phone Notifications

Phone notifications require a compatible smartphone to be paired with the GPSMAP 67 device. When your phone receives messages, it sends notifications to your device.

Viewing Phone Notifications

Before you can view notifications, you must pair your device with your compatible phone.

- 1 Press **I** to open the status page.
- 2 Select **Notifications**.
- 3 Select a notification.

Hiding Notifications

By default, notifications appear on the screen when they are received. You can hide notifications to prevent them from appearing.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Bluetooth > Notifications > Hide**.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your GPSMAP 67 device.

Select an option:

- If you are using an iPhone® device, go to the iOS notifications settings to select the items to show on the device.
- If you are using an Android smartphone, from the Garmin Connect app, select **Settings > Smart Notifications**.

Connecting to a Wireless Network

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Wi-Fi**.
- 3 Select the toggle switch to enable Wi-Fi technology, if necessary.
- 4 Select **Add Network**.
- 5 Select a wireless network from the list and enter the password, if necessary.

The navigator stores the network information and connects automatically when you return to this location.

Connect IQ Features

You can add Connect IQ features to your device from Garmin and other providers using the Connect IQ app. You can customize your device with data fields, widgets, and apps.

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

Before you can download features from the Connect IQ app, you must pair your GPSMAP 67 device with your smartphone (*Pairing a Smartphone with Your Device*, page 23).

- 1 From the app store on your smartphone, install and open the Connect IQ app.
- 2 If necessary, select your device.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

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

Viewing Connect IQ Widgets

- 1 Press **ⓘ** to open the status page.
- 2 Select **◀** or **▶** to scroll through the widgets.

Garmin Explore

The Garmin Explore website and app allow you to create courses, waypoints, and collections, plan trips, and use cloud storage. They offer advanced planning both online and offline, allowing you to share and sync data with your compatible Garmin device. You can use the app to download maps for offline access, and then navigate anywhere without using your cellular service.

You can download the Garmin Explore app from the app store on your phone, or you can go to explore.garmin.com.

Main Menu Tools

Press **MENU** twice to open the main menu.

Active Route: Displays your active route and any upcoming waypoints ([Routes, page 14](#)).

Active Weather: Displays the current temperature, temperature forecast, weather forecast, weather radar, cloud cover, and wind conditions ([Viewing an Active Weather Forecast, page 26](#)).

Adventures: Displays a list of adventures from the BaseCamp™ application ([Garmin Adventures, page 27](#)).

Alarm Clock: Sets an audible alarm. If you are not currently using the navigator, you can set it to turn on at a specific time.

Altimeter: Displays the elevation over distance traveled ([Altimeter, page 9](#)).

Area Calculation: Allows you to calculate the size of an area ([Calculating the Size of an Area, page 28](#)).

Calculator: Displays a calculator.

Calendar: Displays a calendar.

Collections Manager: Displays collections synced from your Garmin Explore account.

Compass: Displays the compass ([Compass, page 6](#)).

Connect IQ: Displays a list of installed Connect IQ apps ([Connect IQ Features, page 23](#)).

Course Planner: Displays a list of saved courses and allows you to create new courses ([Courses, page 19](#)).

Flashlight: Turns on the flashlight ([Using the Flashlight, page 28](#)).

Geocaching: Displays a list of downloaded geocaches ([Geocaches, page 28](#)).

Hunt and Fish: Displays the predicted best dates and times for hunting and fishing at your current location.

inReach Remote: Allows you to send messages using your paired inReach® satellite communicator ([Using the inReach Remote, page 35](#)).

Man Overboard: Allows you to save a man overboard (MOB) location and navigate back to it ([Marking and Starting Navigation to a Man Overboard Location, page 32](#)).

Map: Displays the map ([Map, page 4](#)).

Map Manager: Shows the downloaded map versions. With an Outdoor Maps+ subscription, allows you to download additional maps ([Downloading Maps, page 32](#)).

Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings ([Phone Notifications, page 23](#)).

Photo Viewer: Displays saved photos.

Profile Change: Allows you to change the profile to customize your settings and data fields for a particular activity or trip ([Selecting a Profile, page 33](#)).

Proximity Alarms: Allows you to set alerts to sound within range of particular locations ([Setting a Proximity Alarm, page 33](#)).

Recorded Activities: Displays your current activity and a list of recorded activities ([Recordings, page 16](#)).

Recording Controls: Allows you to view details about the current activity and control the current activity recording ([Viewing the Current Activity, page 17](#)).

Route Planner: Displays a list of saved routes and allows you to create new routes ([Creating a Route Using Route Planner, page 14](#)).

Satellite: Displays your current GPS satellite information ([Satellite Page, page 33](#)).

Saved Tracks: Displays a list of saved tracks ([Creating a Track from a Saved Activity, page 18](#)).

Share Wirelessly: Allows you to wirelessly transfer files to another compatible device ([Sending and Receiving Data Wirelessly, page 34](#)).

Sight 'N Go: Allows you to point the navigator at an object in the distance, and navigate using the object as a reference point ([Navigating with Sight 'N Go, page 7](#)).

Stopwatch: Allows you to use a timer, mark a lap, and time laps.

Sun and Moon: Displays sunrise and sunset times, along with the moon phase, based on your GPS position.

Trip Computer: Displays the trip computer ([Trip Computer, page 9](#)).

VIRB Remote: Provides camera controls when you have a VIRB® camera paired with your GPSMAP 67 navigator (*Using the VIRB Remote, page 34*).

Waypoint Averaging: Allows you to refine a waypoint location for more accuracy (*Increasing the Accuracy of a Waypoint Location, page 12*).

Waypoint Manager: Displays all waypoints saved to the device (*Waypoints, page 11*).

FIND: Allows you to find a destination to navigate to (*Navigating to a Destination, page 11*).

XERO Locations: Displays laser location information when you have a Xero® bow sight paired with your GPSMAP 67 navigator.

Viewing an Active Weather Forecast

While your GPSMAP 67 navigator is connected to your phone or to a Wi-Fi network and has an active internet connection, it can receive detailed weather information from the internet.





- 1 Press **MENU** twice to open the main menu.
- 2 Select **Active Weather**.
The navigator automatically downloads a weather forecast for your current location.
- 3 Select a day to view an hourly forecast, if available.
- 4 Select a time interval to view detailed weather information.

Viewing an Active Weather Map

To view an active weather map, your navigator must be connected to your phone.

While your navigator is connected to a phone or Wi-Fi network with internet access, you can view a live weather map showing weather radar, cloud cover, temperature, or wind conditions.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Active Weather**.
- 3 Press ◀ or ▶ to select a weather map tab.
NOTE: Some options may not be available in all areas.

- To view a weather radar, select .
- To view cloud coverage, select .
- To view temperatures, select .
- To view wind speeds and directions, select .

The selected data appears on the map. The navigator may take a few moments to load the weather map data.

- 4 Select an option:
 - To zoom in or out on the map, press **+** or **-**.
 - To pan up, down, left, or right on the map, press **▼** to enter panning mode, and use the directional pad.

Adding an Active Weather Location

You can add a weather location to view active weather for waypoints, GPS coordinates, or other locations.

- 1 View an active weather forecast.
- 2 Press **MENU**.
- 3 Select **Manage Locations > New Location**.
- 4 Select a location.
- 5 Select **Use**.
The navigator downloads a forecast for the selected location.

Switching the Active Weather Location

You can quickly switch between forecasts for active weather locations you have previously added.

- 1 View an active weather forecast.
- 2 Press **MENU**.
- 3 Select **Manage Locations**.
- 4 Select a location from the list.
TIP: The option always downloads a forecast for your current location.
- 5 Select **Use**.
The navigator downloads the most recent forecast for the selected location.

Deleting an Active Weather Location

- 1 View an active weather forecast.
- 2 Press **MENU**.
- 3 Select **Manage Locations**.
- 4 Select a location from the list.
NOTE: You cannot delete the forecast.
- 5 Select **Delete**.

Garmin Adventures

You can group related items together as an adventure. For example, you can create an adventure for your latest hiking trip. The adventure could contain the track log of the trip, photos of the trip, and geocaches you hunted. You can use BaseCamp to create and manage your adventures. For more information, go to garmin.com/basecamp.

Sending Files to and from BaseCamp

- 1 Open BaseCamp.
- 2 Connect the device to your computer.
- 3 Select an option:
 - Select an item from a connected device and drag it to My Collection or to a list.
 - Select an item from My Collection or a list and drag it to a connected device.

Creating an Adventure

Before you can create an adventure and send it to your device, you must download BaseCamp to your computer and transfer a track from your device to your computer (*Sending Files to and from BaseCamp, page 27*).

- 1 Open BaseCamp.
- 2 Select **File > New > Garmin Adventure**.
- 3 Select a track, and select **Next**.
- 4 If necessary, add items from BaseCamp.
- 5 Complete the required fields to name and describe the adventure.
- 6 If you want to change the cover photo for the adventure, select **Change**, and select a different photo.
- 7 Select **Finish**.

Starting an Adventure

Before you can start an adventure, you must send an adventure from BaseCamp to your navigator ([Sending Files to and from BaseCamp, page 27](#)).

When you start a saved adventure, the navigator follows the saved track and displays shortcuts to related information along the track, such as photos and waypoints.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Adventures**.

NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).

- 3 Select an adventure.
- 4 Select **Start**.

Calculating the Size of an Area

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Area Calculation > Start**.

NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).

- 3 Walk around the perimeter of the area you want to calculate.
- 4 Select **Calculate** when finished.

Using the Flashlight

WARNING

This device may have a flashlight that can be programmed to flash at various intervals. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.

NOTE: Using the flashlight can reduce battery life. You can reduce the brightness or flash frequency to extend the life of the battery.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Flashlight > ENTER**.

NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).

- 3 If necessary, use the brightness slider to adjust the brightness.
- 4 If necessary, select a different flash type.

0	No strobe, constant beam.
1 through 9	Number of strobes per second.
SOS	Emergency strobe. NOTE: Wi-Fi, Bluetooth, and ANT+® connections are disabled in SOS mode.

Geocaches

Geocaching is a treasure hunting activity in which players hide or search for hidden caches using clues and GPS coordinates.

Registering Your Device at Geocaching.com

You can register your device at www.geocaching.com to search for a list of nearby geocaches, or to search live information for millions of geocaches.

- 1 Connect to a wireless network (*Connecting to a Wireless Network, page 23*) or to the Garmin Connect app (*Pairing a Smartphone with Your Device, page 23*).
- 2 Press **MENU** twice to open the main menu.
- 3 Select **Setup > Geocaching > Register Device**.
An activation code appears.
- 4 Follow the on-screen instructions.

Connecting to Geocaching.com

After you register, you can view geocaches from www.geocaching.com on your device while connected wirelessly.

- Connect to the Garmin Connect app.
- Connect to a Wi-Fi network.

Downloading Geocaches Using a Computer

You can load geocaches manually onto your device using a computer (*Transferring Files to Your Device, page 46*). You can place the geocache files into a GPX file and import them into the GPX folder on the device. With a premium membership to geocaching.com, you can use the "pocket query" feature to load a large group of geocaches onto your device as a single GPX file.


- 1 Connect the device to your computer using a USB cable.
- 2 Go to www.geocaching.com.
- 3 If necessary, create an account.
- 4 Sign in.
- 5 Follow the instructions at geocaching.com to find and download geocaches to your device.

Searching for a Geocache

You can search the geocaches loaded on your navigator.


If you are connected to www.geocaching.com, you can search live geocache data and download geocaches.

NOTE: You can download detailed information for a limited number of geocaches per day. You can purchase a premium subscription to download more. Go to www.geocaching.com for more information.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching** > .
- 3 Press **MENU**.
- 4 Select an option:
 - To search the geocaches loaded on your navigator by name, select **Spell Search**, and enter a search term.
 - To search for geocaches near you or near another location, select **Search Near**, and select a location.
If you are connected to www.geocaching.com, the search results include live geocache data obtained by **GC Live Download**.
 - To search for live geocaches by code, select **GC Live Download > GC Code**, and enter the geocache code.
This feature allows you to download a specific geocache from www.geocaching.com when you know the geocache code.
- 5 Select a geocache.
The geocache details appear.

NOTE: If you selected a live geocache and you are connected, the navigator downloads the full geocache details to the internal storage, if necessary.

Searching for a Geocache on the Map

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching** > .
- 3 Press **MENU**.
- 4 Select **Download Geocaches** to search for and download nearby geocaches on the map.


TIP: You can select Filter to filter the search results.

- 5 Select a geocache.

The geocache details appear. If you selected a live geocache and you are connected to www.geocaching.com, the navigator downloads the full geocache details to the internal storage.

Filtering the Geocache List

You can filter your geocache list based on certain factors, such as the level of difficulty.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching** > .
- 3 Press **MENU**.
- 4 Select **Filter**, and select one or more options:
 - To filter by a geocache category, such as puzzle or event, select **Type**.
 - To filter by the physical size of the geocache container, select **Cache Size**.
 - To filter by **Unattempted**, **Did Not Find**, or **Found** geocaches, select **Status**.
 - To filter by the difficulty level of finding the geocache, or the difficulty of the terrain, select a level from 1 to 5.
- 5 Select **QUIT** to view the filtered geocache list.

Saving a Custom Geocache Filter

You can create and save custom filters for geocaches based on specific factors.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup** > **Geocaching** > **Filter Setup** > **Create Filter**.
- 3 Select items to filter.
- 4 Select **QUIT**.

By default, the new filter is saved automatically as Filter followed by a number. For example, Filter 2. You can edit the geocache filter to change the name (*Editing a Custom Geocache Filter, page 30*).

Editing a Custom Geocache Filter

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup** > **Geocaching** > **Filter Setup**.
- 3 Select a filter.
- 4 Select an item to edit.

Viewing Geocache Details

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching**.
- 3 Select a geocache.
- 4 Press **MENU**.
- 5 Select **Review Point**.

The geocache description and logs appear.

Navigating to a Geocache

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching**.
- 3 Select a geocache.
- 4 Select **Go**.

Using Hints and Clues to find a Geocache

You can use hints or clues, such as a description or coordinates, to help you find a geocache.

- 1 While navigating to a geocache, select **MENU > Geocache**.
- 2 Select an option:
 - To view details about the geocache, select **Description**.
 - To view a clue about a geocache location, select **Hint**.
 - To view latitude and longitude for a geocache, select **Coordinates**.
 - To view feedback about the geocache from previous searchers, select **Logs**.
 - To turn on chirp™ searching, select **chirp™**.

Logging the Attempt

After you have attempted to find a geocache, you can log your results. You can verify some geocaches at www.geocaching.com.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Geocaching > Log**.
- 3 Select **Found, Did Not Find, Needs Repair, or Unattempted**.
- 4 Select an option:
 - To stop logging, select **Done**.
 - To begin navigation to the geocache nearest you, select **Find Next Closest**.
 - To enter a comment about looking for the cache or about the cache itself, select **Edit Comment**, enter a comment, and select **Done**.

If you are signed in to www.geocaching.com, the log uploads to your www.geocaching.com account automatically.

chirp

A chirp is a small Garmin accessory that is programmed and left in a geocache. You can use your device to find a chirp in a geocache.

Enabling chirp Searching

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Geocaching > chirp™ Setup**.
- 3 Select **chirp™ Searching > On**.

Finding a Geocache with a chirp

- 1 With chirp searching enabled, navigate to a geocache.

When you are within approximately 10 m (33 ft.) of the geocache that contains a chirp, details about the chirp appear.
- 2 Select **Show Details**.
- 3 If necessary, select **Go** to navigate to the next stage of the geocache.

Removing Live Geocache Data from the Device

You can remove live geocache data to show only geocaches manually loaded on the device using a computer.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Geocaching > Geocaching Live > Remove Live Data**.

Live geocaching data is removed from the device and no longer appears in the geocache list.

Removing Your Device Registration From Geocaching.com

If you transfer ownership of your device, you can remove your device registration from the geocaching website.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Geocaching > Geocaching Live > Unregister Device**.

Marking and Starting Navigation to a Man Overboard Location

Before you can save a man overboard (MOB) location and navigate back to it, you must add the Man Overboard application (*Customizing the Main Menu, page 40*).

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Man Overboard > Start**.
The map opens, showing the route to the MOB location. By default, the route appears as a magenta line.
- 3 Navigate using the map (*Navigating with the Map, page 5*) or compass (*Navigating with the Compass, page 6*).

Downloading Maps

Before you can download maps to your navigator, you must connect to a wireless network (*Connecting to a Wireless Network, page 23*).

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Map Manager > Outdoor Maps+**.
NOTE: You may need to add this application to the main menu before you can select it (*Customizing the Main Menu, page 40*).
- 3 Select an option:
 - To download free satellite map data without a subscription, select **Add Satellite Imagery**.
 - To download premium maps and activate your Outdoor Maps+ subscription for your navigator, select **Check Subscription**.
NOTE: Go to garmin.com/outdoormaps for information about purchasing a subscription.
- 4 Press **OK**, and select **Layer Information** to view details about the map layers (optional).
- 5 From the map, complete one or more actions:
 - To view different areas of the map, press **▲**, **▼**, **◀**, or **▶**.
 - To zoom in and out of the map, press **+** and **-**.
- 6 Select **Select Area > Download**.
An estimated download size appears for the map. You should verify your navigator has enough available storage space for the map.
- 7 Select **Name** to edit the name of the map download (optional).
- 8 Press **MENU**.
- 9 Select **Configure Maps**.
- 10 Select a toggle switch to enable or disable map layers.

Enabling Maps

You can enable map products installed on your device.

- 1 Select **Map Manager > Outdoor Maps+ > MENU > Configure Maps**.
- 2 Select the toggle switch to enable each installed map.
- 3 Select the map name to change the raster brightness level (optional).

Deleting a Map

You can remove maps to increase the available device storage.

- 1 Select **Map Manager > Outdoor Maps+**.
- 2 Select a map.
- 3 Select **MENU > Delete**.

Selecting a Profile

When you change activities, you can change the setup of the device by changing the profile.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Profile Change**.

NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).

- 3 Select a profile.

Setting a Proximity Alarm

Proximity alarms alert you when you are within a specified range of a particular location.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Proximity Alarms > Create Alarm**.

NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).

- 3 Select a category.
- 4 Select a location.
- 5 Select **Use**.
- 6 Enter a radius.

When you enter an area with a proximity alarm, the device sounds a tone.

Editing or Deleting a Proximity Alarm

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Proximity Alarms**.
- 3 Select an alarm.
- 4 Select an option:
 - To edit the radius, select **Change Radius**.
 - To view the alarm on a map, select **View Map**.
 - To delete the alarm, select **Delete**.

Satellite Page

The satellite page shows your current location, GPS accuracy, satellite locations, and signal strength.

You can select ◀ or ▶ to view additional satellite constellations when they are enabled.

GPS Satellite Settings

Press **MENU** twice to open the main menu. Select **Satellite**. Press **MENU**.

Use With GPS On: Allows you to turn the GPS on.

Track Up: Indicates whether satellites are shown with their rings oriented with north toward the top of the screen, or oriented with your current track toward the top of the screen.

Single Color: Allows you to select whether the satellite page is displayed in multicolor or single color format.

Set Location On Map: Allows you to mark your current location on the map. You can use this location to create routes or search for saved locations.

AutoLocate Position: Calculates your GPS position using the Garmin AutoLocate® feature.

Satellite Setup: Sets the satellite system options ([Satellite Settings, page 36](#)).

Sending and Receiving Data Wirelessly

Before you can share data wirelessly, you must be within 3 m (10 ft.) of a compatible Garmin device.



Your navigator can send and receive data wirelessly when connected with a compatible Garmin device using ANT+ technology. You can share waypoints, geocaches, routes, tracks, and more.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Share Wirelessly**.
- 3 Select an option:
 - Select **Send**, and select a type of data.
 - Select **Receive** to receive data from another device. The other compatible device must be attempting to send data.
- 4 Follow the on-screen instructions.

Using the VIRB Remote


Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

The VIRB remote function allows you to control your VIRB camera using your navigator.

- 1 Turn on your VIRB camera.
- 2 On your GPSMAP 67 navigator, select **VIRB Remote**.
NOTE: You may need to add this application to the main menu before you can select it ([Customizing the Main Menu, page 40](#)).
- 3 Wait while the navigator connects to your VIRB camera.
- 4 Select an option:
 - To record video, select .
 - To take a photograph, select .

Using the inReach Remote

The inReach remote function allows you to control a compatible inReach satellite communicator using your GPSMAP 67 navigator.

- 1 Turn on the inReach satellite communicator.
- 2 On your GPSMAP 67 navigator, select **inReach Remote**.
NOTE: You may need to add this application to the main menu before you can select it (*Customizing the Main Menu, page 40*).
- 3 If necessary, select **Pair New inReach**.
- 4 Wait while the GPSMAP 67 navigator connects to your inReach satellite communicator.
- 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 **New Message**, select the message contacts, and enter the message text or select a quick text option.
 - To send an SOS message, use the arrow keys to scroll through the tabs, and select **SOS > Yes**.
NOTE: You should only use the SOS function in a real emergency situation.
 - To view the timer and distance traveled, use the arrow keys to scroll through the tabs, and select .

Customizing the Device

Customizing the Data Fields

You can customize the data fields displayed on each main page.

- 1 Open the page for which you will change the data fields.
- 2 Press **MENU**.
- 3 Select **Change Data Fields**.
- 4 Select a data field.
- 5 Follow the on-screen instructions.

Setup Menu

Press **MENU** twice to open the main menu. Select **Setup**.

System: Allows you to customize system settings (*System Settings, page 36*).

Display: Adjusts the backlight and display settings (*Display Settings, page 37*).

Bluetooth: Pairs your navigator to a phone, and allows you to customize the Bluetooth settings (*Bluetooth Settings, page 37*).

Wi-Fi: Allows you to connect to wireless networks (*Wi-Fi Settings, page 37*).

Map: Sets the map appearance (*Map Settings, page 5*).

Recording: Allows you to customize activity recording settings (*Recording Settings, page 16*).

Routing: Allows you to customize how the device calculates routes for each activity (*Routing Settings, page 38*).

Expedition Mode: Allows you to customize settings for turning on expedition mode (*Turning On Expedition Mode, page 38*).

Waypoints: Allows you to enter a custom prefix for automatically named waypoints.

Tones: Sets the device sounds, such as key tones and alerts (*Setting the Device Tones, page 38*).

Heading: Allows you to customize the compass heading settings (*Heading Settings, page 9*).

Altimeter: Allows you to customize the altimeter settings (*Altimeter Settings, page 10*).

Geocaching: Allows you to customize your geocache settings (*Geocaching Settings, page 39*).

Sensors: Pairs wireless sensors with your navigator (*Pairing Your Wireless Sensors, page 39*).

Fitness: Allows you to customize settings for recording fitness activities (*Fitness Settings, page 39*).

Marine: Sets the appearance of marine data on the map (*Marine Settings, page 40*).

Menus: Allows you to customize the page sequence and main menu (*Menu Settings, page 40*).

Position Format: Sets the geographical position format and datum options (*Position Format Settings, page 41*).

Units: Sets the units of measure used on the device (*Changing the Units of Measure, page 42*).

Time: Adjusts the time settings (*Time Settings, page 42*).

Profiles: Allows you to customize and create new activity profiles (*Profiles, page 42*).

Reset: Allows you to reset user data and settings (*Resetting Data and Settings, page 43*).

About: Displays device information, such as the unit ID, software version, regulatory information, and license agreement (*Viewing E-label Regulatory and Compliance Information, page 47*).

System Settings

Press **MENU** twice to open the main menu. Select **Setup > System**.

Satellite: Sets the satellite system options (*Satellite Settings, page 36*).

Text Language: Sets the text language on the device.

NOTE: Changing the text language does not change the language of user-entered data or map data, such as street names.

USB Mode: Sets the device to use MTP (media transfer protocol) or Garmin mode when connected to a computer.

Satellite Settings

Press **MENU** twice to open the main menu. Select **Setup > System > Satellite**.

Satellite System: Sets the satellite system to GPS only, multiple satellite systems, or Demo Mode (GPS off).

Multi-Band: Enables the use of multi-band systems on the GPSMAP 67 device.

NOTE: Multi-band systems use multiple frequency bands and allow for more consistent track logs and improved positioning when using the device in challenging environments.

Display Settings

Press **MENU** twice to open the main menu. Select **Setup > Display**.

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

Always On Display: Saves the battery power and prolongs the battery life by turning off the screen when the backlight times out (*Turning Off the Screen, page 37*).

Appearance: Changes the appearance of the display background and selection highlight (*Changing the Color Mode, page 37*).

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

Review Text Size: Changes the size of the text on the screen.

Turning Off the Screen

To save battery power and prolong the battery life, you can turn off the screen automatically when the backlight times out.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Display > Always On Display > Off**.

You can press **⏻** to turn on the screen.

Changing the Color Mode

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Display > Appearance**.
- 3 Select an option:
 - To allow the device to display day or night colors automatically based on the time of day, select **Mode > Auto**.
 - To use a light background, select **Mode > Day**.
 - To use a dark background, select **Mode > Night**.
 - To customize the color scheme for daytime, select **Day Color**.
 - To customize the color scheme for nighttime, select **Night Color**.

Bluetooth Settings

Press **MENU** twice to open the main menu. Select **Setup > Bluetooth**.

Status: Enables Bluetooth wireless technology, and shows current connection status.

Notifications: Shows or hides phone notifications.

Forget Phone: Removes the connected phone from the list of paired phones. This option is available only after a phone is paired.

Wi-Fi Settings

Press **MENU** twice to open the main menu. Select **Setup > Wi-Fi**.

Wi-Fi: Enables wireless internet technology.

Add Network: Allows you to scan for and connect to a wireless internet network.

Routing Settings

The available routing settings vary based on whether Direct Routing is enabled or disabled.

Press **MENU** twice to open the main menu. Select **Setup > Routing**.

Direct Routing: Enables or disables direct routing. Direct routing calculates the most direct route possible to the destination.

Activity: Sets an activity while routing. The navigator calculates routes optimized for the type of activity you are doing.

Lock On Road: Locks the blue triangle, which represents your position on the map, onto the nearest road. This is most useful when driving or navigating on roads.

Course Navigation: Sets the method used to calculate courses and routes. The Direct Path option is used for point-to-point navigation without recalculation. The Roads & Trails option adjusts the course to follow map data, recalculating as needed.

Route Transitions: Sets how the navigator routes from one point on the route to the next. This setting is available only for some activities. The Distance option routes you to the next point on the route when you are within a specified distance of your current point.

Advanced Setup: Allows you to customize additional routing settings (*Advanced Routing Settings, page 38*).

Advanced Routing Settings

Press **MENU** twice to open the main menu. Select **Setup > Routing > Advanced Setup**.

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

Off Route Recalculation: Sets recalculation preferences when navigating away from an active route.

Avoidance Setup: Sets the types of roads, terrain, and transportation methods to avoid while navigating.

Turning On Expedition Mode

You can use expedition mode to prolong the battery life. In expedition mode, the screen shuts off, the device enters low power mode, and the device collects fewer GPS track points.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Expedition Mode**.
- 3 Select an option:
 - To enable the device to prompt you to turn on expedition mode when you turn off the device, select **Prompted**.
 - To automatically turn on expedition mode after two minutes of inactivity, select **Auto**.
 - To never turn on expedition mode, select **Never**.

In expedition mode, the green LED flashes occasionally.

Setting the Device Tones

You can customize tones for messages, keys, turn warnings, and alarms.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Tones**.
- 3 Select **Sounds**.
- 4 Select an option:
 - To enable both tones and vibration, select **Tone & Vibration**.
 - To enable only tones, select **Tone**.
 - To enable only vibration, select **Vibration**.
 - To disable tones and vibration, select **Off**.
- 5 Select **Volume** to set the tone volume.
- 6 Select a tone for each audible type.

Geocaching Settings

Press **MENU** twice to open the main menu. Select **Setup > Geocaching**.

Geocaching Live: Allows you to remove live geocache data from your device and remove your device registration from geocaching.com (*Removing Live Geocache Data from the Device, page 32, Removing Your Device Registration From Geocaching.com, page 32*).

Geocache Style: Sets the device to display the geocache list using names or codes.

chirp™ Setup: Allows you to enable chirp searching and program a chirp accessory (*chirp, page 31*).

Filter Setup: Allows you to create and save custom filters for geocaches (*Saving a Custom Geocache Filter, page 30*).

Found Geocaches: Allows you to edit the number of geocaches found. This number automatically increases when you log a find (*Logging the Attempt, page 31*).

Proximity Alarm: Allows you to set an alert to sound when you are within a specified range of a geocache.

Pairing Your Wireless Sensors

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

Your navigator can be paired with wireless sensors using ANT+ or Bluetooth technology. For example, you can connect a heart rate monitor with your navigator. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

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

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

2 Press **MENU** twice to open the main menu.

3 Select **Setup > Sensors**.

4 Select your sensor type.

5 Select **Search For New**.

When the sensor is paired with your navigator, the sensor status changes from Searching to Connected.

Fitness Settings

Press **MENU** twice to open the main menu. Select **Setup > Fitness**.

Auto Lap: Sets the navigator to automatically mark the lap at a specific distance.

User: Sets your user profile information. The navigator uses this information to calculate accurate training data in Garmin Connect.

HR Zones: Sets the five heart rate zones and your maximum heart rate for fitness activities.

Marking Laps by Distance

You can use the Auto Lap® feature to automatically mark the lap at a specific distance. This feature is helpful for comparing your performance over different parts of an activity.

1 Press **MENU** twice to open the main menu.

2 Select **Setup > Fitness > Auto Lap**.

3 Enter a value, and select **Done**.

Marine Settings

Press **MENU** twice to open the main menu. Select **Setup > Marine**.

Marine Chart Mode: Sets the type of chart the device uses when displaying marine data. Nautical displays various map features in different colors so the marine POIs are more readable and so the map reflects the drawing scheme of paper charts. Fishing (requires marine maps) displays a detailed view of bottom contours and depth soundings and simplifies map presentation for optimal use while fishing.

Appearance: Sets the appearance of marine navigation aids on the map.

Marine Alarm Setup: Sets alarms for when you exceed a specified drift distance while anchored, when you are off course by a specified distance, and when you enter water of a specific depth ([Setting Up Marine Alarms, page 40](#)).

Marine Speed Filter: Averages the speed of your vessel over a short period of time for smoother speed values.

Setting Up Marine Alarms

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Marine > Marine Alarm Setup**.
- 3 Select an alarm type.
- 4 Enter a distance, and select **Done**.

Menu Settings

Press **MENU** twice to open the main menu. Select **Setup > Menus**.

Menu Style: Changes the appearance of the main menu.

Main Menu: Allows you to move, add, and delete items in the main menu ([Customizing the Main Menu, page 40](#)).

Page Sequence: Allows you to move, add, and delete items in the page sequence ([Changing the Page Sequence, page 41](#)).

Setup: Changes the order of items in the setup menu.

Find: Changes the order of items in the find menu.

Customizing the Main Menu

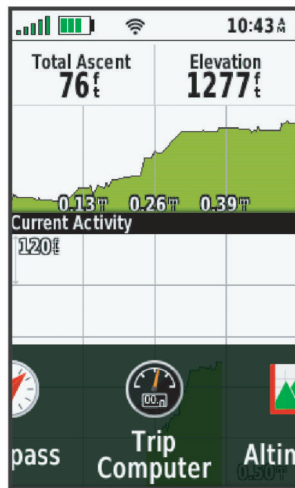
You can move, add, and delete items in the main menu.

- 1 Press **MENU** twice to open the main menu.
- 2 Select an option:
 - To add a new item to the end of the list, select **Add Page**, select a category, and select an option.
 - To change the placement of an item in the list, press **MENU**, select **Change Item Order**, select a menu item, and select **Move**.
 - To add a new item to the list before the selected item, press **MENU**, select **Change Item Order**, select a menu item, and select **Insert**.
 - To delete an item from the list, press **MENU**, select **Change Item Order**, select a menu item, and select **Remove**.

Changing the Page Sequence

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Menus > Page Sequence > Edit Page Sequence**.
- 3 Select a page.
- 4 Select an option:
 - To move the page up or down in the list, select **Move**.
 - To add a new page to the page sequence, select **Insert**, and select a category.
 - To remove a page from the page sequence, select **Remove**.

TIP: You can press **PAGE** to view the page sequence.



Configuring the Page Ribbon Display

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Menus > Page Sequence > Page Ribbon Display**.
- 3 Select an option:
 - To disable the page ribbon display, select **Off**.
 - To set the speed at which a page opens after being selected in the page ribbon display, select **Slow** or **Fast**.

Position Format Settings

NOTE: You should not change the position format or the map datum coordinate system unless you are using a map or chart that specifies a different position format.

Press **MENU** twice to open the main menu. Select **Setup > Position Format**.

Position Format: Sets the position format in which a location reading appears.

Map Datum: Sets the coordinate system on which the map is structured.

Map Spheroid: Shows the coordinate system the device is using. The default coordinate system is WGS 84.

Changing the Units of Measure

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Units**.
- 3 Select an option:
 - To change the unit of measure for speed and distance, select **Speed/Distance**.
 - To change the unit of measure for vertical speed, select **Vertical Speed**.
 - To change the unit of measure for elevation, select **Elevation > Elevation**.
 - To change the unit of measure for depth, select **Elevation > Depth**.
 - To change the unit of measure for temperature, select **Temperature**.
 - To change the unit of measure for pressure, select **Pressure**.
- 4 Select a unit of measure.

Time Settings

Press **MENU** twice to open the main menu. Select **Setup > Time**.

Time Format: Sets the device to show time in a 12-hour or 24-hour format.

Time Zone: Sets the time zone for the device. The Automatic option sets the time zone automatically based on your GPS position.

Daylight Saving Time: Sets the device to use daylight saving time.

Profiles

Profiles are a collection of settings that optimize your device based on how you are using it. For example, the settings and views are different when you use the device for hunting than when geocaching.

When you are using a profile and you change settings, such as data fields or units of measurement, the changes are saved automatically as part of the profile.

Creating a Custom Profile

If none of the preloaded profiles fit the needs of your activity or trip, you can create a custom profile with its own unique settings and data fields.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Profiles > Create Profile > OK**.

The new profile is created with a default name and number. For example, Profile 10. The new profile becomes the active profile.
- 3 Select the new profile.
- 4 Select an option:
 - Customize the default profile name (*Editing a Profile Name, page 42*).
 - Customize your settings as necessary (*Setup Menu, page 36*).
 - Customize the data fields as necessary (*Customizing the Data Fields, page 35*).

Any changes you make to the settings and data fields are automatically saved to the active profile.

Editing a Profile Name

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Profiles**.
- 3 Select a profile.
- 4 Select **Edit Name**.
- 5 Enter the new name.

Deleting a Profile

NOTE: You cannot delete a profile while it is in use.

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Profiles**.
- 3 Select a profile.
- 4 Select **Delete**.

Resetting Data and Settings

- 1 Press **MENU** twice to open the main menu.
- 2 Select **Setup > Reset**.
- 3 Select an option:
 - To reset data specific to a trip, such as distance and averages, select **Reset Trip Data**.
 - To delete all saved waypoints, select **Delete All Waypoints**.
 - To clear the data recorded since you started your current activity, select **Clear Current Activity**.
NOTE: The device continues to record new data for the current activity.
 - To reset only the settings for your current activity profile to the factory default values, select **Reset Profile Settings**.
 - To reset all device settings and profiles to the factory default values, select **Reset All Settings**.
NOTE: Resetting all settings clears all geocaching activity from your device. It does not remove your saved user data, such as tracks and waypoints.
 - To remove all saved user data and reset all settings on the device to the factory default values, select **Delete All**.
NOTE: Deleting all settings removes your personal data, history, and saved user data, including tracks and waypoints.

Restoring Default Page Settings

- 1 Press **PAGE** or **QUIT** to scroll to the page for which you will restore the settings.
- 2 Press **MENU**.
- 3 Select **Restore Defaults**.

Device Information

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your phone, install the Garmin Explore app.

This provides easy access to these services for Garmin devices:

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

Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to garmin.com/express.
- 3 Follow the on-screen instructions.

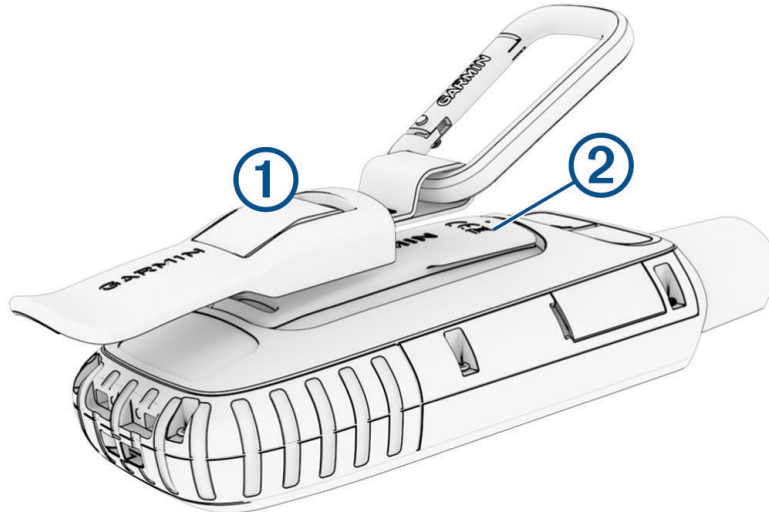
Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Attaching the Carabiner Clip

- 1 Position the carabiner clip ① in the slots on the mounting spine ② of the device.



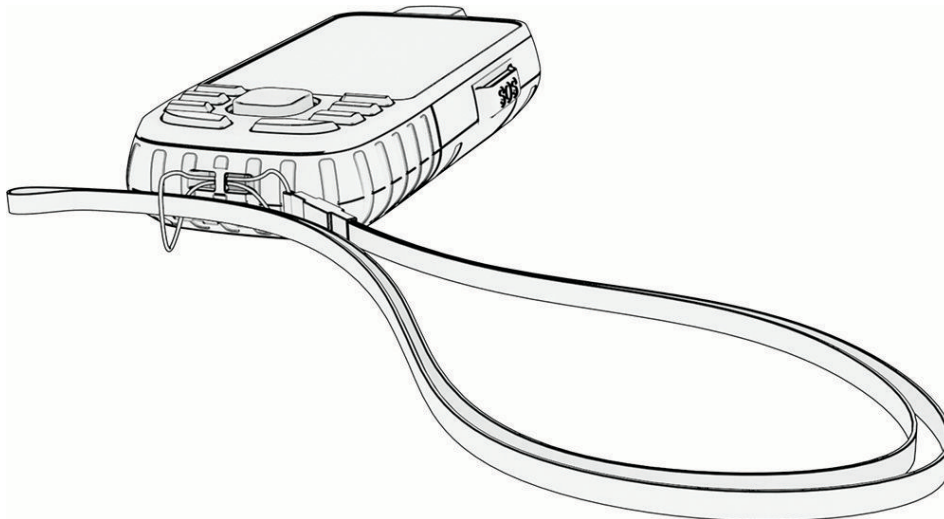
- 2 Slide the carabiner clip up until it locks in place.

Removing the Carabiner Clip

Lift up on the bottom of the carabiner clip, and slide the carabiner clip off the mounting spine.

Attaching a Lanyard

- 1 Insert the loop of the lanyard through the slot in the device.



- 2 Thread the other end of the lanyard through the loop, and pull it tight.
- 3 If necessary, attach the lanyard to your clothing or backpack to tether it during an activity.

Device Care

NOTICE

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

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

The device is water resistant to IEC Standard 60529 IPX7. It can withstand accidental immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the device. After submersion, be certain to wipe dry and air dry the device before using or charging.

Thoroughly rinse the device with fresh water after exposure to chlorinated or salt water environments.

Cleaning the Device

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

Data Management

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

File Types

The handheld device supports these file types:

- Files from Garmin Explore.
- GPX route, track, and waypoint files.
- GPX geocache files (*Downloading Geocaches Using a Computer*, page 29).
- JPEG photo files.
- GPI custom POI files from the Garmin POI Loader. Go to www.garmin.com/products/poiloader.
- FIT files for exporting to Garmin Connect.

Installing a Memory Card

You can install a microSD memory card, up to 32 GB, for additional storage or pre-loaded maps.

- 1 Lift the weather cap on the side of the device ①.



- 2 Insert the memory card with the gold contacts facing the front of the device.

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 on the device.
- 3 Plug the large end of the USB cable into a computer USB port.
Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes 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, and the memory card may appear as a second removable drive. On Mac computers, the device and memory card appear as mounted volumes.
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 or memory card.
- 6 Browse to a folder.
- 7 Select **Edit > Paste**.
The file appears in the list of files in the device memory or on the memory card.

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.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 180 hr. in GPS mode Up to 840 hr. in expedition mode
Water rating	IEC 60529 IPX7 ⁴
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)
Compass-safe distance	17.5 cm (7 in.)
Wireless frequency/protocol	2.4 GHz @ 16.74 dBm maximum
EU SAR (body)	0.23 W/kg maximum

Viewing E-label 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 Press **MENU** twice to open the main menu.
- 2 Select **Setup**.
- 3 Select **About**.

⁴ 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.

Appendix

Data Fields

Some data fields require you to be navigating or require wireless accessories to display data.

24 hr. Max. Temperature: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24 hr. Min. Temperature: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

Accuracy of GPS: The margin of error for your exact location. For example, your GPS location is accurate to within +/- 3.65 m (12 ft.).

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

Alarm Timer: The current time of the countdown timer.

Ambient Pressure: The uncalibrated ambient pressure.

Ascent - Average: The average vertical distance of ascent since the last reset.

Ascent - Maximum: The maximum rate of ascent in feet per minute or meters per minute since the last reset.

Ascent - Total: The total elevation distance ascended during the activity or since the last reset.

Automotive Turn: The direction of the next turn in the route. You must be navigating for this data to appear.

Average Cadence: Cycling. The average cadence for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap: The average lap time for the current activity.

Avg. HR: The average heart rate for the current activity.

Barometer: The calibrated current pressure.

Battery Level: The remaining battery power.

Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.

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

Calories: The amount of total calories burned.

Compass Heading: The direction you are moving based on the compass.

Course: The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.

Current Lap: The stopwatch time for the current lap.

Date: The current day, month, and year.

Depth: The depth of the water. Your device must be connected to a NMEA® 0183 device capable of acquiring the water depth.

Descent - Average: The average vertical distance of descent since the last reset.

Descent - Maximum: The maximum rate of descent in meters per minute or feet per minute since the last reset.

Descent - Total: The total elevation distance descended during the activity or since the last reset.

Distance to Dest.: 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.

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

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

Elevation Above Ground: The altitude of your current location above ground level.

Elevation - Maximum: The highest elevation reached since the last reset.

Elevation - Minimum: The lowest elevation reached since the last reset.

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.

Glide Ratio: The ratio of horizontal distance traveled to the change in vertical distance.

Glide Ratio to Dest.: The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.

GPS Elevation: The altitude of your current location using GPS.

GPS Heading: The direction you are moving based on GPS.

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

Grade: The calculation of rise (elevation) over run (distance). For example, if you climb 3 m (10 ft.) for every 60 m (200 ft.) you travel, 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 - %Max.: The percentage of maximum heart rate.

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

Lap Ascent: The vertical distance of ascent for the current lap.

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

Lap Descent: The vertical distance of descent for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Heart Rate Percent: The average percentage of maximum heart rate for the current lap.

Lap HR: The average heart rate for the current lap.

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

Lap Speed: The average speed for the current lap.

Last Lap Ascent: The vertical distance of ascent for the last completed lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Descent: The vertical distance of descent for the last completed lap.

Last Lap Distance: The distance traveled for the last completed lap.

Last Lap HR: The average heart rate for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Location (lat/lon): The current position in latitude and longitude, regardless of the selected position format setting.

Location (selected): The current position using the selected position format setting.

Location of Dest.: The position of your final destination. You must be navigating for this data to appear.

None: This is a blank data field.

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

Off Course: The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.

Pointer: An arrow points in the direction of the next waypoint or turn. You must be navigating for this data to appear.

Speed: The current rate of travel.

Speed Limit: The reported speed limit for the road. Not available in all maps and in all areas. Always rely on posted road signs for actual speed limits.

Speed - Maximum: The highest speed reached since the last reset.

Speed - Moving Avg.: The average speed while moving since the last reset.

Speed - Overall Avg.: The average speed while moving and stopped since the last reset.

Stopwatch Timer: The stopwatch time for the current activity.

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

Sunrise/Sunset: The time of the next sunrise or sunset 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. Your device must be connected to a *tempe*[™] sensor for this data to appear.

Temperature - Water: The temperature of the water. Your device must be connected to a NMEA 0183 device capable of acquiring the water temperature.

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

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.

To Course: The direction in which you must move to get back on the route. You must be navigating for this data to appear.

Total Lap: The stopwatch time for all the completed laps.

Trip Odometer: A running tally of the distance traveled since the last reset.

Trip Time: A running tally of the total time spent moving and not moving since the last reset.

Trip Time - Moving: A running tally of the time spent moving since the last reset.

Trip Time - Stopped: A running tally of the time spent not moving since the last reset.

Turn: The angle of difference (in degrees) between the bearing to your destination and your current course. L means turn left. R means turn right. You must be navigating for this data to appear.

Velocity Made Good: The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.

Vertical Dist. to Dest.: The elevation distance between your current position and the final destination. You must be navigating for this data to appear.

Vertical Dist. to Next: The elevation distance between your current position and the next waypoint in the route. You must be navigating for this data to appear.

Vertical Speed: The rate of ascent or descent over time.

Vertical Speed to Dest.: The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.

Waypoint at Dest.: The last point on the route to the destination. You must be navigating for this data to appear.

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

Optional Accessories

Optional accessories, such as mounts, maps, fitness accessories, and replacement parts, are available at <http://buy.garmin.com> or from your Garmin dealer.

tempe

Your device is compatible with the *tempe* temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the *tempe* sensor with your device to display temperature data. See the instructions for your *tempe* sensor for more information.

Tips for Pairing Wireless Sensors

- Verify that the sensor is compatible with your Garmin device.
- Before you pair the sensor with your Garmin device, move 10 m (33 ft.) away from other sensors with ANT+ technology.
- Bring the Garmin device within range 3 m (10 ft.) of the sensor.
- After you pair the first time, your Garmin device automatically recognizes the sensor each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the sensors are activated and functioning correctly.
- When paired, your Garmin device receives data from only your sensor, and you can go near other sensors.

Troubleshooting

Maximizing Battery Life

You can do several things to extend the life of the batteries.

- Reduce the backlight brightness ([Adjusting the Backlight, page 4](#)).
- Reduce the backlight timeout ([Display Settings, page 37](#)).
- Reduce the flashlight brightness or flash frequency ([Using the Flashlight, page 28](#)).
- Turn off the screen automatically when the backlight times out ([Turning Off the Screen, page 37](#)).
- Use expedition mode ([Turning On Expedition Mode, page 38](#)).
- Turn off wireless connectivity ([Wi-Fi Settings, page 37](#)).
- Turn off Bluetooth technology ([Bluetooth Settings, page 37](#)).
- Turn off additional satellite systems ([GPS and Other Satellite Systems, page 4](#)).

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Restarting the Device

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

Hold the power button for approximately 30 seconds.

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 52](#)) 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.

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



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