

Instructions for using GPS files



How to use gps files provided by On Foot Holidays

Suitable for iPhone, Android and Garmins



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Introduction

Our use of Global Positioning System (GPS) data is not really for minute-by-minute navigation but for peace of mind. We aim for our route notes to be as accurate as possible with all the feedback from the latest walkers added in as it arrives. Our maps show you the way to follow. We encourage you to use the GPS data only for occasional reassurance, to let you know that you really are on the right path!

The file containing all the daily tracks, waypoints and accommodation used will be sent to you by Email as a .gpx file attachment.

The GPS app on your phone uses the satellite chip in your phone when in use. As long as you have followed the instructions carefully and downloaded the maps to your phone before you leave, **you will be able to turn off both cellular (mobile) data and WiFi when on the route.** If you keep mobile data on you will use a lot of data and your battery will drain fast.

Whether you are a first time user or relatively experienced, look through these notes to get the best value from our GPS eXchange Format (GPX) file.

If you are a new user, you must practice with the GPS unit locally beforehand to make sure that you know how it works.

To view the route before you leave, try using Google Earth on a large screen - see the notes at the end of these instructions.

These instructions are a work in progress and any suggestions for improvement would be appreciated

Smartphones and standalone GPS devices

GPS files for walkers can be used by two devices – purpose made hikers GPS units (eg Garmin, Magellan) and smartphones via a downloaded app. They work in much the same way, but instructions for loading the GPX file on to the unit or App will vary. Read the documentation carefully.

Remember that many smartphone Apps are designed to locate your position by using not only the GPS chipset inside but also a phone signal, but thereby waste battery and can lead to horrific charges, and needless to say the time when you need your GPS most is when you are in the wild! We recommend that, if using a smartphone, you make sure that you save the background map to your phone before you leave home, and, when on the walk, switch “mobile data” off, thus using just

the GPS chips in the phone and saving battery. It will work fine, and will involve no phone charges in use. Standalone GPS units can be used all day with a fully charged battery, though always take spare batteries and/or a charging unit.

Battery life

You may find that using GPS features on your mobile phone drains the battery more quickly than usual. You may wish to consider taking a spare 'battery pack' with you as a backup. If you don't have one, put the device into "airplane" mode when navigating.

Standalone GPS Units

1. To download a GPX file onto a Garmin unit:



- Plug in the Garmin to your computer using a USB cable. The device will eventually appear as a drive on your computer in 'explorer'.
- Save the GPX file supplied by On Foot Holidays to Garmin *eTrex* (or your model number) /Garmin/GPX. Don't save it to any of the sub folders (current and archive).

And that's it.

2. Before you leave home

Well before you leave home, do the following:

1. Record a track by walking your favourite walk in your local area (an hour will be fine).
2. Save it first to your unit, and then to your computer
3. Delete it from your unit, and clear the "current track" so all traces of it are gone.
4. Now reload it onto your unit
5. Select the track and make sure you can see it on your Unit.
6. Follow the track on your unit, imagining you were in unknown territory
7. If you are unsuccessful, start again from the beginning
8. Only once you have successfully completed steps 1-6 above are you a competent user and are ready to load and use our GPX file.

Now load our file on to your unit. Make sure you can see our tracks. If you can't, either you have loaded incorrectly or you have not learnt how to View a track on your unit.

To follow a track, it is normally (on Garmins) necessary to 'SHOW' the track (in Track Manager).

Smartphones

Overview

1. Install / open phone app
2. Download and import our .gpx file to your phone
3. Save a map in the app for the route
4. Now to get going ...

iPhones – PocketEarth app

1. Download PocketEarth app: www.pocketearth.com

Download and install the App from the Apple Store. The main app is free (and will do all that you need), with a small fee for a one-off map download for offline use. There is a Pro version. Both give full app functionality, but the Pro version includes world-wide offline map access and only has one additional in-app purchase for topographic maps if you wish that.



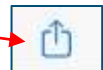
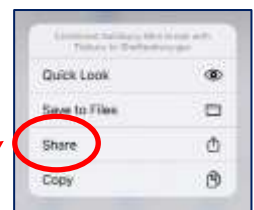
Settings

It is best to use metric settings as we use kilometres for our distance measurements.

2. Download the On Foot Holidays .gpx file

The .gpx file will be sent to you by Email. Send the Email to your phone.

- From **iPhone Mail** press and hold the .gpx attachment. You will be offered a choice of actions – choose to **Share**. Now choose which program to open the file – choose PocketEarth.
- In **Gmail** or **Yahoo**, tap on the file to load a page. Tap the **upload** icon at top right to load. You will be offered a choice of apps to open the file. If you cannot see PocketEarth, scroll from the right to see the **More** icon with the 3 dots. Tap this and choose PocketEarth.










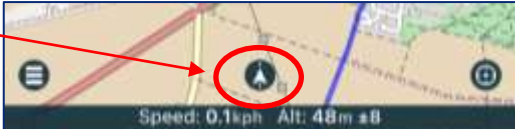




- ← **Import** screen: Make sure the option for **Import as single track** is off. Choose your track colour if desired.
- ← To make the Waypoints (pins) more visible, change these options.
- ← Press **Import**.

At the next screen, choose if you wish to view the tracks now or not.

3. Main buttons


-  The **main sidebar button / menu** lets you download maps, see the current map location, access travel guides and favourites, start routes & tracks, and search nearby POI (points of interest), addresses and more.
-  The **settings** sidebar button lets you adjust numerous app settings, share the current map location, export or import favourites data, and includes other helpful resources.
-   If you have enabled the **Zoom Buttons** setting, these zoom buttons will appear on screen. This is mainly useful for one hand use of your iPhone.
-  **Geolocation** uses the device's GPS, cellular and/or Wi-Fi connection to determine your current position and display it on the map. When this mode is enabled it becomes blue. Your location is tracked continuously until you tap the button again to disable it. If you move the map, the GPS will continue to update your current location without having the map following your movements. 
-  To have the map follow your movements again, tap the **Recenter** button. If the Geolocation button appears orange, it means your device has not locked onto the GPS satellites yet and is unable to provide an accurate, up to date location fix. 
-  At the bottom of the screen, the very small arrow in the centre allows you to let the track stay North up or allows the track to re-orientate as the phone moves. 

Please note that Airplane mode may prevent the GPS from functioning. To avoid data roaming charges, we recommend disabling cellular data rather than using Airplane mode. Go to **General > Network > Disable Cellular**. When cellular data and WiFi are disabled, it may take longer to get the first location fix. This can sometimes be up to 2 minutes though it is usually much less. The Geolocation button will appear orange during this time. It is possible that your device may not be able to find the GPS signal at all in some situations (usually due to a blocked line of sight) and the Geolocation button will remain orange as long as the situation persists.

The GPS hardware can be a real drain on the battery thus we recommend turning off the GPS whenever it is not needed. The Geolocation button appears black when it is off.

4. Basic use of the app

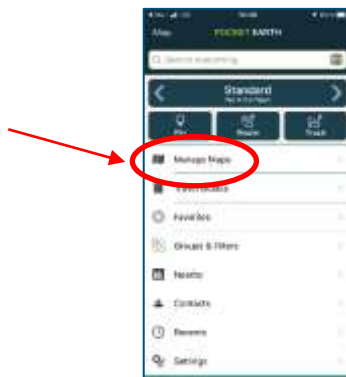
Basic usage of PocketEarth is very simple and similar to other familiar map apps. The main map gestures are:

- **Touch & Drag** to move the map around.
- **Pinch** to zoom in and out.
- **Double Tap** to zoom in.
- **Two Finger Single Tap** to zoom out.
- **Tap on Pins or POIs** (Points of Interest e.g. restaurants, train stations) to get available information via the **Info Panel**.
- **Tap on any map area** (from a zoomed out view) for more information via the **Info Panel**. For cities, a  magnifier icon will appear over the map to provide a quick zoom-in option.
- **Press & Hold** on the map for about 1 second to mark a location. Use it to save a Pin, create a Route, or Share a location.
- **Press & Hold with Two Fingers** on the map for about 1 second to measure distances on the map.

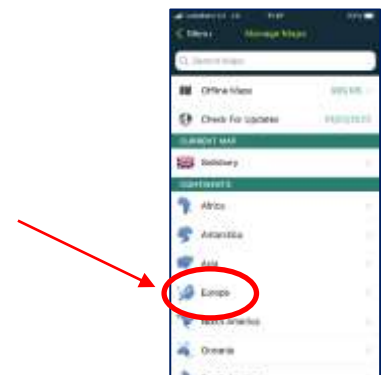
The **Info Panel** shows basic info about the currently selected object. Tap anywhere on the panel to access more info and options.

5. Save maps to use offline on the walk

Go to **Menu / Manage maps**.



Choose the continent and then country you wish to download maps for.



Depending on your app choice (standard free one or Pro) you will be given a choice of map payments. Using the free version of the app, the downloads are: world maps: £4.99, Europe: £3.49 and a country or region of a country: £1.79.

When you buy one of these options, you will then have to download each region individually. It might make sense to buy a country's maps for £1.79 and then download any region you like later, rather than buying each region for £1.79!

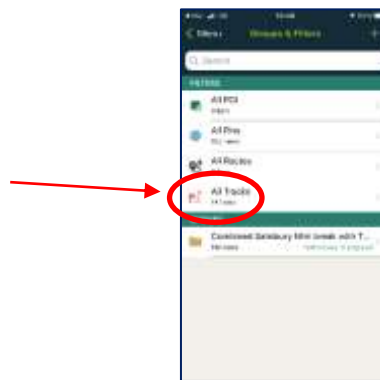
For a list of the maps needed for each walk please see the last page of this document.



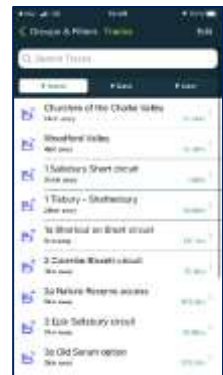
6. Now to get going...

You are now ready to navigate.

Go to **Menu / Groups and Filters / All Tracks**



You will be shown a list of all the tracks you have downloaded.



Select your track for the day. You will be shown the track's details. Any route options that are on offer for that day will automatically appear along with the main track; you won't have to select them too! The track that you select will have a dark border around it. At the bottom of this screen you will be able to change the track colour.





Here we recommend that you do change the track colour to make it stand out from the map's other features.



Press **View**.

The map will open to show you the start of the route with a green icon.

The waypoints that we have inserted in the route to help with navigation are shown as dark dots.



You may find that using GPS features on your mobile phone drains the battery more quickly than usual. You may wish to consider taking a spare 'battery pack' with you as a backup.

7. Also useful to know

By default the app clusters the waypoints (pins) together when the map is zoomed out and gives a total number of waypoints in the cluster. If you would like to see the waypoints individually either zoom in or you can change this setting:

From the main **menu**, go to **Settings**.

Scroll down to find **Advanced**

Remove the option for **Cluster Overlapping Pins**



Android – AlpineQuest app







1. Download AlpineQuest Off-Road Explorer

Buy, download and install the full App (not Lite) from Google Play / Play Store.
Cost around £7 (\$10).

2. Download the On Foot Holidays .gpx file

The .gpx file will be sent to you by Email. Open the Email on your phone, then 'download' the .gpx attachment. Choose the file with the AlpineQuest logo). You will not be able to open the file directly. You may need just to press on a downward pointing arrow to do this download. And you get little confirmation that you have done anything wonderful!

a. Import the file into AlpineQuest

1. Open **AlpineQuest**. You may need to press on the main menu button  at the bottom left in order to see the full Menu bar.
2. Choose **Placemarks**  menu.
3. Choose **Explore Placemarks**. This could open up a variety of possible screens depending on where you were when you left it last.
4. Use the **Menu** button (three horizontal lines icon  at the top left of the screen) to navigate back to a folder list called **Local Placemarks**.
5. Choose sub folder **My Downloads**.
6. A new screen appears: **Files to Import**. Under this heading you should see the file name of the **On Foot Holidays** file you recently downloaded. If there are no files in the **Files to Import** area, you will need to click on the **Menu** button  at the top and go to **Device storage** in the **Local Landmarks** menu on the previous screen. Look in your **Download folder** here. You should see the GPS file here.
8. Press on the file name wherever you found it.
9. Choose **Import** and **OK**.

b. Display the whole route in the app

1. A new screen appears offering you: **Browse** or **Display**
(**Browse** lists the contents of the imported file so that you can make a choice.
Display shows the entire file content on the map.)
2. Choose **Display**. You will be able to see the whole route with all the waypoints on a map.
If you choose **Browse** instead, you can get back to **Display** by using the **Menu / My downloads** and choose the file. At the next screen saying that the file has already been imported, click **Open** and **Display**.

If you find that the app keeps taking you to your current location, you will need to tell it not to! Click on the **GPS location** button on the menu bar - it looks like a 'target' icon. Turn off the **GPS position** by using the slider feature. Click somewhere on the map to remove the menu.



3. Save maps to use on the walk

The App comes with a great variety of maps, including OSM (Open Street Maps) Bing and Google maps preloaded.

We recommend that you save a free, detailed map from the App whilst you have access to WiFi. This means that you will not be incurring huge bills for data downloads when you are walking – in fact you can turn off data completely, which will save battery use too. (The writer's Xperia lasts two days on a full battery in this mode, with GPS on all the time, but yours may not – see "Battery Life" later).

Here is a list of the maps suitable to use from the library in the app:

Spanish routes: **Cartografia Raster**. [Find this in **Available Maps / Add New Maps / Spain Topo Maps / Cartografia Raster**]

All other routes use: **OSMOpenTopoMap**

a. Selecting the right map to download

First, check that you have not limited your storage:

Go to the **Maps & Layers** menu .

Select **Options** at the bottom of the screen.

Make sure that the **Show local storage coverage** option is not selected (no tick in the box next to it).

Click on the **Maps & Layers** menu again to hide the sub-menu.



Then, make sure the whole route is showing on screen.

1. Select **Maps and Layers**.
2. Choose **Available Maps**. Browse to find the map you like. Go for ones with good detail! (They are stored in your **On-demand maps** area in the **Installed maps** sub menu.)
3. You may need to go to the bottom of the **Available Maps** list and press on **Add New Maps**.
4. A new list will appear - choose the one you like, perhaps **OSMOpenTopoMap**. The title will appear in your list of Available Maps - choose it to see a preview of your route on the map.
5. Navigate by zooming and swiping to the route area.

b. Save a detailed map for your route

This is best done in sections – otherwise you will download far more map tiles than you need and the download will take a very long time and use too much memory.

1. Choose **Maps & Layers / Select and save an area**.
2. Make sure that the first day's walk (only) is within the rectangular highlight box. (You can change the size and proportions of the highlighted box by dragging on the black dots at its corners.)
3. Slide the blue dot on the zoom bar at the bottom of the screen to maximum (on the right).


4. Save the map by pressing the icon showing an SD card to the right of the zoom bar. (The download will take a few minutes to complete. You will see a green progress bar filling up at the bottom of the screen. If it says it will take hours to download, cancel the download and start again, using a smaller section of the route and maybe a lower zoom level.
5. When it has finished, press the “X”, and start again from No. 1 above. **Maps & Layers / Select and save an area**). The area you have just downloaded will still be highlighted. Now move the map (within the highlight box) to select the next section of route, changing the shape of the box as necessary. Allow an overlap with the previously downloaded section – that is good practice.
6. Continue doing this until maps have been downloaded for the whole route

To examine what you have achieved, turn WiFi and Data off. Zoom into the area of the walk and you should be able to see fine detail of that area. As you swipe away from the walk area, the detail will not be shown.


4. Now to get going...

You are now ready to navigate. Once you are ready to start your first day's walking, **turn OFF data roaming and WiFi**. Turn on the App.



1. Press  and turn on the **GPS position**. The app should take you to your current location once the internal GPS chip has warmed itself up.
2. If the tracks are not visible, go to **Placemarks / Displayed placemarks** and press on the tick box next to the file name. If the file is not on the list, navigate to **Placemarks/Local Placemarks/My Downloads**, find the file, press on it and select **Open/Display**
3. You will now see your position relative to the track for the relevant day, and the waypoints. Use zoom as necessary.
4. You can be warned by the app if you leave the track by a set distance:
 - a. Make sure you can see the track line on the screen.
 - b. Touch the line on the screen to see the track name appear. Touch the track name (with the purple squiggle to the left)
 - c. Click on **Follow Path** and change the **Warn me if I go more than 25m away** option to your desired comfort level.



You can also, if you wish, record the track you are making yourself (press on  and **Track Recorder**, but that is for another tutorial!)

Google Earth view

You can open the file on Google Earth website so that you can get a preview of the whole walk on a large screen. The quickest way to see the files is by using a website called GPSvisualizer.com:

1. Save the file we sent you to your computer
2. Open GPSvisualizer.com
3. Find the **Get started now!** box and click on **Choose File**.
4. File Explorer will open. Select the file you wish to see.
5. Choose the output format from the dropdown box = Google Earth.
6. Click on **Map it**.
7. The files will be uploaded. A new screen appears saying that your data has been processed with a link to view it. Click on the link.



8. **Windows:** A new bar will appear across the bottom of the screen containing the name of the file. Click on the filename.
Mac:
 9. Google Earth will open and take you to the tracks.
 10. You should see the track(s) as lines on the world. Track colours will be shown. The waypoints referred to in the route notes will be seen as numbered flags.
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Pocket Earth maps needed by route

Country	Route	Maps to download	Country	Route	Maps to download	
Czech Republic	Bohemia	Kralovehradecky plus Liberecky	Italy	Amalfi	Campania	
England	Coastal Exmoor	England		Dolomites	Veneto	
	Cornwall	England		Lake Maggiore	Piedmont	
	Devon	England		Liguria	Liguria	
	Dorset	England		Tuscany	Tuscany	
	Peak District	England		Umbria	Umbria	
	Salisbury	England		Portugal	Portugal	Braga
	Welsh Border	England		Slovenia	Slovenia	Friuli Venezia Giulia plus Skocjan
	Yorkshire	England		Spain	Andalucía	Andalucía
France	Alpes Maritimes	Provence - Alpes - Cote d'Azur			Basque Pyrenees	Basque Country
	Chamonix	Rhone-Alpes	Camino		Galicia	
	Dordogne	Midi Pyrenees	La Gomera		Canary Islands	
	N Provence	Provence - Alpes - Cote d'Azur	Lighthouse Way		Galicia	
Germany	Rhine	Rhineland-pflaz	Mallorca		Balearic Islands	
Greece	Andros	South Aegean	Priorat		Catalonia	
	Greece - Peloponnese	Peloponnese	Turkey		Lycia Mountain & Sea	Antalya
	Greece - Vikos	Epirus	Wales	Southern Snowdonia	Wales	
	Naxos & Amorgos	South Aegean				