

# Edge<sup>®</sup> Touring Owner's Manual



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## Introduction

### ⚠ WARNING

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

## Getting Started

When using your device the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Charge the device (page 1).
- 2 Install your device (page 1).
- 3 Turn on the device (page 1).
- 4 Go for a ride (page 2).
- 5 Register the device (page 7).
- 6 Upload your ride to Garmin Connect™ (page 4).

## Charging the Device

### NOTICE

To prevent corrosion, thoroughly dry the mini-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 temperature range of 32° to 113°F (0° to 45°C).

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



- 2 Plug the small end of the USB cable into the mini-USB port.
- 3 Plug the USB end of the cable into the 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.

A fully charged battery can run for up to 15 hours before it must be recharged.

## About the Battery

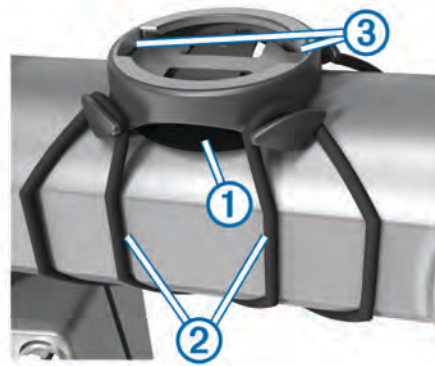
### ⚠ WARNING

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 Edge 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 Edge 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 Edge with the bike mount notches ③.
- 6 Press down slightly and turn the Edge clockwise until it locks into place.



## Turning On the Device

The first time you turn on the device, you are prompted to configure system settings and the user profile (page 6).

- 1 Hold ⏻.
- 2 Follow the on-screen instructions.





## Keys













①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to mark a new lap.
③		Select to start and stop the timer.

## Home Screen Overview


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

 <b>Where To?</b>	Searches for a location or route.
 <b>View Map</b>	Shows the map.
	Opens the device history.
	Opens the setup menu.

## Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.  
The timer overlay allows you to use the settings and search features during a ride.
- Select  to save your changes and close the page.
- Select  to close the page and return to the previous page.
- Select  to return to the previous page.
- Select  to return to the home screen.
- Select  and  to scroll.
- Select  to search for a location.
- Select  to search near a location.
- Select  to search by name.
- Select  to delete an item.

## Using the Backlight

- At any time, select anywhere on the screen to turn on the backlight.
- Select  to adjust the backlight brightness and timeout.



## 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.

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

## Navigation


### Recording a Ride

You can record details of your ride such as the track, time, and elevation.

- Select .
- Wait while the device locates satellites.
- Swipe the screen for additional data pages.
- If necessary, tap the screen to view the timer overlay.
- Select  to stop the timer.


- Select **Save**.

### Navigating Back to the Starting Location

- During your ride, tap the screen to view the trip page overlay.
- Select  > **Where To?** > **Back to Start**.
- Select an option:
  - To return by the same route, select **Along Same Route**.
  - To return by the shortest possible route, select **Most Direct Route**.
- Select **RIDE**.



### Planning and Riding a Route

You can create and ride a custom route.

- From the home screen, select **Where To?** > **Route Planner** > **Add First Location**.
- Select an option:
  - 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 **Address**, and enter the address.
  - To use coordinates, select **Coordinates**, and enter the coordinates.
- Select **Use**.
- Select **Add Next Location**.
- Repeat steps 2–4 until you have selected all locations for the route.
- Select **View Route**.  
The device calculates your route, and a map of the route appears.  
**TIP:** You can select  to view an elevation plot of the route.
- Select **RIDE**.

### Creating a Round-Trip Route

The device can create a round-trip route based on a specified distance and a starting location.

- From the home screen, select **Where To?** > **Round-Trip Routing**.
- Select **Distance**, and enter the total distance for the route.
- Select **Start Location**.
- Select an option:
  - Select **Current Location**.  
**NOTE:** If the device cannot acquire satellite signals to determine your current location, the device prompts you to use the last known location or to select the location on the map.
  - Select **Use Map** to select a location on the map.
- Select **Search**.
- Select a route to view it on the map.  
**TIP:** You can select  and  to view the other routes.
- Select **RIDE**.

### Locations

You can record and store locations in the device.

## Navigating to a Point of Interest

You can search for specific types of locations.

- 1 From the home screen, select **Where To?** > **Search Tools** > **POI Categories**.
- 2 Select a category.
- 3 Select a point of interest.
- 4 Select **RIDE**.

### Setting the Search Location

By default, the device searches for points of interest, saved locations, and saved routes near your current location. You can set the device to search near a different location.

- 1 From the home screen, select **Where To?** > **⊙**.
- 2 Select a search area.
- 3 If necessary, select a location.
- 4 If necessary, select **Use**.

## Saving Your Location

You can save your present location, such as your home or parking spot.

From the home screen, select **✂** > **System** > **GPS** > **Mark Location** > **✓**.

## Navigating to an Address

- 1 From the home screen, select **Where To?** > **Search Tools** > **Addresses**.
- 2 Follow the on-screen instructions.
- 3 Select **RIDE**.

## Navigating to a Recent Location

- 1 From the home screen, select **Where To?** > **Recent Finds**.
- 2 Select a location.
- 3 Select **RIDE**.

## Navigating to a Saved Location

Before you can navigate to a saved photo, you must transfer a geotagged photo to your device ([page 4](#)).

- 1 From the home screen, select **Where To?** > **Saved** > **Locations**.
- 2 Select a location.
- 3 Select **RIDE**.

## Navigating to a Saved Photo

Before you can navigate to a saved photo, you must transfer a geotagged photo to your device ([page 4](#)).

- 1 From the home screen, select **Where To?** > **Saved** > **Photos**.
- 2 Select a photo.
- 3 Select **RIDE**.

## Saving Locations from the Map

- 1 From the home screen, select **View Map** > **👉**.
- 2 Browse the map for the location.
- 3 Select the location.  
Location information appears at the top of the map.
- 4 Select the location information.
- 5 Select **▶** > **✓** to save the location.

## Projecting a Location

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

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

## Creating a Course from History

You can create a new course from a previously saved ride.

- 1 From the home screen, select **■** > **Rides**.
- 2 Select a ride.
- 3 Select **📌**.
- 4 Enter a name for the course, and select **✓**.

## Riding a Saved Course

Before you can ride a saved course, you must record a ride ([page 2](#)) and create a course from the ride ([page 3](#)).

- 1 From the home screen, select **Where To?** > **Saved** > **Courses**.
- 2 Select a course.
- 3 Select **RIDE**.

## Editing the Course Settings

- 1 From the home screen, select **Where To?** > **Saved** > **Courses**.
- 2 Select a course.
- 3 Select **Settings**.
- 4 Select an option:
  - To change the name of the course, select **Name**.
  - To set the device to warn you when you have left the route, select **Off Course Warnings**.

## Stopping Navigation

From the map page, select **⊗**.

## ANT+™ Sensors

The Edge Touring Plus can be used with a wireless ANT+ heart rate monitor or ANT+ enabled eBike.

## Pairing a Heart Rate Monitor

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

- 1 Bring the device within range (3 m) of the heart rate monitor.  
**NOTE:** Stay 10 m away from other ANT+ sensors while pairing.
- 2 Select **✂** > **Heart Rate Monitor** > **Enable** > **Search**.



When the heart rate monitor is paired with your device, the sensor status is **Connected**.

## Pairing an eBike

1 Bring the device within range (3 m) of the eBike.

**NOTE:** Stay 10 m away from other ANT+ sensors while pairing.

2 Select **✳** > **eBike** > **Enable** > **Search**.

When the eBike is paired with your device, the sensor status is **Connected**.

**TIP:** You can select **eBike Details** to view information stored on the paired eBike computer, such as the odometer and battery life.

## 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 From the home screen, select **■** > **Rides**.

2 Select a ride.

## Viewing Data Totals

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

From the home screen, select **■** > **Totals**.

## Deleting History

1 From the home screen, select **■** > **Delete**.

2 Select an option:

- Select **All Rides** to delete all saved activities from the history.
- Select **Old Rides** to delete activities recorded more than one month ago.
- Select **All Totals** to reset all distance and time totals.

3 Select **✓**.

## 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 mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

Before you can connect the straight connector of the USB cable to your device, you may have to remove optional mount accessories.

1 Pull up the weather cap from the mini-USB port.

2 Plug the small end of the USB cable into the mini-USB port.

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 (page 4).

Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers.

**NOTE:** Some computers with multiple network drives cannot display device drives. See your operating system help file 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 **Garmin** or memory card drive or volume.

6 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.

## 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.

1 Complete an action:

- For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
- For Mac computers, drag the volume icon to the trash.

2 Disconnect the cable from your computer.

## Sending Your Ride to Garmin Connect

### NOTICE

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

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



2 Plug the small end of the USB cable into the mini-USB port.



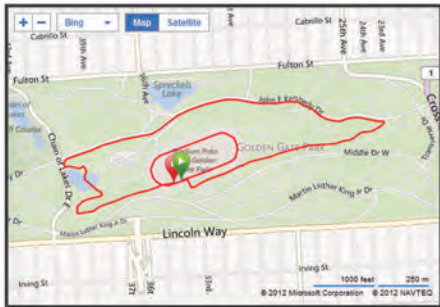
- 3 Plug the large end of the USB cable into a computer USB port.
- 4 Go to [www.garminconnect.com/start](http://www.garminconnect.com/start).
- 5 Follow the on-screen instructions.

### Garmin Connect

Garmin Connect gives you a simple way to store and track your activities, analyze your data, and share with others. To sign up for a free account, go to [www.garminconnect.com/start](http://www.garminconnect.com/start).

**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 an overhead map view, pace and speed charts, and customizable reports.



**Share your activities:** You can email your activities to others, or post links to your activities on your favorite social networking sites.

## Customizing Your Device

### Routing Options

From the home screen, select **✖** > **Routing Options**.

**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.

### Customizing the Trip Pages

You can customize the data that appears on each trip page.

- 1 From the home screen, select **✖** > **Trip Pages**.
- 2 Select a page.
- 3 If necessary, enable the page.
- 4 Select an option to change it.

### Map Settings

From the home screen, select **✖** > **Trip Pages** > **Map**.

**Map Data Fields:** Sets the data fields that appear on the map.

**Orientation:** Adjusts how the map is shown on the page (page 5).

**Auto Zoom:** Automatically selects the appropriate zoom level for optimal use on your map. When **Off** is selected, you must zoom in or out manually.

**Map Detail:** Sets the level of detail on the map. More detail may cause the map to draw slower.

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

### Changing the Map Orientation

- 1 From the home screen, select **✖** > **Trip Pages** > **Map** > **Orientation**.
- 2 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 show an automotive perspective with the direction of travel at the top.

### Compass Settings

From the home screen, select **✖** > **Trip Pages** > **Compass**.

**Compass:** Enables or disables the compass page.

**Data Fields:** Sets the data fields that appear on the compass page.

### Elevation Settings

**NOTE:** The Edge Touring shows elevation information only when the device is navigating a route. The Edge Touring Plus displays elevation information at any time.

From the home screen, select **✖** > **Trip Pages** > **Elevation**.

**Elevation:** Enables or disables the elevation page.

**Data Fields:** Sets the data fields that appear on the elevation page.

### Customizing the Timer Page

You can customize the data fields that appear on the timer page.

- 1 From the home screen, select **✖** > **Trip Pages** > **Timer**.
- 2 Select **+** or **-** to change the number of data fields on the page.
- 3 Select **✓**.
- 4 Select a data field to change the data type that appears in the field.
- 5 Select **✓**.

### Marking Laps by Distance

You can use Auto Lap<sup>®</sup> to automatically mark the lap at a specific distance.

- 1 From the home screen, select **✖** > **Auto Lap** > **Auto Lap Trigger** > **By Distance** > **Lap At**.
- 2 Enter a value.

### Marking Laps by Position

You can use Auto Lap to automatically mark the lap at a specific position.

- 1 From the home screen, select **✖** > **Auto Lap** > **Auto Lap Trigger** > **By Position** > **Lap At**.
- 2 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 **↺**.

### Display Settings

From the home screen, select **✖** > **System** > **Display**.

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

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

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

## Changing the Start Notice

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

- 1 From the home screen, select **✖** > **System** > **Start Notice** > **Start Notice Mode**.
- 2 Select an option:
  - Select **Once**.
  - Select **Repeat** > **Repeat Delay** to change the amount of time to delay the reminder.

## Changing the Data Storage Location

- 1 From the home screen, select **✖** > **System** > **Data Recording** > **Record To**.
- 2 Select an option:
  - Select **Internal Storage** to save your data to the device memory.
  - Select **Memory Card** to save your data to an optional memory card.

## Changing the Units of Measure

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

- 1 From the home screen, select **✖** > **System** > **Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure for the setting.

## Customizing the User Profile

When you first use the device, you are prompted to enter your gender, age, and weight. You can update these settings at any time. The device uses this information to calculate accurate ride data.

From the home screen, select **✖** > **System** > **User Profile**.

## Changing the Device Language

From the home screen, select **✖** > **System** > **Language**.

## Setting the Device Tones

From the home screen, select **✖** > **System** > **Tones**.

## Restoring the Factory Settings

You can reset all of the settings you configured in the initial setup.

- 1 From the home screen, select **✖** > **System** > **Factory Reset**.
- 2 Follow the on-screen instructions.

## Time Zones

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

# Device Information

## Edge Specifications

Battery type	1100 mAh rechargeable, built-in lithium-ion battery
Battery life	15 hours, typical usage
Optional external battery (accessory)	20 hours, typical usage
Water resistance	IPX7
Operating temperature range	From -4° to 140°F (from -20° to 60°C)
Charging temperature range	From 32° to 113°F (from 0° to 45°C)
Bands (O-rings) for the standard mount	Two sizes: <ul style="list-style-type: none"><li>• 1.3 × 1.5 × 0.9 in. AS568-125</li><li>• 1.7 × 1.9 × 0.9 in. AS568-131</li></ul> <b>NOTE:</b> Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to <a href="http://buy.garmin.com">http://buy.garmin.com</a> , or contact your Garmin® dealer.

### About IPX7

#### NOTICE

The device is waterproof to IEC Standard 60529 IPX7. It can withstand 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.

### 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 touch screen, or damage may result.

Avoid chemical cleaners and solvents that can damage plastic components.

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

### Cleaning the Device

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

### Viewing Satellites

The satellite page shows your current GPS satellite information. For more information about GPS, go to [www.garmin.com/aboutGPS](http://www.garmin.com/aboutGPS).

From the home screen, select **✖** > **System** > **GPS** > **View Satellites**.

GPS accuracy appears at the bottom of the page. The green bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).

## 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.

- 1 Hold **⏻** for 10 seconds.
- 2 Hold **⏻** for one second to turn on the device.

## Saving Energy While Charging the Device

You can turn off the device display and all other features while charging.

- 1 Connect your device to an external power source.  
The remaining battery capacity appears.
- 2 Hold the power key for 4 to 5 seconds.  
The display turns off, and the device goes into a low power, battery charging mode.
- 3 Charge the device completely.

## Clearing User Data

You can restore all of the device settings to the factory default values.

**NOTE:** This deletes all user-entered information, but it does not delete your history.

- 1 Turn off the device.
- 2 Place your finger on the top left corner of the touchscreen.
- 3 While holding your finger on the touchscreen, turn on the device.
- 4 Select ✓.

## Maximizing Battery Life

### Decreasing the Backlight

- 1 Select ⏻ to open the status page.
- 2 Use – and + to adjust the brightness.

### Adjusting the Backlight Timeout

You can decrease the backlight timeout to maximize the battery life.

- 1 Select ⏻ > **Backlight Timeout**.
- 2 Select an option.

### Using the Auto Power Down Feature

This feature automatically turns off the device after 15 minutes of inactivity.

- 1 Select ✖ > **System** > **Auto Power Down**.
- 2 Select **On**.

## Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

- 1 Select ⏻.
- 2 Select 🔒.

## Unlocking the Touchscreen

- 1 Select ⏻.
- 2 Select 🔒.

## Getting More Information

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

## Viewing Device Information

You can view the unit ID, software version, and license agreement.

From the home screen, select ✖ > **System** > **About**.

## Appendix

## Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

## Data Fields

Some data fields require a heart rate monitor or an eBike to display data.

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

**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 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 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 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 +/- 12 feet (3.65 m).

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

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

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

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

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

**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.

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

**Time:** The stopwatch 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 current 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 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.

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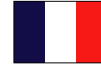
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