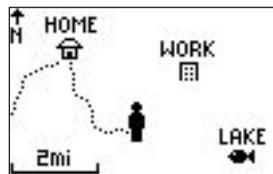# Foretrex™ 201

QUICK START GUIDE

Using the Map Page

The Map Page shows where you are (the animated figure) and provides a picture of where you are going. As you travel, the animated figure 'walks' and leaves a 'trail' or 'track log'. Waypoint names and symbols are also shown on the map.

Map Page

To use the Map Page while moving around:
1. Press the **PAGE** button until the Map Page is displayed.

   Press the **DOWN** button to zoom in for a more detailed view of the map. Press the **UP** button to zoom out for a view of a larger map area.
2. Walk or drive around for a few minutes, make a right or left turn, then continue for a few more minutes and stop.

Marking a Waypoint

Waypoints are locations or landmarks worth recording and storing in your GPS. These are locations you may later want to return to, such as check points on a route or significant ground features like your campsite or a favorite fishing spot.

Waypoints may be defined and stored in the unit manually by taking coordinates for the waypoint from a map or other reference. This can be done before ever leaving home. Or more usually, waypoints may be entered directly by taking a reading with the unit at the location itself, giving it a name, and then saving the point.

To mark your current location as a waypoint:
1. Press and hold the **ENTER/MARK** button for two seconds to display the Mark Waypoint Page. Your current location is marked as a waypoint and assigned a three-digit number.
2. The 'OK' button is highlighted so press the **ENTER/MARK** button again to save the Waypoint.

Navigating to a Location

Basic navigation with your Foretrex requires only three steps: **mark**, **move**, and **return**. Mark your location as a waypoint, move a distance away, and then return after choosing one of several methods, such as using a GoTo or following a virtual breadcrumb trail.
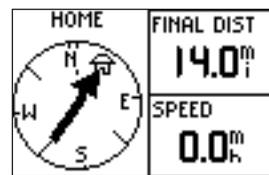
To return to a waypoint using the GOTO button:
1. Press the **GOTO** button to display the GoTo Waypoint Page.
2. Use the **UP** and **DOWN** buttons to select the desired tab and press **ENTER**.
3. Use the **UP** and **DOWN** buttons to select the waypoint you would like to route to and press **ENTER**.

   The Navigation Page automatically displays to lead you to the waypoint.

Using the Navigation Page

The Navigation Page helps guide you to a destination: Just follow the arrow in the center of the compass.

Navigation Page

To use the Navigation Page to get to a destination:
1. With a destination already selected and a navigation started, press the **PAGE** button repeatedly until the Navigation Page is displayed, if it is not already.
2. The Navigation Page displays a Pointer indicating the direction to go. Because you can't always travel in a straight line, refer to the Pointer from time to time. As you move and whenever possible, turn in the direction the Pointer directs until it points straight up. At which time, travel forward until you arrive at your destination.
3. To stop navigating, press the **ENTER** button while on either the Map or Navigation page. Use the **UP/DOWN** buttons to highlight 'STOP NAVIGATION', and then press the **ENTER** button.
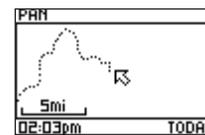
Using Tracks

The Foretrex 201 automatically draws an electronic breadcrumb trail or 'track log' on the Map Page as you travel. Tracks are marked BEGIN and END. The Foretrex 201 uses the Track Log to allow you to navigate using the saved track or using the TracBack feature.

TracBack guides you to where you started by following the track log that you left behind, allowing you to return along a traveled path without marking any waypoints. You can retrace your track in both directions. If you want to keep a record of a certain track log or use the 'TracBack' feature, clear the Track Log before you start traveling.

To navigate using TracBack:
1. Press the **PAGE** button to access the Main Menu.
2. Use the **UP** and **DOWN** arrows to highlight 'TRACKS' and press **ENTER** to open the Tracks Menu Page.
3. Use the **UP** and **DOWN** arrows to highlight 'PAN & TRACBACK' and press **ENTER**.
4. Use the **UP** and **DOWN** arrows to pan the track log. Press **ENTER** to display the Pan Options.

Panning the Track Log

5. Use the **UP** and **DOWN** arrows to select 'TRACBACK' and press **ENTER**.
6. The Navigation Page displays a Pointer indicating the direction to go. Follow the arrow as you would for a normal navigation.

To clear the track log:
1. From the Map Page, press **ENTER** to access the Map Page Options. Use the **UP** and **DOWN** buttons to select 'CLEAR TRACK LOG' and press **ENTER**

   Or From the Main Menu, press **ENTER** when 'TRACKS' is highlighted to open the Tracks Menu Page. Use the **UP** and **DOWN** arrows to highlight 'CLEAR TRACK' and press **ENTER**.
2. Use the **UP** and **DOWN** arrows to highlight 'YES' on the pop-up window and press **ENTER** to clear the track log.

Using Routes

Route navigation allows you to create a sequence of waypoints to lead you to your final destination.

To create a route:
1. From the Main Menu Page press the **UP** or **DOWN** button to highlight 'ROUTES', then press the **ENTER** button.
2. Select 'CREATE NEW' and press **ENTER**. Press **ENTER** to display the 'ADD POINT TO ROUTE PAGE'.
3. Use the **UP/DOWN** and **ENTER** buttons to select the desired waypoint and press **ENTER**. Repeat until all of the desired waypoints are in the route.

Route Page

The route is automatically named with the first waypoint and the last waypoint, such as Camp-Dock. Press **PAGE** to exit the Route Page and return to the Route Menu. Use the **UP** and **DOWN** buttons to highlight 'DELETE' and press **ENTER** to delete the entire route. Use the **UP** and **DOWN** buttons to highlight 'FOLLOW' and press **ENTER** to follow the route.

Using the Timer

After the Timer Page is enabled and a count down time is entered, you can use the timer for a variety of applications, such as running and sailboat racing. The synchronization and quick reset capabilities make the Foretrex an extremely handy timer.

To stop and start the timer:
1. Press the **PAGE** button until the Timer Page is displayed.
2. To start the timer, press the **ENTER** button when 'START' is displayed along the bottom of the page.
3. To stop the timer, press the **ENTER** button when 'STOP' is displayed along the bottom of the page.

Built-in GPS Antenna

Waterproof Case

LCD Display (with Backlight)

Power Button (Backlight)

Up/Down Buttons

Step-by-Step Instructions to Get You Started

(Turn this page and begin with Step 1)

*Flip this Quick Start Guide over for a detailed explanation of the Foretrex 201 buttons.

GARMIN

❶ Charging the Foretrex 201

The Foretrex operates on a built-in battery. Before using the Foretrex, you must charge the internal battery.

To charge the Foretrex 201:

1. Wipe the contacts dry, if needed.
2. Snap the Cradle to the unit with the 4-contact end in first (shown above).
3. Connect the AC Charging Cable in to the connector labeled "5.0V DC" on the Charging Cradle.
4. Connect the AC Charging Cable to a power source. The message "Battery Charging in Progress" appears on the Foretrex's screen when it is charging.

5. Leave the Foretrex until it is completely charged, at least two (2) hours. When the message "Battery Charging Completed" appears on the screen, the unit is fully charged and ready for use.

Foretrex 201 Battery Life

When the Foretrex is fully charged, you should get about 15 hours out of the battery before it needs to be charged again. The Foretrex charges in about one to three hours.

❷ Starting Up the Foretrex 201

After the Foretrex is completely charged, it is ready for use.

To turn on the Foretrex 201:

1. Press and hold the **POWER** button until the Satellite Page is displayed.
2. Allow the Foretrex time to track satellites the first time you use it. Leave the Foretrex outside with a clear view of the sky for 15–30 minutes. After the first use, it should take less than one (1) minute to acquire satellites.
3. When the Foretrex acquires enough satellite signals to determine your location, "3D GPS FIX" or "2D GPS FIX" is displayed, and the satellite dish icon in the upper left corner of the screen stops flashing. Also, the Signal bar fills up to show the strength of the satellite signal.

Foretrex 201 Icons

Two icons in the upper left-hand corner provide at-a-glance-status of the Foretrex: battery and satellite dish icon.

Battery icon: The battery icon indicates how much battery power is left before the unit must be charged. A full battery icon indicates a fully-charged battery.

Timer icon: When the timer feature of the Foretrex is being used, the timer icon displays just below the battery icon.

Satellite Dish icon: When the Foretrex has acquired enough satellites to establish your GPS location fix, this icon displays solid (not flashing) just below the timer icon. The Satellite Dish icon flashes while it is acquiring satellites and determining your location.

❸ Changing the Pages

Press the **PAGE** button to cycle through the main pages: The Satellite Page, Map Page, Navigation Page, Trip Computer, Timer Page (if enabled), and the Menu Page.

Satellite Page - Provides notice of satellites being tracked.

Map Page - Displays your movements.

Navigation Page - Provides guidance to your destination.

Trip Computer Page - Provides information about your trip, such as speed, maximum speed, and current location. The data fields are completely customizeable to fit your needs.

Timer Page (if enabled) - Provides an advanced timer great for a variety of applications such as sailboat racing.

Menu Page - Provides access to features and settings.

Refer to the Foretrex *Owner's Manual* for complete information on all of the Foretrex's pages.

❹ Setting the Time Zone

When the Foretrex is ready for use, you may need to check the Time Zone selection. The time is set automatically as soon as the unit establishes a fix on the GPS satellites. The current date and time is displayed on the top of the screen. When the Foretrex has established a GPS fix, U.S. Central Time is selected as the default Time Zone.

To change the Time Zone:

1. Press the **PAGE** button to display the Menu Page.
2. Press the **DOWN** button to highlight 'SETUP'. Press **ENTER**.
3. Press Enter when 'SET TIME' is highlighted.
4. To change the Time Zone, use the **UP/DOWN** buttons to select 'TIME ZONE' and press **ENTER**.
5. Use the **UP/DOWN** buttons to select the correct time zone and press **ENTER**.

❺ Adjusting the Display

To adjust the light timeout and contrast:

1. Use the **PAGE** button to access the Satellite Page.
2. Press and release the **ENTER** button to display the Options Menu.
3. Press **ENTER** to display the Display Setup Page.
4. Press **ENTER** when the line below "LIGHT TIMEOUT" is highlighted. Use the **UP/DOWN** buttons to select the desired length of time for the backlight timeout. Press **ENTER** to select the highlighted length of time.
5. Use the **UP/DOWN** buttons to select the slider bar below the 'CONTRAST' field. Press the Enter button to select the slider bar to adjust the contrast. Use the **UP/DOWN** buttons to adjust the contrast. Press **ENTER** when done.

To turn the backlight On and Off:

1. Press the **POWER** button to turn the backlight On.
2. Press **POWER** again to turn the backlight Off.
3. If no other button is pressed, the backlight turns off automatically after 30 seconds or whatever time you have set through the Display Setup Page, which can be accessed from the Main Menu or the Satellite Page.
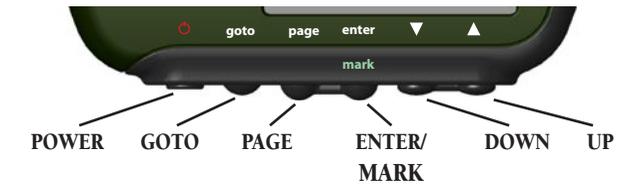
❺ Adjusting the Strap

The Foretrex has been designed to comfortably fit your wrist. A strap extension provides additional length and easily attaches to the existing strap.

To add the strap extension:

1. Slide the end of the existing strap through the connector on the extension.
2. Place on your wrist or arm.
3. Slide the end of the extension through the existing connector.
4. Adjust to fit comfortably and secure the strap.

Refer to the *Owner's Manual* for complete instructions.

Using the Foretrex 201 Buttons

POWER   GOTO   PAGE   ENTER/MARK   DOWN   UP

The **POWER** button:
- Press and hold to turn unit on and off
- Press and release to turn display backlight on and off
- Press and hold PAGE, then simultaneously press POWER to reset the unit if it is hung up or frozen

The **GOTO** button:
- Press to initiate a GoTo (navigate to a specific destination/waypoint)

The **PAGE** button:
- Press to switch between the main Pages
- Press to back out or escape out of the present page or screen

The **ENTER/MARK** button:
- Press to confirm data entry or menu selection
- Press and hold to mark a waypoint

The **UP/DOWN** buttons:
- Highlight options on pages and menus
- Adjust display contrast
- Zoom out (UP) and in (DOWN) on Map Page
- Cycle through data fields on Navigation Page