IMPORTANT INFORMATION

Make sure you observe the following safety instructions in order to prevent accidents or serious injuries:

• This navigation device for outdoor use is merely an orientation and navigation aid that cannot be a substitute for making a sensible assessment of the situation you are in. Please note the particular characteristics of the terrain and the routes you are using. Do not follow any routes or suggested routes which would entail a dangerous or illegal form of hiking or riding or would place you in a dangerous situation.

• Road traffic regulations must be complied with at all times, for example when cycling, and have priority over the routes of the navigation device.

• Never operate the navigation device while riding and do not allow yourself to be distracted by the device while riding.

• The map data which is used may include inaccurate or incomplete data. You should therefore check the calculated route to see if it makes sense and choose your own alternative route if necessary.

CAUTION: The navigation device is intended for hiking, biking, and other outdoor recreational uses and, as such, is not suitable for use as a vehicle navigation system.
INSTALLING BATTERIES

Insert the batteries: To open the battery cover, lift the silver fastener, turn it 90° counterclockwise and pull it up so that the cover of the battery compartment is removed.

Insert the batteries as indicated in the battery compartment. Place the battery cover back on and close it by turning the silver fastener clockwise.

Now switch on your navigation device. Depending on which type of battery you are using, you must select the battery type under **Settings > System/General > Battery type**.

This is important to adapt the device optimally to the battery type and thus to achieve the maximum run time from the battery.

**Battery notes:**

- Do not use any sharp objects to remove the batteries.
- Do not attempt to open the batteries.
- Note the regulations governing the disposal of the batteries.
- Operating temperature: The operating temperature range is 15° to 140°F.

Use AA alkaline, lithium batteries or rechargeable NiMH batteries. Please note that batteries cannot be recharged while in the device. High brightness of the display (e.g. over 50%) will reduce the run time of the batteries. Batteries are very sensitive to temperature.

In cold conditions, the run time of the batteries is greatly curtailed. Optimum results are achieved at around 70°F. If the battery is weak, the screen is dimmed and the loudspeaker output is reduced.

To ensure the longest possible battery run time, beep output is recommended. When using rechargeable batteries, please follow the manufacturer’s instructions on use to ensure the maximum capacity of the rechargeable batteries.
1 **Power button:** switches the device on and off. When the device is on, use this button to access the following options:

- **Keylock:** Activates or disables the display lock.
- **Screen:** Switches off the display to save power. However, ongoing navigations and track recordings remain active.
- **Stand-By:** Switches to stand-by mode.
- **Switch off:** Switches the device off completely.

2 **Settings:** Adjusts the volume and brightness.

3 **Control key:** Starts and pauses the track recording. You can change the function of this button in **Settings > System General > Quick Access Button**.

4 **USB port**

5 **Display**
When you turn on the device, you’ll be prompted to select the language and country map, and to enter your home address. Use the keypad to enter first the city, then the street and street number. **Note:** To search within a state, tap the flag at the top of the screen and select the state.

You can change the address at any time in the **Settings** menu.

Before navigating with the Foris, first calibrate the compass and the barometer in the **Settings > System/General** menu.

**Note:** For best results, recalibrate the barometer before starting a trip, after elevation changes of several hundred feet, and after changing the batteries.
From the main menu, you can enter a destination, access settings, save positions/waypoints, record tracks, and more.

Use the left and right arrows to scroll through the options.

**Note:** The red dots at the top indicate how many screens are available at this level, and which one you are currently viewing.

The figure next to the battery icon indicates pedestrian or bicycle routing mode.

### ENTER DESTINATION

1. To enter an address, select **Destination Entry > Address**.

2. Use the keypad to enter first the city, then the street and street number.

   **Note:** To search within a state, tap the flag at the top of the screen and select the state.

3. Confirm your entry for city, street and street number in each case by clicking on the right arrow and then on **OK** to start the route calculation.

   Alternatively, when entering the street, click on the middle button to be navigated to the city center or to the middle of the street when entering the street number.

You can also enter POIs, waypoints or coordinates as destinations.
After you have entered a destination, enter the specifics for the route.

1. Select **Bicycle** or **Pedestrian**.

2. Tap **OK** to go directly to the route confirmation screen, or tap **Next** to continue.

3. Select terrain preference (not available in all models):
   - **Flat** gives preference to routes with inclines of 0-4%
   - **Hilly** gives preference to routes with inclines of 4-8%
   - **Short** calculates the shortest route to the destination, regardless of inclines
   - **Straight line** distance shows a straight line toward the destination starting from your current position

4. Tap **OK** to go directly to the route confirmation screen, or tap **Next** to continue.

5. Choose the modes of transport you want to use, prefer, or avoid on the route.

6. Tap **OK**.

The following options are available on the confirmation page:

- ![Calculates two alternative routes](image)
- ![Shows the altitude profile](image)
- ![Changes the route options](image)
- ![Shows information about the route](image)

Tap **OK** to begin the route.
The Track Manager shows all of the tracks that are on the device. You can also record your own tracks so that you can retrace a route you have traveled at a later date.

From the main menu, tap **Track Manager**.

- ** Starts/continues the recording
- ** Pauses the recording
-  Ends the recording and saves the track

The recorded tracks are saved in the list in the Track Manager. To view a track, tap twice on the track, or select and hit **OK**.

<table>
<thead>
<tr>
<th>Name</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dubois 10k (Wyoming)</td>
<td>No track recording</td>
</tr>
<tr>
<td>Hanover 10k (NH)</td>
<td></td>
</tr>
<tr>
<td>Williamsville tour</td>
<td></td>
</tr>
</tbody>
</table>
ADVANCED ROUTING FEATURES

Note: Not available in all models.

Loop Me!: Calculate a looped route that starts and ends at the same place.

1. Tap Trip Manager > Loop Me!
2. Specify the loop parameters by distance or duration.
3. If calculating by duration, enter the time and confirm biking/walking speed.
4. Select Bicycle or Pedestrian.
5. Tap OK to go directly to the route confirmation screen, or tap Next to continue.
6. Tap OK.

Terrain preference: From the Trip Manager, you can select Flat, Hilly, or Neutral terrain for any route or looped route.

TrackNav: Route along a track you’ve recorded in Track Manager
MAP SCREEN

1. Compass
2. Pedestrian/bicycle routing
3. GPS signal quality
4. Info field 1: Information about the calculated route. Tap on the field to select other information. (Tap to hear voice.)
5. Maneuver
6. Following maneuver
7. Tap for Main Menu
8. Tap for Elevation profile
9. Tap for Rapid access menu: can be customized in settings
10. Battery life
11. Info field 2
12. Next street maneuver
13. Zoom button
14. Current position
15. Current street

Tap on the map to mark a point with a pin and display the position and address.

Tap Actions to navigate to the point, save the position, or search around the position.
Your device is equipped with comprehensive functionality for paperless geocaching. To transfer geocaches to your device, register on a geocaching site on the Internet (e.g., www.geocaching.com). You can then save geocaches on your PC and transfer them to your device via the Trailhead software.

From the main menu, tap Geocaching and select Search For Geocache. Select a point around which to search—for example, your current location or a point of interest.

If you have transferred geocaches around your current search point to the device, they are displayed in a list sorted according to distance. Briefly tap twice on the geocache or tap the “i” for detailed information about the cache and its description.

You can display the geocache location on the map, or under Options add waypoints or comments or display the hints. Select the cache by clicking OK.

Once you arrive at the cache, additional buttons under Options allow you to log the cache and record notes. You can find further information about geocaching and operation in the detailed user manual, which is available in the Trailhead software.

Note: For geocaching, it is essential that under Settings > Map Display you disable the function Position On Street so that you can reach the precise location of the geocache on all terrain. For cycling or hiking, make sure you reactivate the function Position On Street.
WARNINGS, END-USER LICENSE AGREEMENT, AND WARRANTY

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CAUTION: The navigation device is intended for hiking, biking, and other outdoor recreational uses and, as such, is not suitable for use as a vehicle navigation system.

Pay attention to road conditions and street signs, and obey all traffic and safety laws. Traffic laws and current traffic conditions must always be observed and take precedence over the instructions issued by the Rand McNally navigation system. The User should be aware of situations where current traffic conditions and the instructions from the navigation system may be in conflict. Always use your best judgment and exercise common sense when making off-road navigational decisions. For safety, be attentive to trail and weather conditions and defer to posted signs. It is the User’s responsibility to ensure compliance with all laws and regulations. The use of the navigation system does not relieve the User of his/her responsibilities. The User should be aware of the surroundings at all times.

TRAILHEAD

With the free Trailhead software, you can manage tracks and waypoints on your Foris™ view recorded tracks, upload additional tracks, and manage geocaches.

Download at: www.randmcnally.com/trailhead
If after reading these statements the User decides not to accept these terms, the User should not use the navigation system.

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