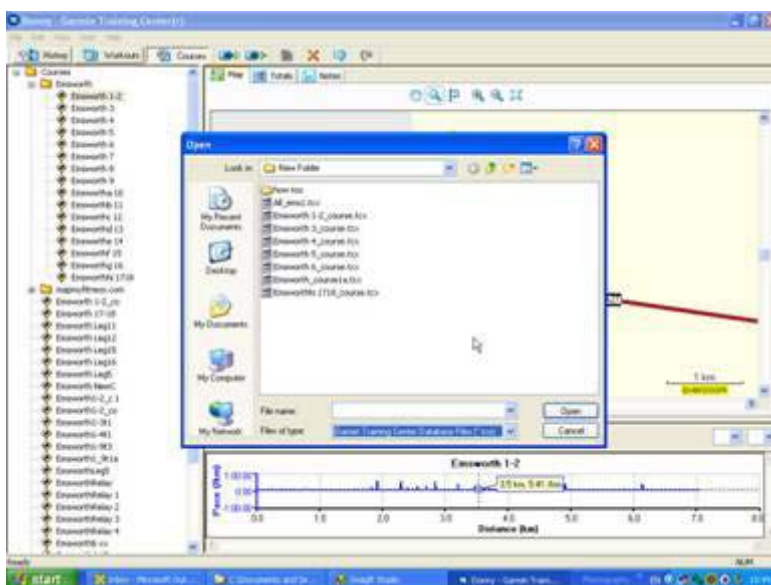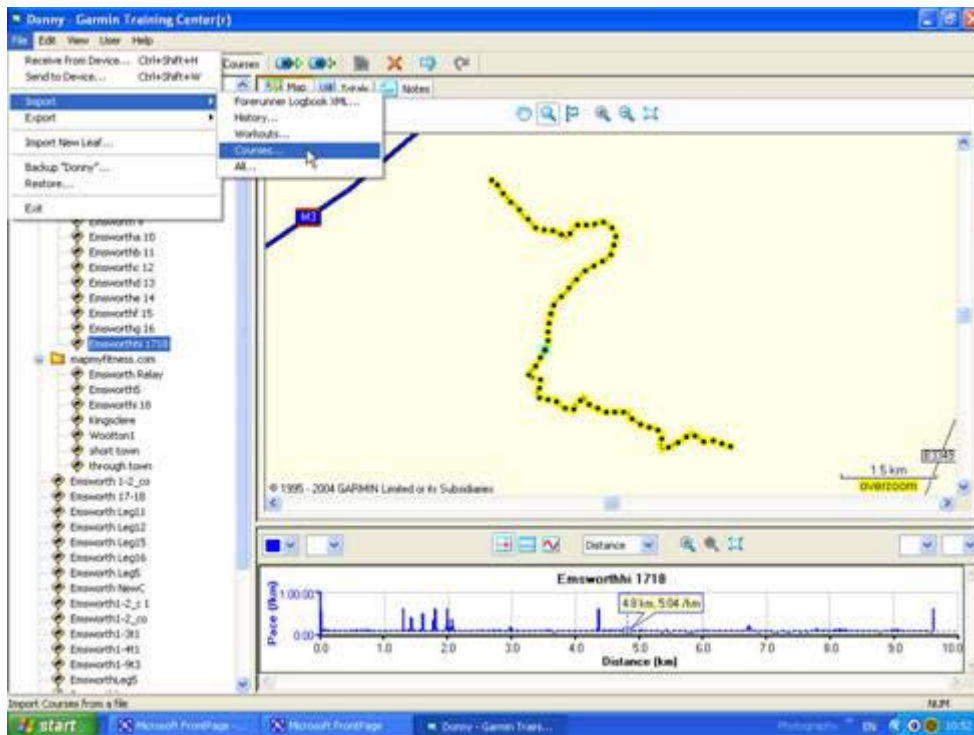1st thing is to save the all_ems1.tcx file from the website to the Garmin directory in your computer.

Right click on the hyperlink to the file and click save as etc..

Once on your computer insert your Garmin into its holder and start Garmin Training centre.

Next is to import the file into GTC (Garmin train…). File, import, courses…
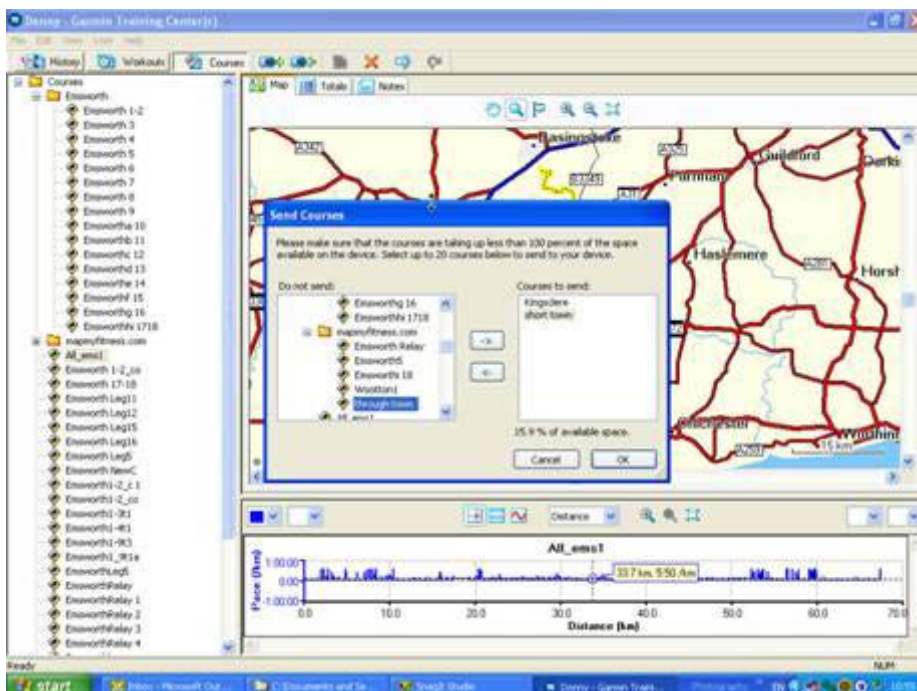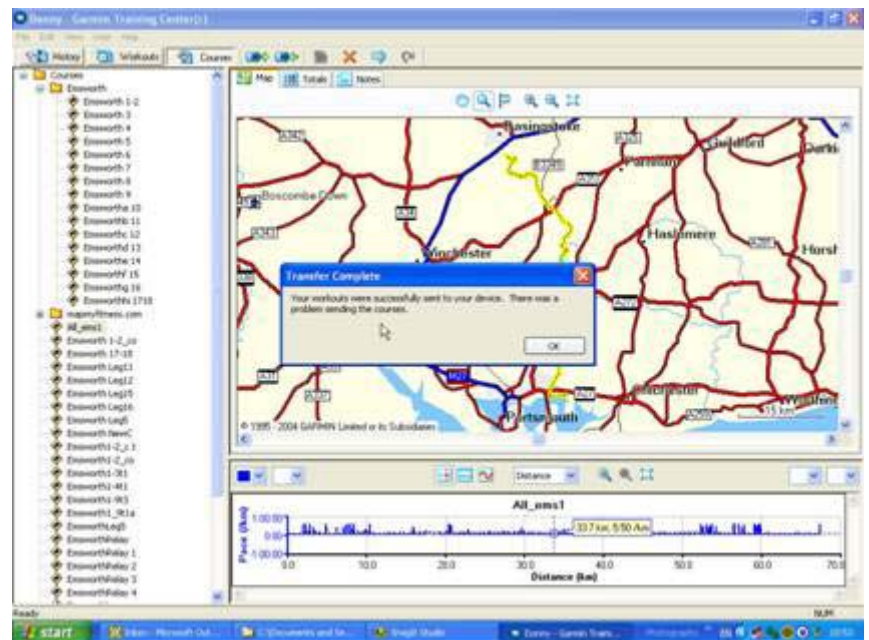

On the files of type option – see left – select tcx. Browse to the Garmin directory where you saved the file. Select the All_ems1.tcx file and click open. The new course will appear in the course list as below.

Now you send to your garmin so file, send to device

Should you get an error message as right then repeat file send to device command until ok.
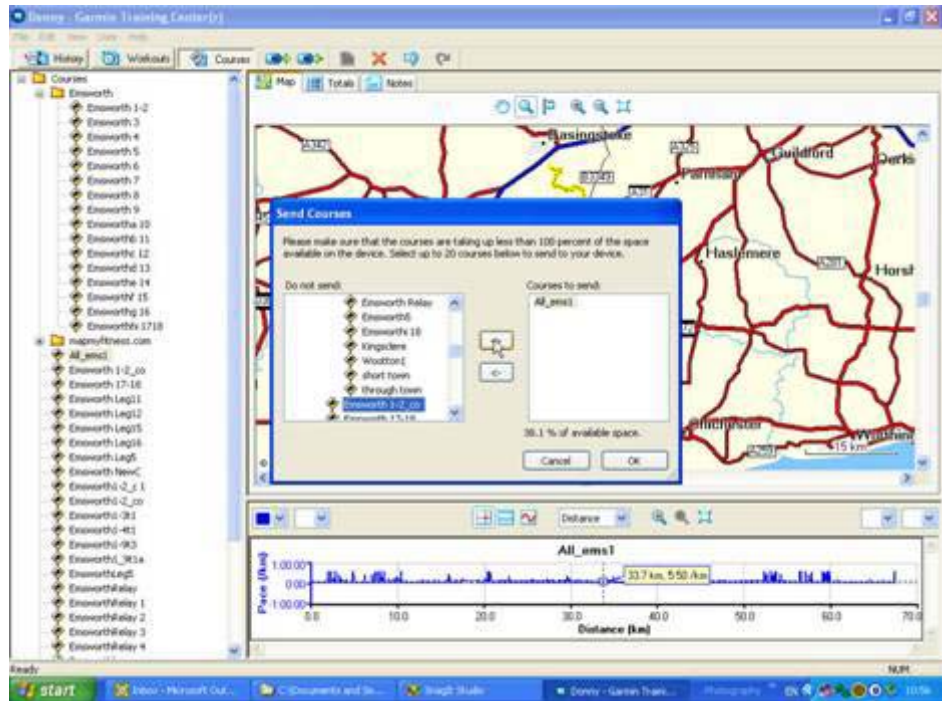

If you have more than a few course files on your Gamin you will see the course select screen.

Click the go left arrow (bottom one) to remove the course files on your Garmin – this makes space for the Emsworth file.

Now highlight the all_ems1 file and click the right arrow to select the required file.

Then click ok.

The file is now in your Garmin as a course.

To use the file:-

To change mode press mode – to select press up or down and then press enter

Turn on Garmin and select Training

Now select courses

Select all_ems1

Select Do Course

From the window on the right press mode to get the map screen

– this is a small arrow on what is almost a blank screen as left.

Once you start moving you then get a line showing the route you need to be on (sorry about the quality).

By pressing the up and down arrows you can zoom in and out to get a better feel for the route. By zooming out you will see turns coming up etc.

Don't forget that if you stop for to long it may get confused for a second about the direction to go in!

Hope your batteries last the whole course – good luck!