

To edit settings from the Main Menu select Setup and scroll through options
Those highlighted in **yellow** are essential settings the rest are personal choices

For the **GPSTraining276Cx** series in Setup - System the GPS only shows two different usage modes Automotive or Marine > for Hillwalking & General usage we tend to recommend selecting **Automotive**

	Settings	Recommended for Off-Road Activities such as Hiking
System	System Mode	GPS + GLONASS
	Text Language	English
	External Power Off	Turn Off
	Interface	Garmin serial
	Usage Mode	Automotive generally for Vehicle or Off-road Activities (for Boat use change to Marine)
	WAAS/EGNOS	Enabled
	External Power On	Turn On
	Battery Type	Must Match your Battery Type (This setting is not displayed when using the Garmin Li-on Battery Pack)
Display	Colour Mode	Auto
	Main Menu	Text and Icons
	Backlight Timeout	15 Seconds
	Highway Page	Off
	Backlight Intensity	Set at half way mark
	Backlight Timeout	Personal – but remember that longer light stays on this will affect battery level
	Battery Save	Off (Turned on will save battery by turning screen display off after backlight timeout – any button press to turn back on) Track still records when in Battery Save Mode
	Screen Capture	Off
	Twilight Adjustment	Off
	Compass Page	On
Altimeter Page	On	
Bluetooth	Bluetooth	On only when required – Pairing to phone or using ANT sensors - Turn OFF when not using to save battery
	Notifications	Show – to show phone messages – Hide if you do not want to see text message etc. from paired phone
	Audio Output	Auto
	Audio Device	Used for adding Bluetooth headset
	Forget Phone	Used to unpair phone
Wi-Fi	Wi-Fi	On when connecting to Wi-Fi network – Turn OFF when not using to save battery
Routing	Activity	Direct (point to point) or select your Activity for routes with turn by turn directions
	Route Transitions	Auto
	Lock on Road	No
Tracks	Record Method	Time
	Interval	00.00:10 Seconds
	Color	Default Cyan (Personal change the colour that the track recording is displayed as on the map page)

Tracks (Continued)	Auto Archive	When Full
	Output Format	Tracks (GPX / FIT)
	Trip Recording	When Tracking
	Recorded Data Reset	Track and Trip
Altimeter	Barometer Mode	Variable Elevation (allows the barometer to measure changes in elevation while you are moving)
	Plot Type	Personal – select from 4 types we tend to use - Elevation / Distance
	Auto Calibration	Continuous
	Calibrate Altimeter	Press & Follow instructions – you need to know correct elevation or pressure
Sound	Beeper	Personal – Key & Alarm (With Alarm only buttons do not beep when pressed)
	Attention Tone	Off (Sets the tone that sounds before voice prompts when using in a vehicle with speaker mount)
	Voice Prompt	Guidance and Status
	Voice Language	Personal (Sets the language for voice prompt when using in a vehicle with speaker mount)
	Speaker Volume	Personal (Sets the external speaker or Bluetooth headphone volume level)
Timer	User	Allows you to set the timer to count or count down. You can also reset the timer and turn it off. You can enter a time to use when counting or down
	Marine	Sets the timer to appear on the compass page in Marine mode.
	Current Time	Displays Current Time
Time	Time Format	Personal: 24 Hour/12 Hour
	Time zone	Automatic
Units	Speed / Distance	Personal Recommended Metric
	Direction Display	Numeric Degrees
	Elevation	Personal Recommended Metric
	Vertical speed	Personal Recommended Metric
	Temperature	Personal (Used with external Tempe Sensor)
	Depth	Personal Recommended Metric
	Pressure	Personal
Location	Position Format	British Grid
	Map datum	Ordnance Survey GB (default setting with British Grid)
	Map Spheroid	Airy for British Grid but the GPS will select this automatically
	Heading	Magnetic
Heading	Display	Numeric Degrees
	North Reference	Magnetic
	GoTo Line/Pointer	Personal – choose size of compass arrow but choose one of the bearing options Large or Small
	Compass	Auto
	Calibrate Compass	Press & follow instructions
Map Settings (From Map Page Press Menu Button To access)	General – Detail	When using OS Maps leave as Normal – When using Topo Maps you can increase detail level to show more
	General – Auto Zoom	Off
	General - Lock On Road	Off
	General - Orientation	Track up
System Information	From Setup – System – Press Menu	Displays the current Software version and the Unit ID