

NAVIGATION & GPX GUIDE



BY



Most of the routes on our tours are hosted on the Ride with GPS website. From here, you can browse the app or download GPXs to your phone or GPS device.

If your GPXs have been transmitted to you via a file (not a link), please refer to the section: Using GPX data (page 12)

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NAVIGATION GUIDE RIDE WITH GPS

using a GPS or the smartphone app

Do you own a GPS or a smartphone? Vélo Québec Voyages invites you to discover the maps and topographical profiles of its trips via the Ride with GPS (RWGPS) platform.

Here's a short navigation guide to help you get to know the different possibilities offered by this platform.

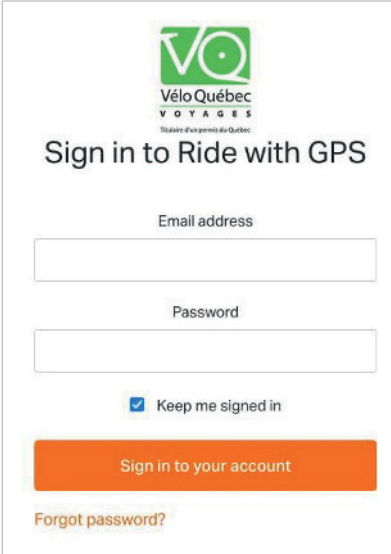
You'll find the link to your route in a file on your trip's Google drive.

The link allows you to register for your route on the RWGPS website.

Please note: Most of the trips are in french only. Only a few trips have descriptions in english

1. **Before you begin, log in to your RWGPS account (A)**
(Or create a free account if you don't already have one, either via the app you'll have downloaded on your smartphone (via Google Play or App Store) or on the web page <https://ridewithgps.com/>) (B)

A.



Vélo Québec
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Sign in to Ride with GPS

Email address

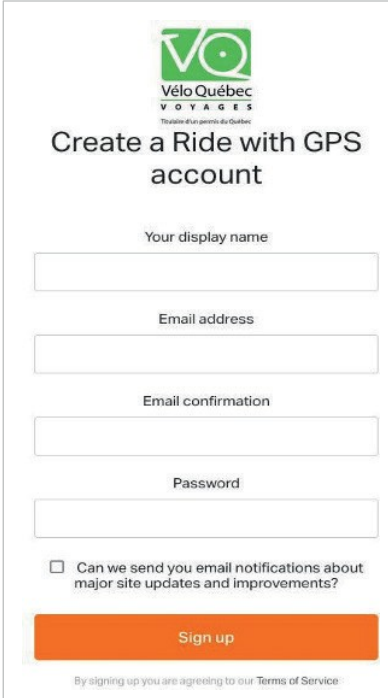
Password

Keep me signed in

Sign in to your account

[Forgot password?](#)

B.



Vélo Québec
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Create a Ride with GPS account

Your display name

Email address

Email confirmation

Password

Can we send you email notifications about major site updates and improvements?

Sign up

By signing up you are agreeing to our Terms of Service

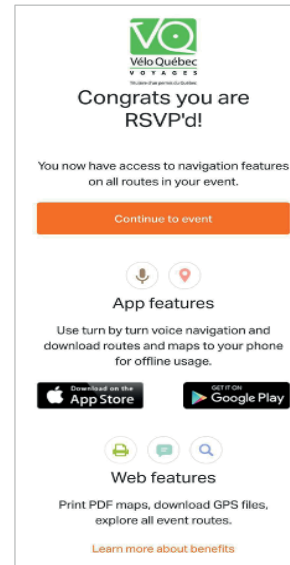


You own a GPS to navigation on your bike? USE THE RIDE WITH GPS WEB PLATFORM

2. Click on the Ride with GPS link sent to you to register for the event.

You can, among other things:

- view routes (easy access from your personal account);
- export routes in FIT, TCX or GPX format for your GPS;
- export/print routes and maps;
- navigate routes on the mobile application (even offline!)



Here's how to download route files from Ride with GPS to your GPS:

1. View routes on your computer.

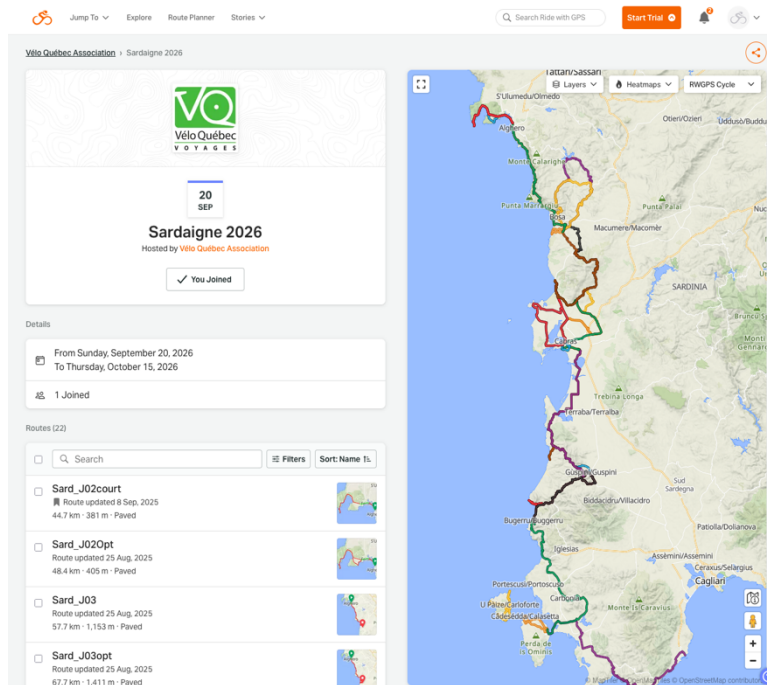
1. On the HOME PAGE (Dashboard) of your account, click on "Continue to event".

2. Export the GPX file to your GPS

Example given using a Garmin Edge 800 GPS unit and Windows browser.

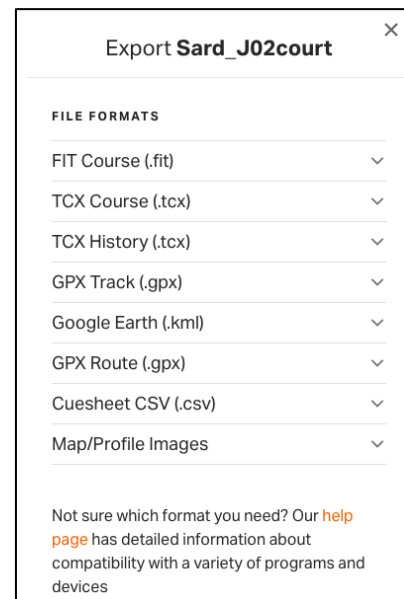
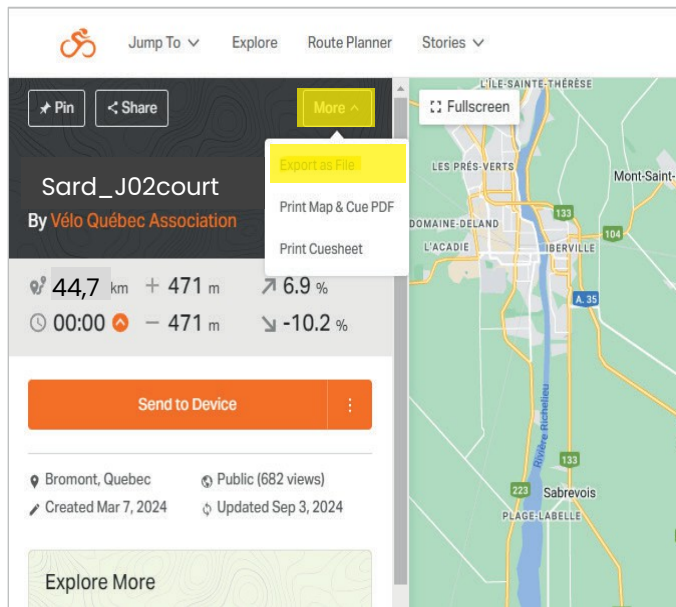
Please note that Garmin Nüvi (car) models are not compatible. See help section for details and other models. Next, once you're in the event, you'll have two methods to download the GPX files. First of all:

- A. Connect the GPS on your computer (port USB)
- B. On EVENT PAGE, choose the course >click on and click after on **Go to route**



1. **1st choice: On the Route page. Click on MORE: Export as File**

On the ROUTE PAGE, click on **More: Export as file**



A) Select the desired file format:

Garmin Edge 500 and + (Edge 705, 800, 810, 1000 and more.):

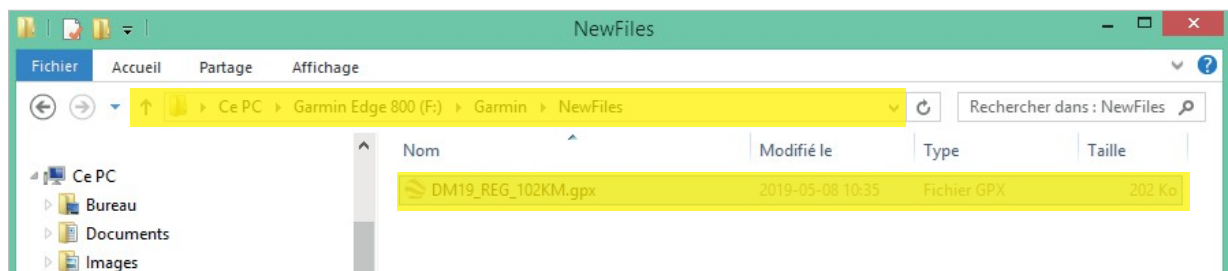
-**FIT Course** (FIT is the best format for getting detailed instructions on modern **Garmin Edge devices**)

-**TCX Course** (route sheets used for navigation will be included directly in the file and you will have the option to choose advanced route notification, but it may consume more space than FIT)

-**GPX Trace** (the GPS will create its own navigation - usually works fine)

B) Save the FIT, TCX or GPX file in your GPS's **NewFiles** folder (Garmin Edge x00 > Garmin > NewFiles or save it on your computer and then copy and paste it into your GPS's NewFiles folder)

(Depending on your settings, the file may download to your Downloads folder on your browser)

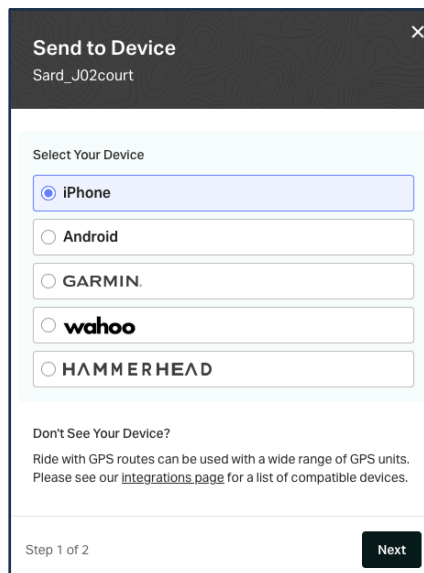


B) Eject your GPS (do not simply remove the cable from the USB port, as this could lead to data corruption.)

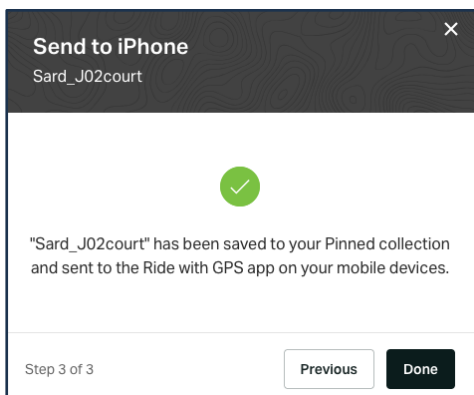
C) Find your route in your GPS device, then navigate according to your device's instructions!

Note : installation of GPX files in your GPS is your responsibility. Unfortunately, Vélo Québec Voyages cannot offer you technical assistance in the use of a GPS. As computers are not always faultless, it is important to refer you to the pdf version of the route on your drive if you have any doubts or questions.

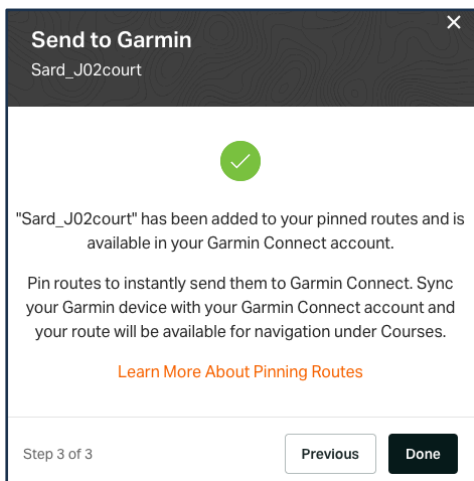
2)2nd choice: On the home page, you can also send the GPX link(s) to your phone or Garmin device using the available options. Simply click once on a route, and a small box will appear to the left of each one. Just click on the desired routes. Then, tap "Send to Device," provided you have the RWGPS app on your phone or the ©Garmin Connect app connected to your GPS.



For iPhone and Android:



For Garmin:





You own a smartphone and want to use it to navigate on your bike? USE THE RIDE WITH GPS MOBILE APP

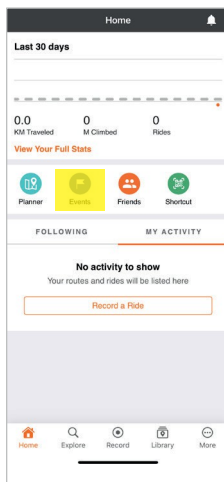
The *Ride with GPS* mobile application lets you navigate your route from your smartphone. Here's how to take advantage of the various features – usually subject to a fee – offered free of charge to Vélo Québec tour participants!

1. View the routes on your smartphone

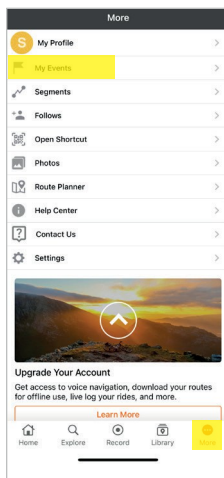
a. Download the free RWGPS mobile application and log in to your account.

-  APP STORE
-  GOOGLE PLAY

b. From the HOME PAGE (Home tab), click on the **Events** icon: the events you have registered for will be listed in this section.



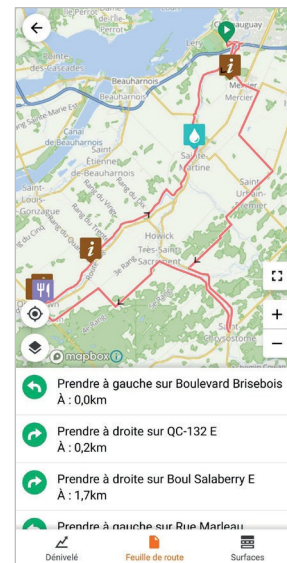
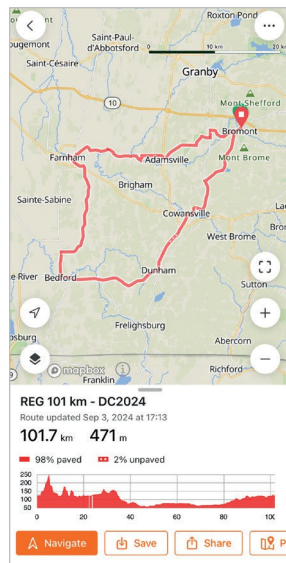
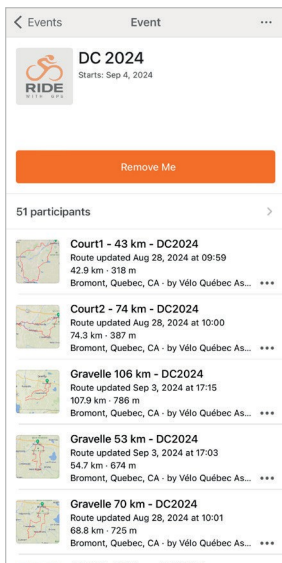
Alternatively, access your events via the **More > My Events tab**.



c. Click on the event that you want to ride!



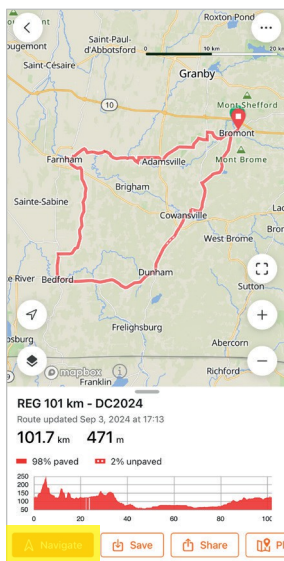
d. On the EVENT PAGE, click on a course to view it in the mobile application. See all the information about your route at the bottom of the page.



2. Navigate an event route

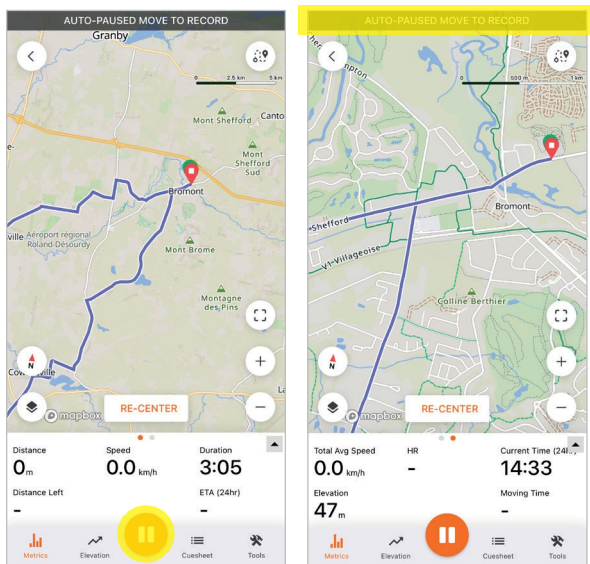
Unless you're in offline mode, navigation requires you to have cellular data on your device, as well as access to a network on the route.

- a. On the EVENT PAGE, click on a route, then on the **Navigate** button.

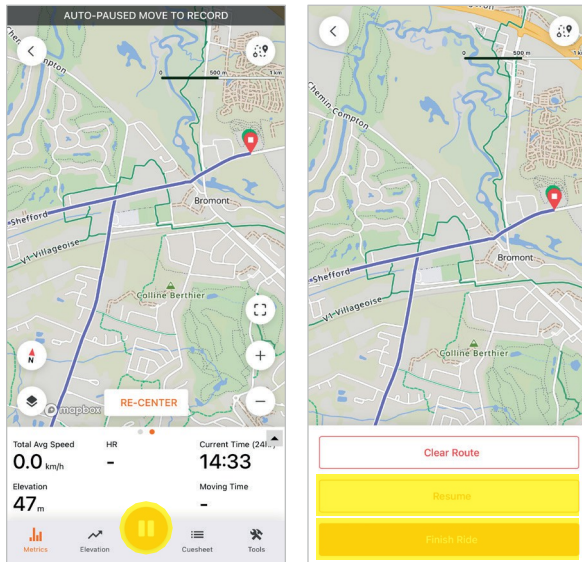


- b. When the app is ready, start riding and the navigation will be activated!

- c. Need to stop? The app will automatically pause and resume when you start again.



- d. Want to end navigation or force a pause? Hold the **Pause button** for a few seconds and see your options:



- **Finish Ride** (Save your trip, which will then be stored for consultation in the Trips section of the **Library** tab)
 - exit Pause mode to return to navigation mode (**Resume navigation**)
- e. Once the route has been completed, you will be notified and you can end the navigation - the app will continue to record your ride until you end it by pressing Pause as described in d.

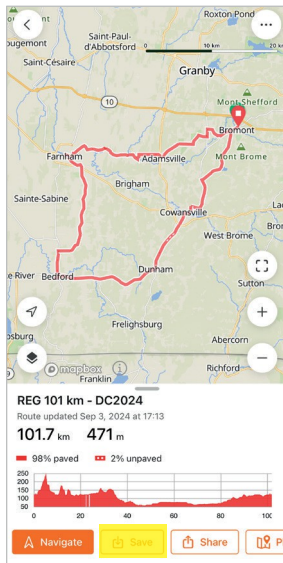
About Navigation: About Navigation: It's possible to follow your route via visual and vocal indications several hundred meters before you have to turn, to receive indications when you're "off course", to record your ride, and more.

3. Navigate an event route in offline mode

Want to limit cellular data consumption and smartphone battery drain? Download your routes when you're connected to Wi-Fi and then navigate in offline mode. (You can even engage airplane mode.) Here's how to download your routes for use in offline mode:

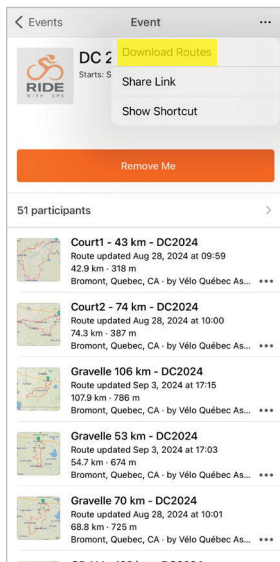
To download your routes **one by one** or **by choice**:

- EVENT PAGE > Click on a route > **Download option**



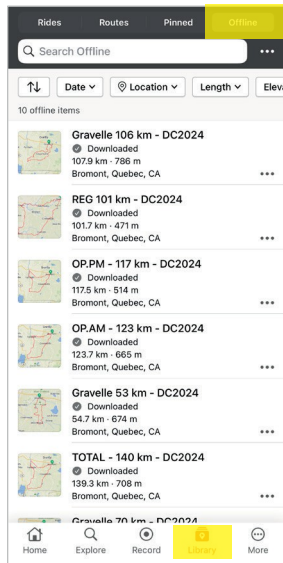
Or to download **all the routes at once**:

- EVENT PAGE > Right menu > **Download Routes**



To retrieve your routes offline:

- **LIBRARY TAB > OFFLINE section**

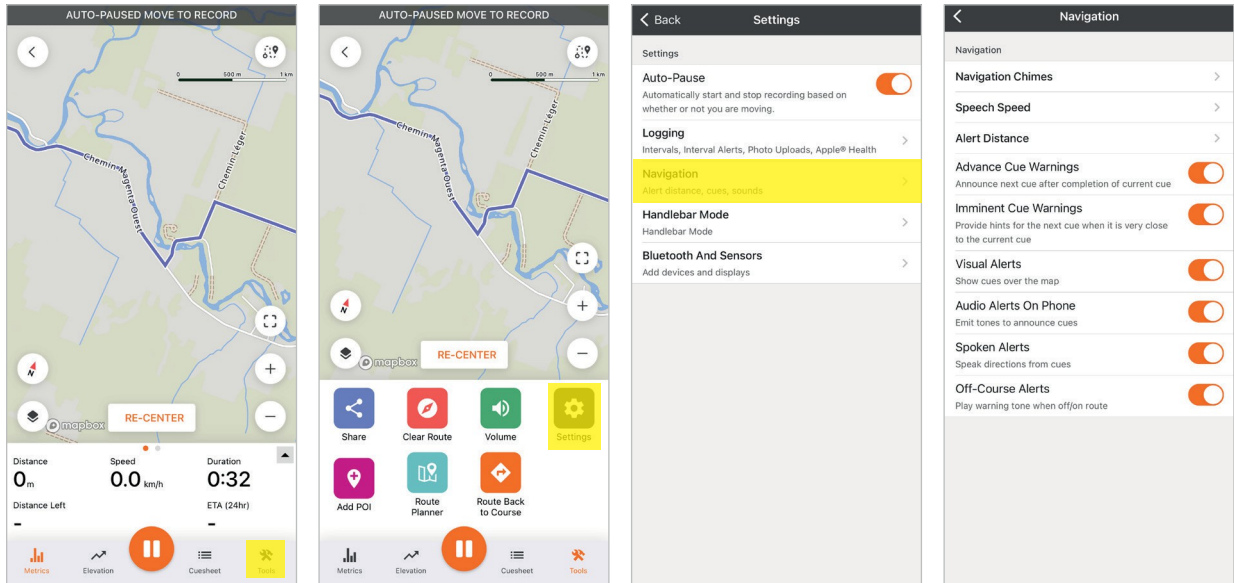


Now you're ready to choose your route and navigate as described above!



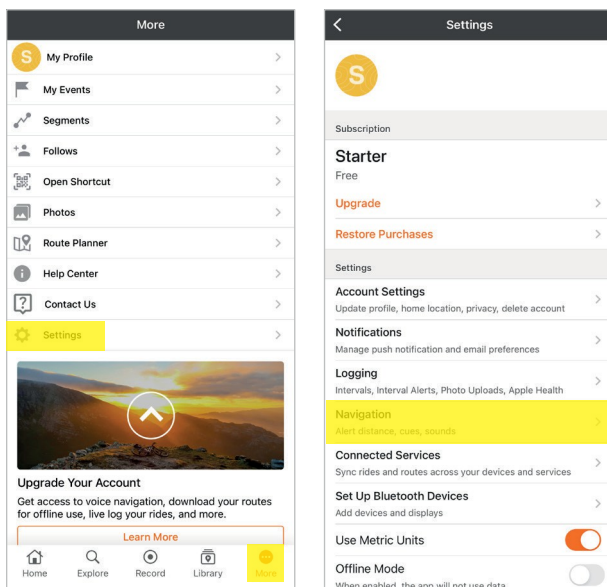
Several action OPTIONS are available for courses:

- COURSE PAGE > Tools



These navigation parameters are also available on:

- HOME (More tab) > Settings





GPS DEVICES • GARMIN

Some routes are not yet available on RWGPS. For these, only GPX data is provided for use on a Garmin Edge-type GPS device or on a smartphone via the RWGPS app. *Alternatively, it is possible to ride using only a GPS device by first downloading the routes to your device, ensuring you have a suitable map background.*

GPS and navigation apps for smartphones can display a planned route and show location via satellite.

GPS devices such as Garmin (including the Edge range, designed for bicycles) use .fit and .tcx files, where turns are announced by an audible signal. Files in .gpx format do not generally indicate the audible signal. Advantage; these devices require less battery power than a phone.

There are many navigation applications for smartphones, with varying degrees of functionality depending on the application. Some offer paying accounts with advanced functions.

THE COURSES

The GPXs of the routes we offer are sent by e-mail or retrieved from the cloud, depending on the trip.

Routes in .gpx format are created from a collection of points that follow (or not) the routes plotted on a map. They are of the "Track" type, and can be used, for example, to travel on roads not authorized for cars.

The routes are validated on site by the guide assigned to the trip. GPXs are therefore often only available a few days before the start of the trip.

Earlier versions of a trip are often out of date, due to route modifications and hotel changes.

FILE NAMING

Each file is named according to the trip, the day and, if applicable, the options for the same day (examples: Grec_J2_50k and Grec_J2_75k, Grec_J2_100k or Grec_J2Reg, Grec_J2Court and Grec_J2Long).

GPS DEVICE - GARMIN

Garmin devices are the most widespread.

IMPORT ROUTES TO YOUR GARMIN DEVICE

1. Download the trip's routes folder to your desktop. If necessary, unzip the file;
2. Connect your Garmin device to your computer (it will appear as an external disk);
3. Drag the .gpx files into the "NewFiles" folder on your Garmin or into the "NewFiles" folder on your Garmin's SD card;
4. Once the files have been downloaded, eject your Garmin device from your computer;
5. Start your Garmin. The files are then automatically converted to .fit files and moved from the "NewFiles" folder to the "Garmin/Courses" folder.

NB: .gpx files are automatically converted to .fit by Garmin devices since 2013 (Edge 130 and higher, Edge 510 and higher, Edge 800 and higher, Edge 1000 and higher and Edge Explorer series).

If your Garmin is older, you will need the "BaseCamp" application, available here:

<https://www.garmin.com/en-CA/software/basecamp/>

BASE MAP FOR GPS

When you buy a GPS for cycling, map baseboards are often not included. Only major roads like highways are usually displayed, whereas you'll need country roads, streets, towns and villages, as well as cycle paths for navigation.

To obtain a map, you can either:

- Download it from a website (free or paid depending on the site); - Purchase a copy on CD or Micro SD card sold in specialty stores;
- Download it (free) from the <https://garmin.bbbike.org/?lang=en> website, compatible with Garmin. See the following instructions:

Import a (free) map background to your Garmin device via Garmin BBBIKE.ORG

1. Go to: <https://garmin.bbbike.org/>
2. Select the map format; (We recommend Garmin OSM (latin1), Garmin Cycle (latin1), or Garmin Onroad (latin1))
3. Name your selection and enter your email address.
4. Drag the map to the desired area and then click the "here" button to create a selection rectangle.
5. Resize or move your polygon, then click "add points to polygon" to adjust it to the desired size and click on the frame. Make sure you use the correct format, as larger polygons result in a larger file size.
6. Once you have made your selection, click the "extract" button to receive the email with the link. There may be a delay before you receive the email.
7. Upon receiving the email, click on the link (usually the first one, starting with <https://downloads1...>).
8. Unzip the map: you will get a .img file in the folder named "planet_..."
9. Rename the file if you wish, but keep the .img extension.
10. Connect your Garmin device to your computer.
11. Drag the .img file into the Garmin folder on your device (or the Garmin folder on your memory card). (CAUTION: not directly onto the hard drive, but into a folder.)
12. Eject your Garmin. You can now use your GPX files.

A short video might also help you

<https://www.youtube.com/watch?v=NPk5t3s5VCY>

GPX FOR SMARTPHONES

There are many apps that allow you to use GPX files on your smartphone (Android or Apple). We recommend RWGPS, which is free and can be used in airplane mode (it does require an internet connection to download the map data, but doesn't need a cellular network during the day).

The suggested app (free for the first 30 days) does not generate route maps. Ultimately, the important thing is to choose an app you're comfortable with.

Please note that continuous use of a navigation app drains your smartphone's battery. Therefore, it's advisable to carry a power bank and put your phone's screen in sleep mode between uses.

RWGPS

Specific features

Allows you to view the elevation profile and place a marker on the elevation profile or route. The free version does not follow you: you must move the map yourself.

- 1) INSTALL THE APP ON YOUR SMARTPHONE
- 2) INSTALL THE APP ON YOUR SMARTPHONE (in your RideWithGPS account)
 - a. Download the travel itinerary folder to your computer desktop. If necessary, unzip it.
 - b. Go to <https://ridewithgps.com/>
 - c. "Register" (free): create an account or log in via your Facebook account;
 - d. If you already have an account, click "Sign in" in the upper right corner;
 - e. Select "Downloads" in the left column;
 - f. "Select the files";
 - g. Browse your computer to download the files.
- 3) OR USE OF ROUTES IN THE APPLICATION
 - a. Log in to the "I have an account" application;
 - b. Go to "Library" in the "Rides" tab;
 - c. Select the course;
 - d. Download the map background (enlarge and then move the map to display the map background at the resolution that suits you);
 - e. Open the drop-down menu (":") in the top right corner) and select "Show my location".

NOTE:

When importing only GPX files into RWGPS, the cue sheets contain no information or directions (turns, descriptions, etc.). Only the route itself appears.

Others functions:

1. To quickly view the route, you need to lift the white panel at the bottom of the screen to the elevation gain (the 2nd one) and click on it where the options "Route Maps, Climbs and Surfaces" appear below it.
2. Click again on the elevation change; a blue cursor will appear:
3. You can move this cursor along the route (to the top of a hill for example);
4. You can also zoom in on the graph or map for more detail.

Thank you and we look forward to it,
The Vélo Québec Voyages Team

