GARMIN.

foretrex® 301 and 401

PERSONAL NAVIGATOR®

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

Manual Conventions

When you are instructed to "press" something, use the buttons on the unit. Press ▲▼ to "select" something in a list, and then press **enter**.

The small arrows (>) used in the text indicate that you should select a series of items in order, for example, "Press **page** > **enter** > select **TRACKS**."

Contact Garmin

Contact Garmin Product Support if you have any questions while using your Foretrex. In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.

In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.

In Europe, go to www.garmin.com /support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Optional Accessories

For a list of available accessories and maps, go to http://buy.garmin.com.

For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit www.garmin.com.

Battery Information

The Foretrex® operates on two AAA batteries. Use alkaline or NiMH batteries. Use precharged NiMH batteries for best results.

Installing Batteries

1. Carefully lift up on the battery door until it comes off.
2. Insert the batteries, observing polarity.
3. Replace the battery cover.

Turning On Your Foretrex

Press and hold ⏻ to turn the Foretrex on. The first time you turn on your Foretrex you are prompted to choose a language.

Acquiring GPS Satellite Signals

Before the Foretrex can find your current location and navigate a route, you must acquire GPS signals.

1. Go outdoors to an open area, away from tall buildings and trees.
2. Turn on the Foretrex and hold it level. Acquiring satellite signals can take a few minutes.

The 📡 flashes while the Foretrex determines your location. When satellites are acquired, the 📡 remains solid.

Buttons

❶ power ⏻

- Press and hold to turn the Foretrex on and off.
- Press to turn the backlight on and off.

❷ page/goto

- Press to view and navigate through the menus.
- Press to exit a menu or a page.
- Press and hold to navigate to a specific destination or waypoint.

❸ enter/mark

- Press to select options and to acknowledge messages.
- Press and hold to mark a waypoint.
- Press to access an options menu when on a main page.

❹ ▲▼ (up/down)

- Press to scroll through menus and pages.
- Press to select options on menus and pages.
- Press to zoom out (▲) and in (▼) on the map.

Foretrex Features

Features	Foretrex 301	Foretrex 401
Altimeter	No	Yes
Barometer	No	Yes
Cadence (optional accessory required)	No	Yes
Electronic compass	No	Yes
Heart rate (optional accessory required)	No	Yes
Timer	Yes	Yes
Waterproof	Yes	Yes
Wireless transfer	No	Yes

Resetting the Foretrex

If your Foretrex is locked up, press and hold **page** and ▲ simultaneously until the screen goes blank (about 7 seconds). This does not erase any of your data or settings.

Clearing User Data

⚠ **noTiCe:** This deletes all history and user-entered information.
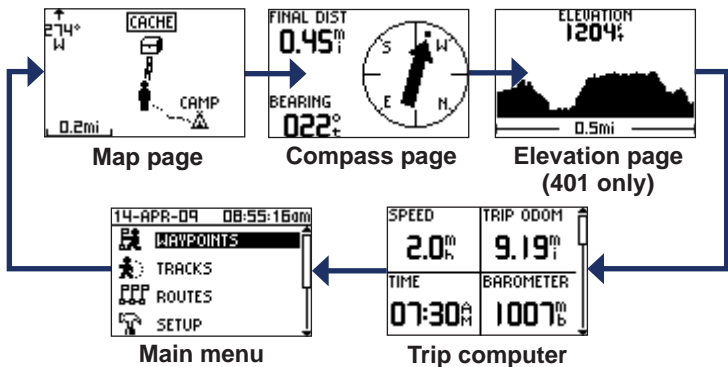
To clear all user data, press and hold **enter** on startup until the message appears

Main Pages

All of the information needed to operate the Foretrex is found on the following five main pages: the map page, the compass page, the elevation page (401 only), the trip computer page, and the main menu.
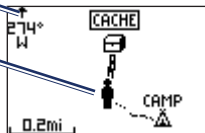
Press the **page** button to navigate through the main pages. Press **enter** to access the option menus for these pages.

Map page **Compass page** **Elevation page (401 only)**

Main menu **Trip computer**

Map Page

Heading indicator
Position icon

Map page

Your position on the map is represented by 🚶. As you travel, the position icon moves and leaves a track log (trail). Waypoint names and symbols are also shown on the map.

> ⚠ **noTe:** Press ▲ to zoom out or ▼ to zoom in.

The Foretrex automatically rotates the map as you move, so that waypoints ahead of you always appear above your position. The heading indicator shows the direction you are heading.

To view the map with north up:
1. From the map page, press **enter**.
2. Select **MAP DETAIL** > **MAP ORIENTATION** > **NORTH UP**.

Compass Page

The compass page guides you to your destination by displaying a compass and a bearing pointer.

> ⚠ **noTe:** Hold the compass level when navigating to ensure maximum accuracy.

To calibrate the electric compass (401 only):
1. From the compass page, press **enter**.
2. Select **CALIBRATE**.
3. Follow the on-screen instructions.

Elevation Page (401 only)

The elevation page shows your elevation. Press ▲ to zoom out or ▼ to zoom in.

To calibrate the barometric altimeter:

⚠ **noTe:** The barometric altimeter is available only on the Foretrex 401.

1. From the main menu, select **SET UP** > **ALTIMETER** > **CALIBRATE**.
2. Follow the on-screen instructions.

Trip Computer

The trip computer displays your current speed, average speed, maximum speed, trip odometer, and other helpful statistics. Use ▲▼ to scroll to see more fields.

To customize data fields, press **enter**. See the *Foretrex 301/401 Owner's manual* for more information on customizing data fields.

Main Menu

The main menu gives you access to setup screens including waypoints, tracks, and routes. The main menu displays the current date and time along the top of the screen. Use ▲▼ to select from the list of menu options.

Marking Waypoints

Waypoints are locations you record and store in the Foretrex.

1. Press and hold **mark**.
2. Select **OK**.

To navigate to a waypoint:
1. Press and hold **goto**.
2. Select the waypoint from the list.

Edit Existing Waypoints

1. From the main menu, select **WAYPOINTS** > **LIST ALL**.
2. Select the waypoint you want to edit.
3. Select the name, symbol, elevation, or latitude/longitude. Press **enter** to edit the field.

> ⚠ **noTe:** When editing waypoint information, use ▲▼ to select the characters. Press **enter** to edit.

4. Select **OK**.

To delete a waypoint:
1. Select **WAYPOINTS** > **LIST ALL**.
2. Use ▲▼ or **enter** to select the waypoint you want to delete.
3. Select **DELETE** > **YES**.

Recording your Tracks

The Foretrex records a track log while you are moving. You can save these tracks and navigate to them at another time.

1. From the main menu, select **TRACKS**.
2. Select **SAVE TRACK**.
3. Use ▲▼ and **enter** to set a beginning point and an ending point.
4. Press **enter** to name the track. Follow the on-screen instructions.

To clear current track:
From the tracks menu, select **CLEAR TRACK** > **YES**.

To navigate to a saved track:
1. From the tracks menu, select **LIST SAVED**.
2. Select the track.
3. Select **NAVIGATE**.

Creating and Navigating Routes

1. From the main menu, select **ROUTES** > **CREATE NEW**.
2. Press **enter** to access your saved waypoints.
3. Select a waypoint for the first field. Repeat in each field until the route is complete.

```
         GARMIN-002
GARMIN      --:--     0.0ft
002         --:--    450ft
--------    --:--     ----mi
         SEND
         DELETE
         FOLLOW
```

4. Select **FOLLOW**.

Using the Backlight

While the Foretrex is on, press and quickly release ⏻. The backlight stays on for 30 seconds. Press ⏻ again to turn off the backlight before the automatic light timeout.

To adjust the backlight time:

1. From the main menu, select **SETUP** > **DISPLAY** > **LIGHT TIMEOUT**.
2. Use ▲▼ to set the amount of time the backlight stays on.

Connecting Your Foretrex to a Computer

You can use the Foretrex as a USB mass storage device by connecting it to your computer with a USB cable.

> ⚠ **noTe:** The Foretrex is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier. This is a common limitation of most USB mass storage devices.

1. Plug the small end of the USB cable into the mini-USB port on the back of the Foretrex (under the weather cap).

2. Connect the larger end of the USB cable to an available USB port on your computer.
3. Select **YES** to enter mass storage mode.

Your Foretrex appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers. A copy of the waypoints, tracks, and routes on your Foretrex can be found in the Garmin/GPX/current folder.

Wireless Data Transfers

The Foretrex 401 can send and receive waypoints, routes, and tracks wirelessly from a compatible Garmin device.

To receive data:
1. From the main menu, select **CONNECT** > **RECEIVE WIRELESSLY**.

2. A "CONNECTING" message appears. When connected, a "RECEIVING DATA" message appears. A "TRANSFER COMPLETE" message appears when data is received.

To send a waypoint:
1. From the main menu, select **WAYPOINTS** > **LIST ALL**.
2. Select the waypoint you want to send.
3. From the waypoint menu, select **OPTIONS** > **SEND**.

To send a track:
1. From the main menu, select **TRACKS** > **LIST ALL**.
2. Select the track you want to send.
3. From the track menu, select **OPTIONS** > **SEND**.

To send a route:
1. From the main menu, select **ROUTES** > **LIST SAVED**.
2. Select the route you want to send.
3. From the route menu, select **OPTIONS** > **SEND**.

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