using MotionX-GPS (directions for an iphone, presumably the same for other smart phones)

Note. There are other apps that do gps work. I chose this one because (a) it is free and (b) a number of friends recommended it. I am sure others are equally good.

*If you ONLY want to download the files (i.e. already know how to use the MotionX-GPS app), then just:*

*1. download the FOLDER of gpx files to your computer (if you download the files separately they will turn from .gpx to .txt - annoying)*

*2. send an email to* **gpsimport@motionx.com** *attaching ONE of the files you just downloaded. I know this is crazy, but it works.*

*3. open the email you just received from gpsimport@..., click on it. It will open MotionX-GPS. Click on Import (top of screen).*

*(More complete directions below)*

1. Getting to the HELP menu

From the Map screen, there is a set of horizontal bars in the top left margin. Hit that - the last item on the list is Help.

2. Recording a track when you are walking

First click on Map at the bottom margin to make sure the app is working. (You may need to change your iphone settings for this app to Use Location Always. When I am not using this app, I turn that off.)

Then click Menu at the bottom right of the Map page. On the Meu page the top right choice is Record Track. Open that and BE SURE to click the START button. Watch for a bit to see if it is working. (The globe in the upper right will be red and swirl around while it is searching for the gps satellites. It will calm down to blue once it is connected.) If it shows an "M" you have no covereage. Check your settings again and, if you are inside, go outside.

When you are done, hit PAUSE, then SAVE. Go to Tracks (farther down on the right-hand side). It should be in the Recently Added. (see #3 and 4 for putting tracks in appropriate folders.)

4. Sending gpx files to MotionX-GPS (import files)

Note: in the world of GIS mapping software, a distinction is made between paths for trails/streets/rivers (called polylines) and enclosed shapes for a property, wetland, town or country (called polygons). In GPS stuff generally, both are called "tracks." (The term "waypoint" - a dot on a map indicating everything from a major city to a small iron post in the ground - is used in both GIS mapping and gps.)

Downloaded the gpx FOLDER (it you download the files, they will be turned into ".txt" instead of staying as ".gpx") Save them where you can find them so you can import them. (If you have files in another format, you can try to convert them using the free GPS Visualizer (go to gpsvisualizer.com)

To import, send an email to "gpsimport@motionx.com" and attach the gps file(s) you want to import. (I have this address saved in my email addresses so I can find it when I need it.) I know this seems a crazy way to do it, but it works.

When your email arrives (more or less instantly), click on the link and, when given the chance, click on "import now"

Go to Tracks - you should be able to find the files you imported under "import." But you don't want to leave them there. Click on the 3-bar in the top right, then click on add New Track Folder and label it something that will help you find it. (You are doing this not because you are naturally neat and well-behaved, but because you only want certain tracks showing on your map and the only way to select them is by folder.)

4. Seeing Saved (including imported) Tracks on the screen

Go to the Map screen. Select the horizontal lines in the top left ("the 3 bar button")

Click on Recorded Tracks, and select the ones you want to show by the folder they are in. (That's why you put them is useful folders above. If you realize later the grouping is wrong, you can move stuff around.)

5. Reminder that you gone to your Settings section on you phone to allow MotionX-GPS to track you "always." I don't want to waste battery power by keeping that on, so I go to settings and click "Never" when I am not using it. (I also use the iphone "double click" to turn off apps that I don't want running. It is just too painful to run out of memory when you are out for a day in the woods.) Up to you.

MAW, August 2015