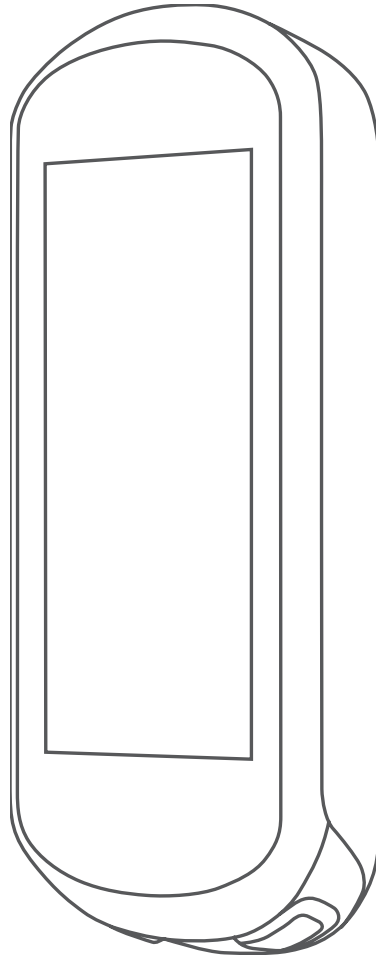


GARMIN®



EDGE[®] EXPLORE

Owner's Manual

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M/N: A03490

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Introduction

WARNING

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

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

Keys



①		Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
②		Select to mark a new lap.
③		Select to start and stop the activity timer.

Pairing Your Smartphone

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

1 From the app store on your smartphone, install and open the Garmin Connect Mobile app.

2 Hold to turn on the device.

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

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

3 Select an option to add your device to your Garmin Connect account:

- If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect Mobile app, from the or menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

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

Home Screen Overview

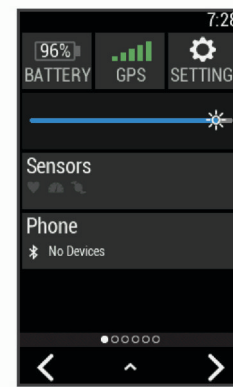
The home screen gives you quick access to all the features of the Edge device.

	Select to go for a ride.
Where To?	Select to search for locations, points of interest, or addresses.
Courses	Select to create a new course or access a saved course.
	Select to access your history, personal records, contacts, and settings.
IQ	Select to access your Connect IQ™ apps, widgets, and data fields.

Viewing Widgets

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

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



The settings widget appears. A flashing icon means the device is searching. You can select any icon to change the settings.

2 Swipe left or right to view more widgets.

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

Using the Backlight

You can tap the touchscreen to turn on the backlight.

NOTE: You can adjust the backlight timeout (*Display Settings, page 10*).

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

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

Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.

The timer overlay allows you to return to the home screen during a ride.

- Select to return to the home screen.
- Swipe or select the arrows to scroll.
- Select to return to the previous page.
- Select to save your changes and close the page.
- Select to close the page and return to the previous page.
- Select to search near a location.
- Select to delete an item.
- Select for more information.

Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

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

Charging the Device

NOTICE

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

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

NOTE: The device will not charge when outside the approved temperature range (*Specifications, page 11*).

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 an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.
When you connect the device to a power source, the device turns on.
- 5 Charge the device completely.
After you charge the device, close the weather cap.

About the Battery

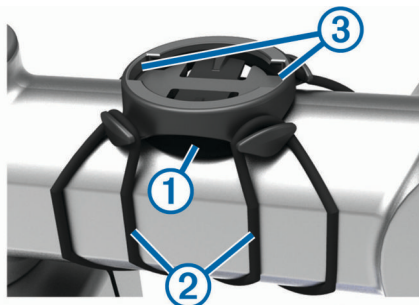
⚠ WARNING

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

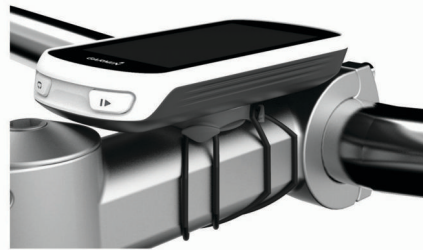
Installing the Standard Mount

For the best GPS reception, position the bike mount so the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebars.

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



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



Releasing the Edge

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

Navigation

Going for a Ride

If you are using a wireless sensor or accessory, it can be paired and activated during initial setup (*Pairing Your Wireless Sensors*, page 6).

- 1 Hold to turn on the device.
- 2 Go outside, and wait while the device locates satellites.
The satellite bars turn green when the device is ready.
- 3 Select .
- 4 Select to start the activity timer.

Time	
00:01:34	
Speed	
0.0 ^m / _h	
Distance	
38 ^f / _t	
Time of Day	
10:23:59 ^A / _M	
Calories	Heading
0 ^c / _a	N

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

- 5 Swipe left or right to view additional data screens.
You can swipe down from the top of the data screens to view the widgets.
- 6 If necessary, tap the screen to view the timer overlay.
- 7 Select to stop the activity timer.
TIP: Before you save this ride and share it on your Garmin Connect account, you can change the ride type. Accurate ride type data is important for creating bike friendly courses.
- 8 Select **Save Ride**.
- 9 Select .

Acquiring Satellite Signals

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

TIP: For more information about GPS, go to www.garmin.com/aboutGPS.

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

Locations

You can record and store locations in the device.




Marking Your Location

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




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

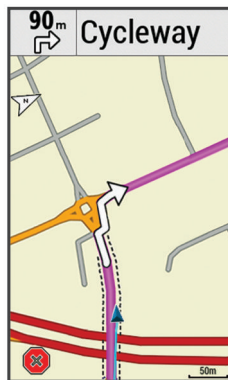
- 1 Go for a ride.
- 2 Select **Where To?** >  > **Mark Location** > .

Saving Locations from the Map


- 1 Select **Where To?** >  > **Select Search Area** > **A Map Point**.
- 2 Browse the map for the location.
- 3 Select the location.
Location information appears at the top of the map.
- 4 Select the location information.
- 5 Select  > .

Navigating to a Location

- 1 Select **Where To?**.
- 2 Select an option:
 - Select **Browse Map** to navigate to a location on the map.
 - Select **Search** to navigate to a point of interest, city, intersection, or known coordinates.
TIP: You can select  to narrow your search area.
 - Select **Find Address** to enter a specific address.
 - Select **Saved Locations** to navigate to a saved location.
TIP: You can select  to enter specific search information.
 - Select **Recent Finds** to navigate to one of the last 50 locations you have found.
 - Select  > **Select Search Area** to narrow your search area.
- 3 Select a location.
- 4 Select **Ride**.
- 5 Follow the on-screen instructions to your destination.




Navigating to Known Coordinates

- 1 Select **Where To?** > **Search Tools** > **Coordinates**.
- 2 Enter the coordinates, and select .
- 3 Follow the on-screen instructions to your destination.

Navigating Back to Start

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



- 1 Go for a ride (*Going for a Ride*, page 2).
- 2 During your ride, select anywhere on the screen to view the timer overlay.
- 3 Select  > **Where To?** > **Back to Start**.

- 4 Select **Along Same Route** or **Most Direct Route**.

- 5 Select **Ride**.



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

Stopping Navigation



- 1 Scroll to the map.
- 2 Select  > .

Projecting a Location



You can create a new location by projecting the distance and bearing from a marked location to a new location.

- 1 Select **Where To?** > **Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select  > **Project Location**.
- 5 Enter the bearing and distance to the projected location.
- 6 Select .

Editing Locations

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

Deleting a Location

- 1 Select **Where To?** > **Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select  > **Delete Location** > .

Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device. You can also create and save a custom course directly on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike-friendly commute to work.

Planning and Riding a Course

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

- 1 Select **Courses** > **Course Creator** > **Add First Location**.
- 2 Select an option:
 - To select your current location on the map, select **Current Location**.
 - To select a saved location, select **Saved**, and select a location.
 - To select a location for which you recently searched, select **Recent Finds**, and select a location.
 - To select a location on the map, select **Use Map**, and select a location.
 - To browse for and select a point of interest, select **POI Categories**, and select a nearby point of interest.
 - To select a city, select **Cities**, and select a nearby city.
 - To select an address, select **Addresses**, and enter the address.

- To select an intersection, select **Intersections**, and enter the street names.
- To use coordinates, select **Coordinates**, and enter the coordinates.

3 Select **Use**.

TIP: From the map, you can select another location, and select **Use** to continue adding locations.

4 Select **Add Next Location**.

5 Repeat steps 2 through 4 until you have selected all locations for the route.

6 Select **View Map**.

The device calculates your route, and a map of the route appears.

TIP: You can select  to view an elevation plot of the route.

7 Select **Ride**.

Following a Course From Garmin Connect

Before you can download a course from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect](#), page 7).

1 Select an option:

- Open the Garmin Connect Mobile app.
- Go to connect.garmin.com.

2 Create a new course, or select an existing course.

3 Select **Send to Device**.

4 Follow the on-screen instructions.

5 On the Edge device, select **Courses > Saved Courses**.

6 Select the course.

7 Select **Ride**.

Creating and Riding a Round-Trip Course

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

1 Select **Courses > Round-Trip Course**.

2 Select **Distance**, and enter the total distance for the course.

3 Select **Start Location**.

4 Select an option:

- To select your current location on the map, select **Current Location**.
- To select a location on the map, select **Use Map**, and select a location.
- To select a saved location, select **Saved Locations**, and select a location.
- To browse for and select a point of interest, select **Search Tools > POI Categories**, and select a nearby point of interest.
- To select a city, select **Search Tools > Cities**, and select a nearby city.
- To select an address, select **Search Tools > Addresses**, and enter the address.
- To select an intersection, select **Search Tools > Intersections**, and enter the street names.
- To use coordinates, select **Search Tools > Coordinates**, and enter the coordinates.

5 Select **Start Direction**, and select a direction heading.

6 Select **Search**.


TIP: You can select  to search again.

7 Select a course to view it on the map.

TIP: You can select  and  to view the other courses.

8 Select **Ride**.

Tips for Riding a Course

- Use turn guidance ([Course Options](#), page 4).
- If you include a warmup, select  to begin the course, and warm up as normal.
- Stay away from your course path as you warm up.
When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map.
If you stray from the course, a message appears.

Viewing Course Details

1 Select **Courses > Saved Courses**.

2 Select a course.

3 Select an option:

- Select **Summary** to view details about the course.
- Select **Map** to view the course on the map.
- Select **Elevation** to view an elevation plot of the course.
- Select **Laps** to select a lap and view additional information about each lap.

Displaying a Course on the Map

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

1 Select **Courses > Saved Courses**.

2 Select the course.

3 Select **Settings**.

4 Select **Always Display** to make the course appear on the map.

5 Select **Color**, and select a color.

6 Select **Course Points** to include course points on the map.

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

Stopping a Course

1 Scroll to the map.

2 Select > .

Deleting a Course

1 Select **Courses > Saved Courses**.

2 Select a course.

3 Select > .

Course Options

Select **Courses > Saved Courses > **.

Turn Guidance: Enables or disables turn prompts.

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

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

Filter: Allows you to filter by course type, such as Strava™ courses.

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

Map Settings

Select  > **Ride Settings > Map**.

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


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

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

Map Visibility: Allows you to set advanced map features.

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

Changing the Map Orientation

- 1 Select  > **Ride Settings**.
- 2 Select **Map > Orientation**.
- 3 Select an option:
 - Select **North Up** to show north at the top of the page.
 - Select **Track Up** to show your current direction of travel at the top of the page.
 - Select **3D Mode** to display the map in three dimensions.

Route Settings

Select  > **Ride Settings > Routing**.

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

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

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

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

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

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

Bluetooth Connected Features

The Edge device has Bluetooth connected features for your compatible smartphone or fitness device. Some features require you to install the Garmin Connect Mobile app on your smartphone. Go to www.garmin.com/intosports/apps for more information.

NOTE: Your device must be connected to your Bluetooth enabled smartphone to take advantage of some features.

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

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time. You can send preset messages to other riders in your GroupTrack session who have a compatible Edge device.

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

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

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

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

Notifications: Displays phone notifications and messages on your device.

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



Incident detection: Allows the Garmin Connect Mobile app to send a message to your emergency contacts when the Edge device detects an incident.

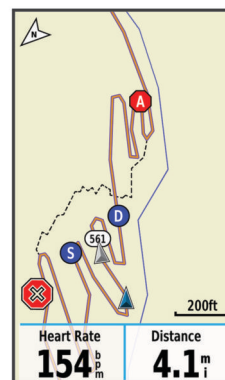
Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect Mobile app.

Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a smartphone with the Garmin Connect Mobile app paired to your device (*Pairing Your Smartphone, page 1*).

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

- 1 On the Edge device, select  > **Connected Features > GroupTrack** to enable viewing connections on the map screen.
- 2 In the Garmin Connect Mobile app, from the settings menu, select **LiveTrack > GroupTrack**.
- 3 Select **Visible to > All Connections**.
NOTE: If you have more than one compatible device, you must select a device for the GroupTrack session.
- 4 Select **Start LiveTrack**.
- 5 On the Edge device, select , and go for a ride.
- 6 Scroll to the map to view your connections.



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

- 7 Scroll to the GroupTrack list.

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

Tips for GroupTrack Sessions

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

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

Incident Detection and Assistance Features

Incident Detection

CAUTION

Incident detection is a supplemental feature primarily designed for road use. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect Mobile app does not contact emergency services on your behalf.

When an incident is detected by your Edge device with GPS enabled, the Garmin Connect Mobile app can send an automated text message and email with your name and GPS location to your emergency contacts.

A message appears on your device and paired smartphone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

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

Assistance

CAUTION

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

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

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

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

Setting Up the Incident Detection and Assistance Features

- 1 From the app store on your smartphone, install and open the Garmin Connect Mobile app.
- 2 Pair your smartphone with your device (*Pairing Your Smartphone*, page 1).
- 3 From the app settings in the Garmin Connect Mobile app, select **Emergency Contacts**, and enter your rider information and your emergency contacts.
Your selected contacts receive a message identifying them as emergency contacts.
NOTE: When you enter emergency contacts, incident detection is automatically enabled on your device.
- 4 Enable GPS on your Edge device (*Enabling or Disabling GPS*, page 10).

Viewing Your Emergency Contacts


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

Select  > **Connected Features** > **Contacts**.

Your emergency contacts' names and phone numbers appear.

Requesting Assistance

Before you can request assistance, you must enable GPS on your Edge device.


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

Turning Incident Detection On and Off

Select  > **Connected Features** > **Incident Detection**.

Cancelling an Automated Message

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

Select **Cancel** >  before the end of the 30-second countdown.

Sending a Status Update After an Incident

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

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

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


Wireless Sensors

Your device can be used with wireless ANT+® or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors


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

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

- 1 Bring the device within 3 m (10 ft.) of the sensor.
NOTE: Stay 10 m (33 ft.) away from other riders' sensors while pairing.
- 2 Select  > **Sensors** > **Add Sensor**.
- 3 Select an option:
 - Select a sensor type.
 - Select **Search All** to search for all nearby sensors.A list of available sensors appears.
- 4 Select one or more sensors to pair with your device.
- 5 Select **Add**.
When the sensor is paired with your device, the sensor status is **Connected**. You can customize a data field to display sensor data.

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals (*Fitness Goals*, page 7). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

- 1 Select  > **My Stats** > **Training Zones** > **Heart Rate Zones**.
- 2 Enter your maximum and resting heart rate values.
The zone values update automatically, but you can also edit each value manually.
- 3 Select **Based On:**.
- 4 Select an option:
 - Select **BPM** to view and edit the zones in beats per minute.
 - Select **% Max.** to view and edit the zones as a percentage of your maximum heart rate.
 - Select **% HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).

About Heart Rate Zones

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

Fitness Goals

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

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

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 13](#)) 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.

Situational Awareness

Your Edge device can be used with Varia™ smart bike lights and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

NOTE: You may need to update the Edge software before pairing Varia devices ([Updating the Software Using Garmin Express, page 12](#)).


History

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

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

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

Viewing Your Ride



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

Viewing Data Totals

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

Select  > **History** > **Totals**.

Deleting a Ride

- 1 Select  > **History** > **Rides**.
- 2 Select a ride.
- 3 Select  > **Delete** > ✓.

Personal Records


When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride.

Viewing Your Personal Records

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



Reverting a Personal Record

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

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

NOTE: This does not delete any saved activities.

Deleting a Personal Record

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

Garmin Connect

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

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect Mobile app, or you can go to connect.garmin.com.

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

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

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



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

Sending Your Ride to Garmin Connect

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

Data Management

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

Connecting the Device to Your Computer

NOTICE

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

- 1 Pull up the weather cap from the USB port.
- 2 Plug the small end of the USB cable into the USB port.
- 3 Plug the large end of the USB cable into a computer USB port.
Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Transferring Files to Your Device

- 1 Connect the device to your computer.
On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.
NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.
- 2 On your computer, open the file browser.
- 3 Select a file.
- 4 Select **Edit > Copy**.
- 5 Open the portable device, drive, or volume for the device.
- 6 Browse to a folder.
- 7 Select **Edit > Paste**.
The file appears in the list of files in the device memory.

Deleting Files

NOTICE

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

- 1 Open the **Garmin** drive or volume.
- 2 If necessary, open a folder or volume.
- 3 Select a file.
- 4 Press the **Delete** key on your keyboard.
NOTE: If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

Disconnecting the USB Cable

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

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

- 2 Disconnect the cable from your computer.

Customizing Your Device

Connect IQ Downloadable Features

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

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

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

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

Downloading Connect IQ Features Using Your Computer


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

Setting Up Your User Profile

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



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

Updating Your Ride Settings

- 1 Select  > **Ride Settings**.
- 2 Select an option:
 - Select **Data Screens** to customize the data screens and data fields (*Editing a Data Screen, page 9*).
 - Select **Alerts** to customize your training alerts (*Alerts, page 9*).
 - Select **Auto Features > Auto Lap** to set how laps are triggered (*Marking Laps by Position, page 9*).
 - Select **Auto Features > Auto Sleep** to automatically enter sleep mode after five minutes of inactivity (*Using Auto Sleep, page 9*).
 - Select **Auto Features > Auto Pause** to change when the timer automatically pauses (*Using Auto Pause, page 9*).
 - Select **Auto Features > Auto Scroll** to customize the display of the training data pages when the timer is running (*Using Auto Scroll, page 10*).
 - Select **Timer Start Mode** to customize how the device detects the start of a ride and automatically starts the timer (*Starting the Timer Automatically, page 10*).
 - Select **Navigation Prompts** to show turn-by-turn navigation prompts as text or on the map.
 - Select **Map** to customize the map settings (*Map Settings, page 4*).
 - Select **Routing** to customize your route settings (*Route Settings, page 5*).

All changes are saved to the ride settings.

Adding a Data Screen

- 1 Select  > **Ride Settings**.
- 2 Select **Data Screens > Add New > Data Screen**.
- 3 Select a category, and select one or more data fields.
- 4 Select .

- 5 Select an option.
 - Select another category to select more data fields.
 - Select ✓.
- 6 Select ◀ or ▶ to change the layout.
- 7 Select ✓.
- 8 Select an option.
 - Tap twice on a data field to change it.
 - Tap a data field, and then tap another data field to rearrange them.

Editing a Data Screen

- 1 Select ☰ > Ride Settings.
- 2 Select Data Screens.
- 3 Select a data screen.
- 4 Select Layout and Data Fields.
- 5 Select a category, select data fields to add or remove, and select ➔ > ✓.
- 6 Select ◀ or ▶ to change the layout.
- 7 Select ✓.
- 8 Select an option.
 - Tap twice on a data field to change it.
 - Tap a data field, and tap another data field to rearrange them.
- 9 Select ✓.

Rearranging Data Screens

- 1 Select ☰ > Ride Settings.
- 2 Select Data Screens > ☰.
- 3 Select a data screen.
- 4 Select ☰ or ☰.
- 5 Select ✓.

Alerts

You can use alerts to train toward specific time, distance, calorie, heart rate, and cadence goals.

Setting Range Alerts

If you have an optional heart rate monitor or cadence sensor, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 90 BPM and over 160 BPM ([Setting Your Heart Rate Zones, page 6](#)).

- 1 Select ☰ > Ride Settings > Alerts.
- 2 Select Heart Rate Alert or Cadence Alert.
- 3 If necessary, turn on the alert.
- 4 Select the minimum and maximum values, or select zones.
- 5 If necessary, select ✓.

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 11](#)).

Setting a Recurring Alert

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

- 1 Select ☰ > Ride Settings.
- 2 Select Alerts.
- 3 Select an alert type.
- 4 Turn on the alert.
- 5 Enter a value.

- 6 Select ✓.

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 11](#)).

Auto Lap®

Marking Laps by Position

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

- 1 Select ☰ > Ride Settings.
- 2 Select Auto Features > Auto Lap > Auto Lap Trigger > By Position > Lap At.
- 3 Select an option:
 - Select Lap Press Only to trigger the lap counter each time you select ↻ and each time you pass any of those locations again.
 - Select Start and Lap to trigger the lap counter at the GPS location where you select ▶ and at any location during the ride where you select ↻.
 - Select Mark and Lap to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you select ↻.
- 4 If necessary, customize the lap data fields ([Editing a Data Screen, page 9](#)).

Marking Laps by Distance

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

- 1 Select ☰ > Ride Settings.
- 2 Select Auto Features > Auto Lap > Auto Lap Trigger > By Distance > Lap At.
- 3 Enter a value.
- 4 If necessary, customize the lap data fields ([Editing a Data Screen, page 9](#)).

Marking Laps by Time

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

- 1 Select ☰ > Ride Settings.
- 2 Select Auto Features > Auto Lap > Auto Lap Trigger > By Time > Lap At.
- 3 Enter a value.
- 4 If necessary, customize the lap data fields ([Editing a Data Screen, page 9](#)).

Using Auto Sleep


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

- 1 Select ☰ > Ride Settings.
- 2 Select Auto Features > Auto Sleep.

Using Auto Pause


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

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

- 1 Select  > **Ride Settings**.
- 2 Select **Auto Features** > **Auto Pause**.
- 3 Select an option:
 - Select **When Stopped** to pause the timer automatically when you stop moving.
 - Select **Custom Speed** to pause the timer automatically when your speed drops below a specified value.
- 4 If necessary, customize optional time data fields (*Editing a Data Screen, page 9*).



Using Auto Scroll

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

- 1 Select  > **Ride Settings**.
- 2 Select **Auto Features** > **Auto Scroll**.
- 3 Select a display speed.

Starting the Timer Automatically

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

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

Phone Settings

Select  > **Connected Features** > **Phone**.

Enable: Enables Bluetooth wireless technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

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

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

Call and Text Alerts: Allows you to enable phone notifications from your compatible smartphone.





Missed Calls and Texts: Displays missed phone notifications from your compatible smartphone.

Text Reply Signature: Enables signatures in your text message replies.





Guest Mode

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

Enabling Guest Mode

- 1 Select  > **Guest Mode** > **Enable**.
 - 2 Select an option:
 - To enable guest mode and require a code to disable it, select , enter a 4-digit code, and select .
 - To enable guest mode without requiring a code, select .
- The device limits the settings available for customization.

Disabling Guest Mode

- 1 Select  > **Guest Mode** > **Enable**.
- 2 If necessary, enter the 4-digit code, and select .
- NOTE:** After three incorrect attempts, you are prompted to enter the universal unlock code: Garmin.
- 3 Select an option:
 - Select  to restore the device settings used before guest mode was enabled.
 - Select  to keep the device settings used while guest was enabled.

System Settings

Select  > **System**.

- GPS Settings (*Enabling or Disabling GPS, page 10*)
- Color Settings (*Changing the Accent Color, page 10*)
- Display Settings (*Display Settings, page 10*)
- Data Recording Settings (*Data Recording Settings, page 10*)
- Unit Settings (*Changing the Units of Measure, page 10*)
- Tone Settings (*Turning the Device Tones On and Off, page 11*)
- Language Settings (*Changing the Device Language, page 11*)


Enabling or Disabling GPS

You can turn off GPS when you are training indoors or to save battery life.

Select  > **System** > **GPS Mode**.

Changing the Accent Color

You can change the accent color on the device.

- 1 Select  > **System** > **Color**.
- 2 Select an accent color.

Display Settings

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

Brightness: Sets the backlight brightness.

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

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

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

Data Recording Settings

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


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

Cadence Averaging: Controls whether the device includes zero values for cadence data that occur when you are not pedaling. The default setting excludes zero values that occur when you are not pedaling.

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

Changing the Units of Measure

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

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

Turning the Device Tones On and Off

Select  > System > Tones.

Changing the Device Language

Select  > System > Language.

Time Zones

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

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 12 hr.
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency/protocol	2.4 GHz @ 4 dBm nominal
Water rating	IEC 60529 IPX7*

*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.

Device Care

NOTICE

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

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

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

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

Cleaning the Device

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

After cleaning, allow the device to dry completely.

Troubleshooting

Resetting the Device

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

Hold  for 10 seconds.

The device resets and turns on.

Restoring the Default Settings

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

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

Clearing User Data and Settings

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

Select  > System > Device Reset > Clear Data and Settings > .

Maximizing Battery Life

- Turn on **Battery Save Mode** (*Turning On Battery Save Mode*, page 11).
- Decrease the backlight brightness (*Using the Backlight*, page 1) or shorten the backlight timeout (*Display Settings*, page 10).
- Select the **Smart** recording interval (*Data Recording Settings*, page 10).
- Turn on the **Auto Sleep** feature (*Using Auto Sleep*, page 9).
- Turn off the **Phone** wireless feature (*Phone Settings*, page 10).
- Select the **GPS** setting (*Enabling or Disabling GPS*, page 10).
- Remove wireless sensors that you no longer use.



Turning On Battery Save Mode

Battery save mode adjusts the settings automatically to extend the battery life for longer rides. During an activity, the screen turns off. You can enable automatic alerts and tap the screen to wake it up. Battery save mode records GPS track points and sensor data less frequently. Speed, distance, and track data accuracy are reduced.

NOTE: History is recorded in battery save mode when the timer is running.

- 1 Select  > Battery Save Mode > Enable.
- 2 Select the alerts that wake up the screen during an activity.

My phone will not connect to the device



- Bring the device within range of your smartphone.
- If your devices are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your devices are not paired, enable Bluetooth wireless technology on your smartphone.
- On your smartphone, open the Garmin Connect Mobile app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- On your device, swipe down on the home screen to view the settings widget, and select **Phone > Pair Smartphone** to enter pairing mode.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
 - Connect your device to a computer using the USB cable and the Garmin Express™ application.
 - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.
- While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
 - Remain stationary for a few minutes.

Setting Your Elevation

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

- 1 Select **Where To? >  > Set Elevation**.
- 2 Enter the elevation, and select .

My device is in the wrong language

- 1 Select .


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

Replacement O-rings

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

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

Viewing Device Information

- 1 Select  > **System** > **About**.
- 2 Select an option.
 - Select **Regulatory Info** to view the regulatory information and model number.
 - Select **Copyright Info** to view software information, the unit ID, and the license agreement.

Updating the Software Using Garmin Express

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

- 1 Connect the device to your computer using the USB cable.

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

Product Updates

On your computer, install Garmin Express (www.garmin.com/express).

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates
- Product registration

Getting More Information

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

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

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

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

Battery Level: The remaining battery power.

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

Beam Angle Status: The headlight beam mode.

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

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

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

Calories: The amount of total calories burned.

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

Dist. - Lap: The distance traveled for the current lap.

Dist. to Dest.: The remaining distance to the final destination. You must be navigating for this data to appear.

Dist. to Go: During a course, the remaining distance when you are using a distance target.

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

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

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

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

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

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

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

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.

HR - %Max.: The percentage of maximum heart rate.

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

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

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

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

Light Mode: The light network configuration mode.

Lights Connected: The number of connected lights.

Location at Dest.: The last point on the route or course.

Location at Next: The next point on the route or course.

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

Speed: The current rate of travel.

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

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

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

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

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

Time: The stopwatch time for the current activity.

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

Time - Elapsed: 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.

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

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

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

Time to Go: During a course, the remaining time when you are using a time target.

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.

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

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

Heart Rate Zone Calculations

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

Wheel Size and Circumference

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

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

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023

Tire Size	Wheel Circumference (mm)
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 × 2.1	2288
29 × 2.2	2298
29 × 2.3	2326
650 × 20C	1938
650 × 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Radio Frequency Exposure

This device is a mobile transmitter and receiver that uses its antenna to send and receive low levels of radio frequency (RF) energy for voice and data communications. The device emits RF energy below the published limits when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with FCC RF exposure compliance requirements, the device should be used in a compatible mount or as mounted per the installation instructions only. The device should not be used in other configurations.

This device must not be co-located or operated in conjunction with any other transmitter or antenna.

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