

Uploading a track to a Lowrance HDS 7 – Step by step

In preparation for a ride follow these steps to load a .gpx track onto your Lowrance. You will first need to acquire the track and copy it to a micro SD card.

Remove the left side micro SD card located behind the difficult to open door on the lower right face of the unit. (This could be done to the right side but it appears the club has standardized on tracks on the left card and maps on the right card.)

Insert the micro SD card with your .gpx track.

Power on the GPS and accept the terms and conditions.

Push the top right button with the image of “pages” on it.

On the left side of the screen touch “trails”.

If any trails exist “delete all”. (If you need to save one, skip to save. Note, the unit will save ALL trails as one, so it is important that you place the track or track(s) into the GPS to follow, and record a NEW track. That way, at the end of the day you will delete the tracks you followed, and only save your new track. Don’t worry; if you have done this right those tracks still exist on your card to be re-imported at a future time.)

Touch “delete” to confirm. (Do the same for waypoints as they are saved with the tracks)

Exit this screen by touching the “X” on the top right side of the screen.

Push the pages button. (Top right on unit.)

On the left side of the screen, use your finger to touch the screen and scroll down to “files” and select.

Touch “memory card –left” and scroll to the file/track that you want and touch to select.

Touch “import”.

Touch “Yes”.

Touch “Close”.

Touch “X” to close this screen.

Push the “Pages” button.

On the left side of the screen, touch “Trails”.

Touch your track.

You can now edit the name and select a color that you can see.

Touch "Save".

Touch "X" to close this screen.

Your track should now appear on your screen. If not, zoom out until you see it. If you are not close to your track and want to see it better, push the X button to bring up the cross hairs. Touch the screen where your track is to focus the cross hairs there. Now you can zoom in to get a better view. Touch the X button again and the screen will toggle back to your current location.

Saving a track

Now that you have gone out for your ride, followed the track you imported to some degree but went to other interesting places you will want to save the new track.

Push the "pages" button on the top right of the unit.

Touch trails and delete any extra tracks you may have loaded earlier to follow. (Often, when exploring, I may open several tracks to follow pieces of but delete them all before saving my newly recorded track.) Also delete any waypoints you don't wish saved with your new track.

Close screen by touching the "X".

Push the "pages" button again. Scroll left hand side to "files".

Touch "Waypoints, Routes, Trails".

Touch "Export".

Under "File Formats" open the drop down and scroll down to select ".GPX".

Touch "Export".

Choose memory card left and select "Destination Folder".

Touch "OK".

Touch "New".

Give it a name and hit "Enter" on the keyboard.

Touch "X" and your file is now saved.

Press the "Pages" button.

Select "Trails"

Touch "Delete All".

Touch "Delete"

Touch "X".

You are now ready to start loading a track to follow, and/or, to start recording a new track for your next ride.