ARIZONA COOPERATIVE
EXTENSION

THE UNIVERSITY OF ARIZONA®
College of Agriculture and Life Sciences

College of Agriculture and Life Sciences

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MAKE *MY MAP* IN GOOGLE: OVERVIEW

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Maps are cool! They can be used to share information, such as "places you have visited", "fun places", and "areas of interest". You can also add pictures, links of websites, and customize to show your friends, family, and colleagues.

1. Download and save **Waypoints** (marked locations) from your Garmin GPSMap 60Cx or Garmin Forerunner 305 to the program MN DNR Garmin (Minnesota Department of Natural Resources), then load onto your map in Google My Maps.

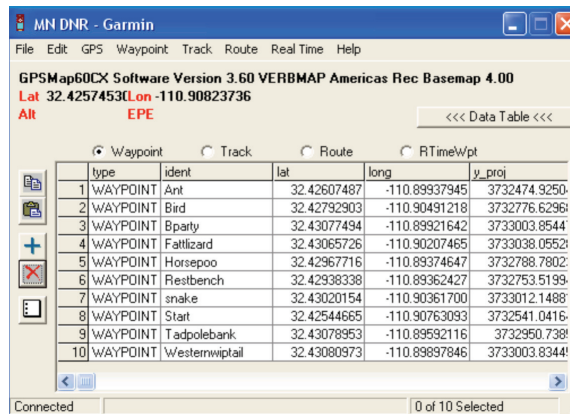**or**

Garmin GPSMap 60Cx   **Garmin Forerunner 305**

MN DNR Garmin

Download the MN DNR Garmin program here for free:

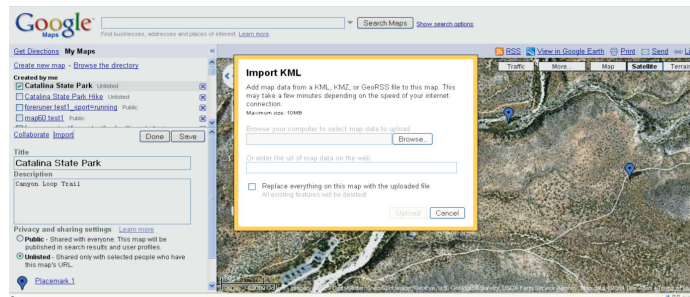**http://www.dnr.state.mn.us/ mis/gis/tools/arcview/ extensions/DNRGarmin/ DNRGarmin.html**

You can buy one of these GPS devices online or at stores. Search for locations on **www.garmin.com**

Google My Maps

Go to **www.gmail.com** to create a free email account and create your Google Map.

If you cannot afford a GPS unit, contact your local Cooperative Extension Specialist for units to loan.

2. Download and save **Tracks** from your GPS receiver to MN DNR Garmin, then open and save in Google Earth, and load onto your map in Google My Maps.
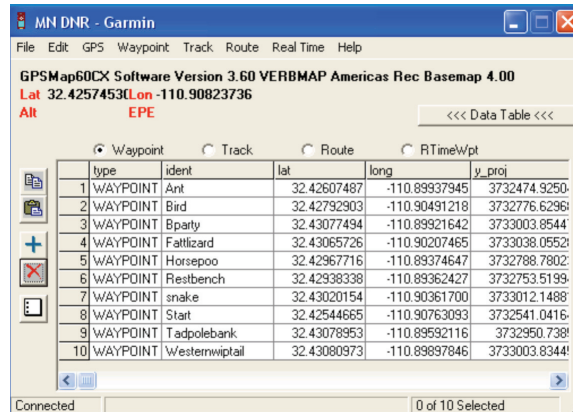

Garmin GPSMap 60Cx

or

Garmin Forerunner 305

MN DNR Garmin
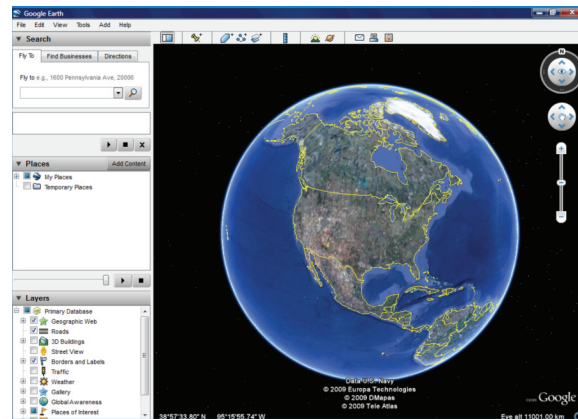
MN DNR Garmin Application, Google Earth, and Google Maps are all free applications!

Google Earth

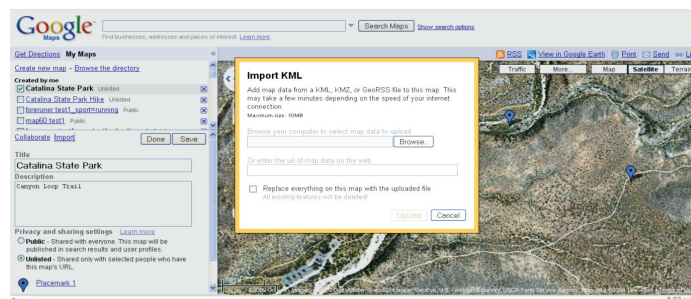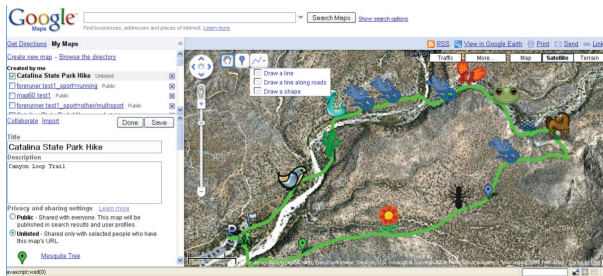Download Google Earth here for free:

http://earth.google.com/

Share your map with others after uploading it onto Google My Maps.

Google My Maps

3. **Make a poster** by taking a screenshot (prt sc key) of your map, and then paste it to a program equivalent to Microsoft Word, PowerPoint, or OpenOffice. Crop it, make it the size you want, add pictures, a title, borders, and images.

Map in Google My Maps

Poster Example

DID YOU KNOW?

- A GPS satellite weighs about 2,000 pounds and is about 17 feet long.

- GPS is used for outdoor activities, games, mapping, climate studies, and health research.

- GPS was developed by the Department of Defense in 1973.

You can create your own map by using a GPS device while you take a hike around your favorite area. Make sure you prepare well for your hike:

Hiking Tips:

- Try urban hiking, trail hiking, and mountain hiking --- know your environment to avoid injuries while hiking.

- Be aware of your surroundings when walking with a GPS receiver.

- Bring your own water; natural water sources can appear clean, but may contain harmful bacteria.

- Avoid hiking alone. Bring a friend or family member with you in case of an emergency.

Eat Right: Top Three Hiking Foods

#1 - Trail Mix. Make your "trail mix" with your favorite snack foods (Cheerios, dried fruit, nuts, M&Ms).

#2 - Dried Fruit. Dried fruits such as raisins, dried apricots and apples are more durable than fresh fruits and pack more calories per ounce…a perfect way to maintain your energy.

#3 - Energy Bars. Sports nutrition energy bars are an excellent food source when hiking. They generally pack high protein and fiber into a small, transportable, and flavorful, but slightly pricey ($1.50 to $2.00) energy bar.

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