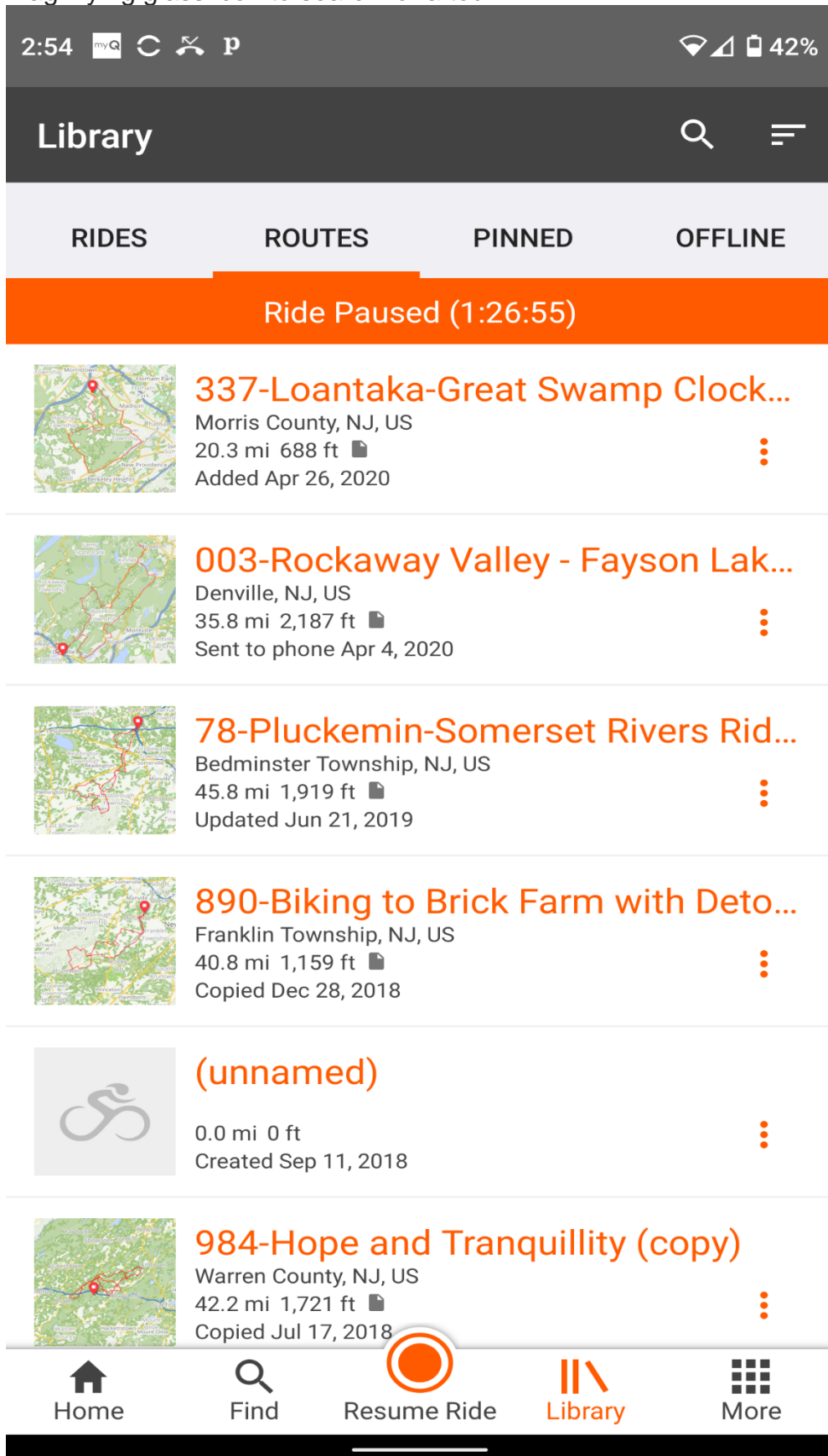Open the RideWithGPS app on your phone and go to the "Routes" tab and then click on the magnifying glass icon to search for a tour:
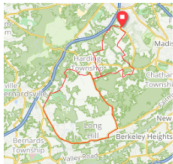
2:54   myQ C ✂ P   ▽◢ ▯ 42%

Library   🔍   ☰

RIDES   **ROUTES**   PINNED   OFFLINE

Ride Paused (1:26:55)

337-Loantaka-Great Swamp Clock...
Morris County, NJ, US
20.3 mi 688 ft 📄
Added Apr 26, 2020   ⋮

003-Rockaway Valley - Fayson Lak...
Denville, NJ, US
35.8 mi 2,187 ft 📄
Sent to phone Apr 4, 2020   ⋮

78-Pluckemin-Somerset Rivers Rid...
Bedminster Township, NJ, US
45.8 mi 1,919 ft 📄
Updated Jun 21, 2019   ⋮

890-Biking to Brick Farm with Deto...
Franklin Township, NJ, US
40.8 mi 1,159 ft 📄
Copied Dec 28, 2018   ⋮

(unnamed)

0.0 mi 0 ft
Created Sep 11, 2018   ⋮

984-Hope and Tranquillity (copy)
Warren County, NJ, US
42.2 mi 1,721 ft 📄
Copied Jul 17, 2018   ⋮

🏠   🔍   ⏺   ‖⟍   ⠿
Home   Find   Resume Ride   Library   More

Then type in the tour number (in this case I'm searching for tour 525):

525

RIDES ROUTES PINNED OFFLINE

525-Loantaka-Baileys Mill
Morris County, NJ, US
24.6 mi 1,082 ft
Copied Jul 20, 2015

MAF #525
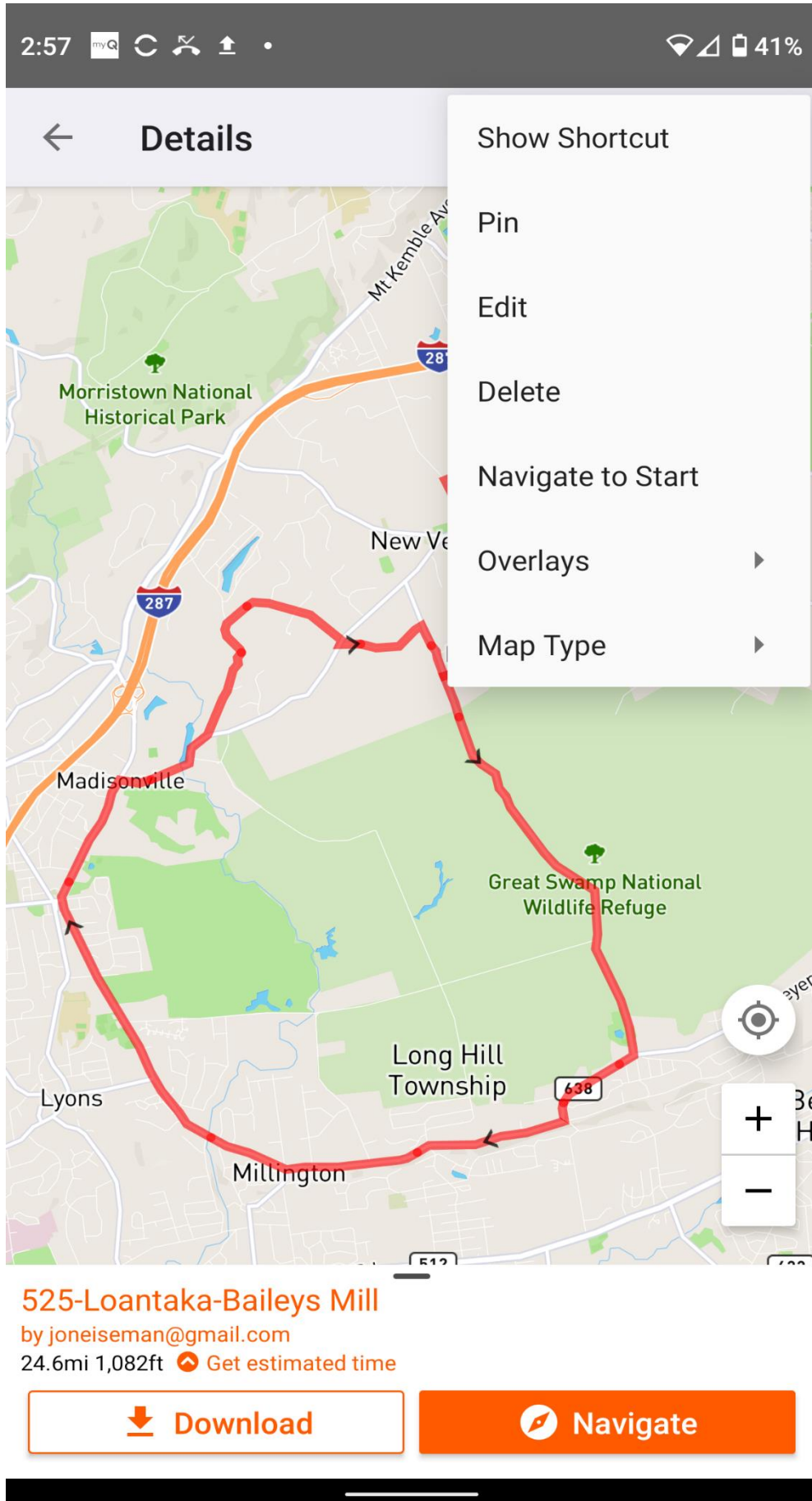Morristown, New Jersey, US
24.9 mi 1,035 ft
Created Aug 23, 2012

Home Find Go Ride Library More

55284 **525** 55

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |

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Then click on the tour to view the tour and click on the menu and select Pin:
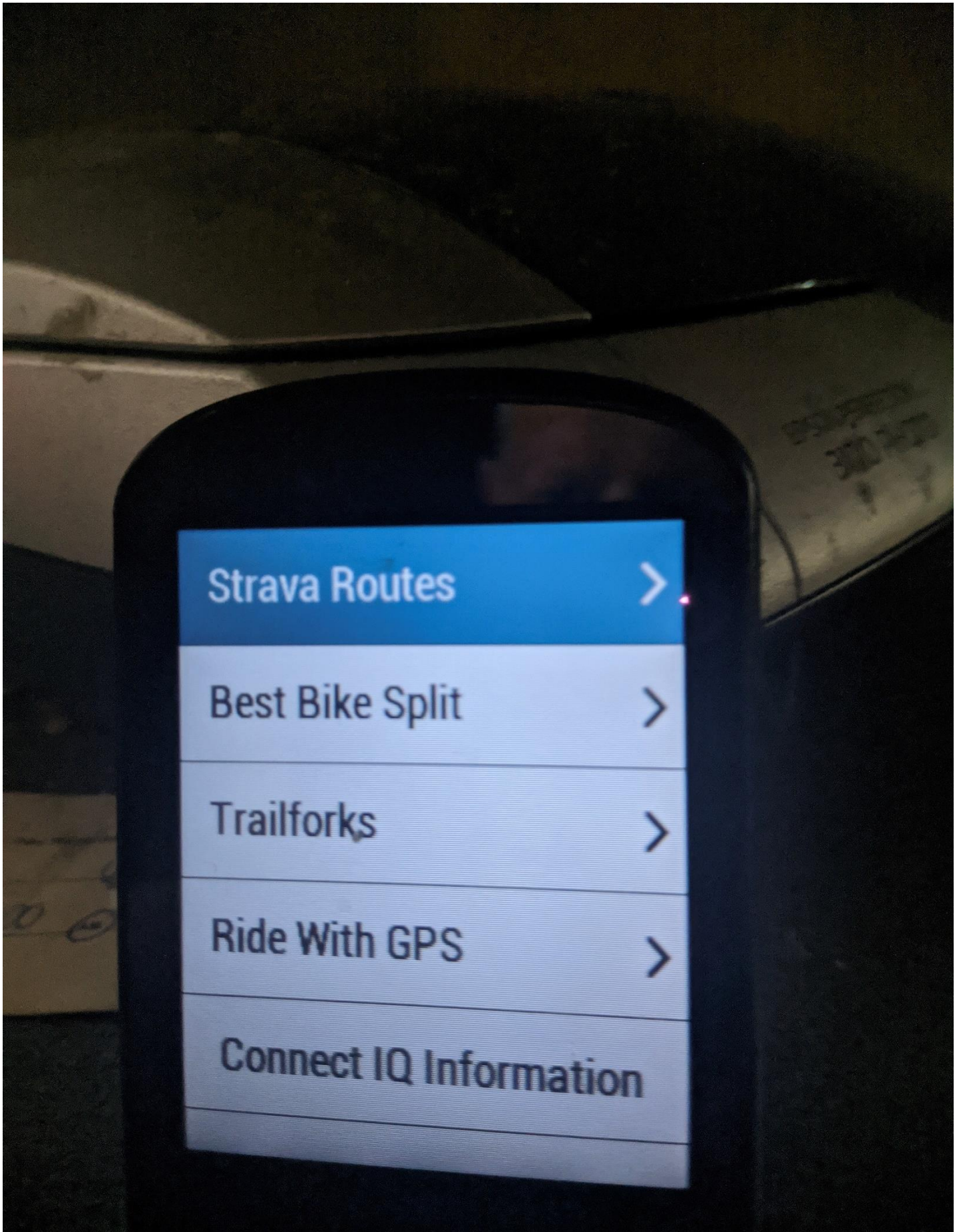
Now, on your Garmin home screen select Menu:
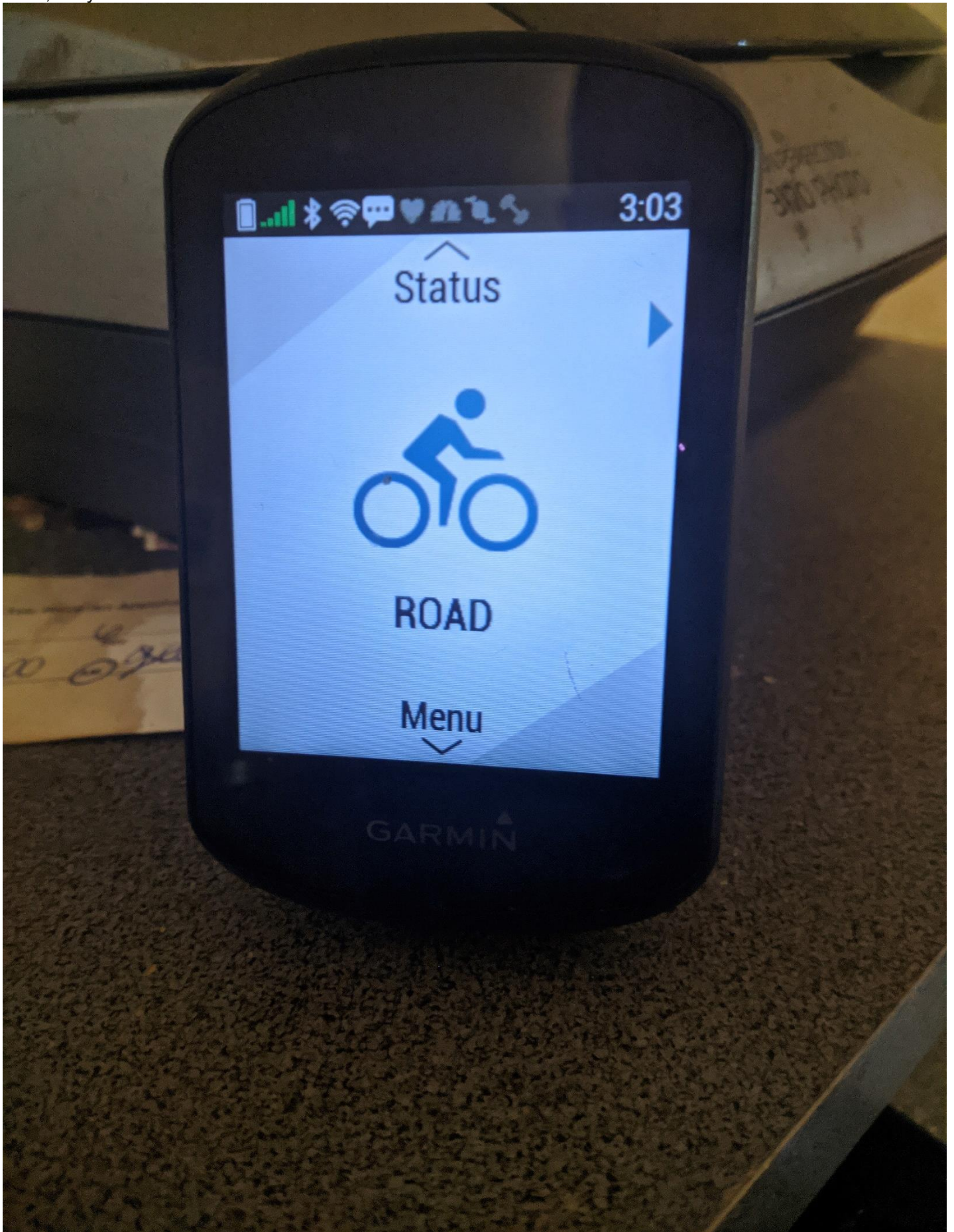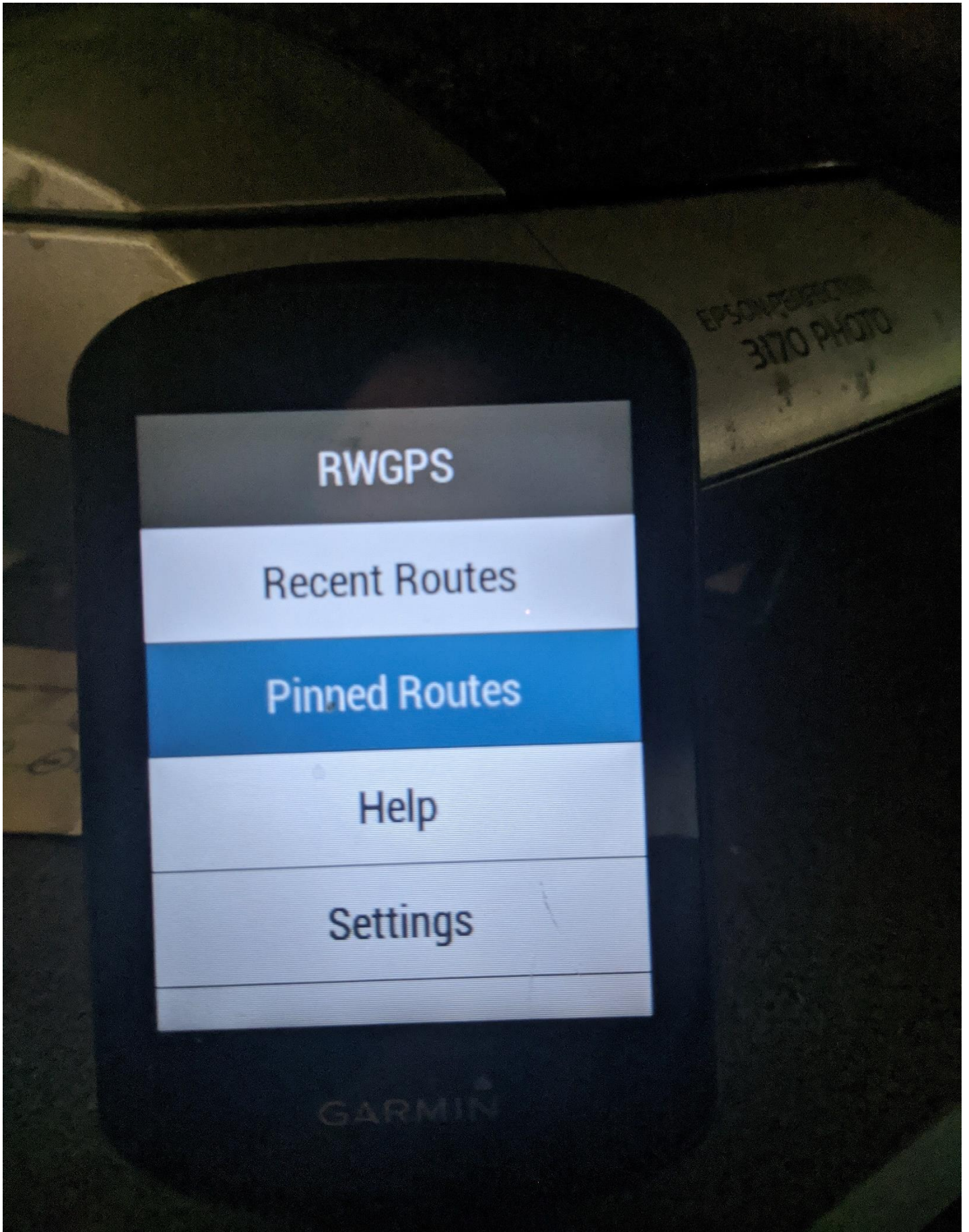
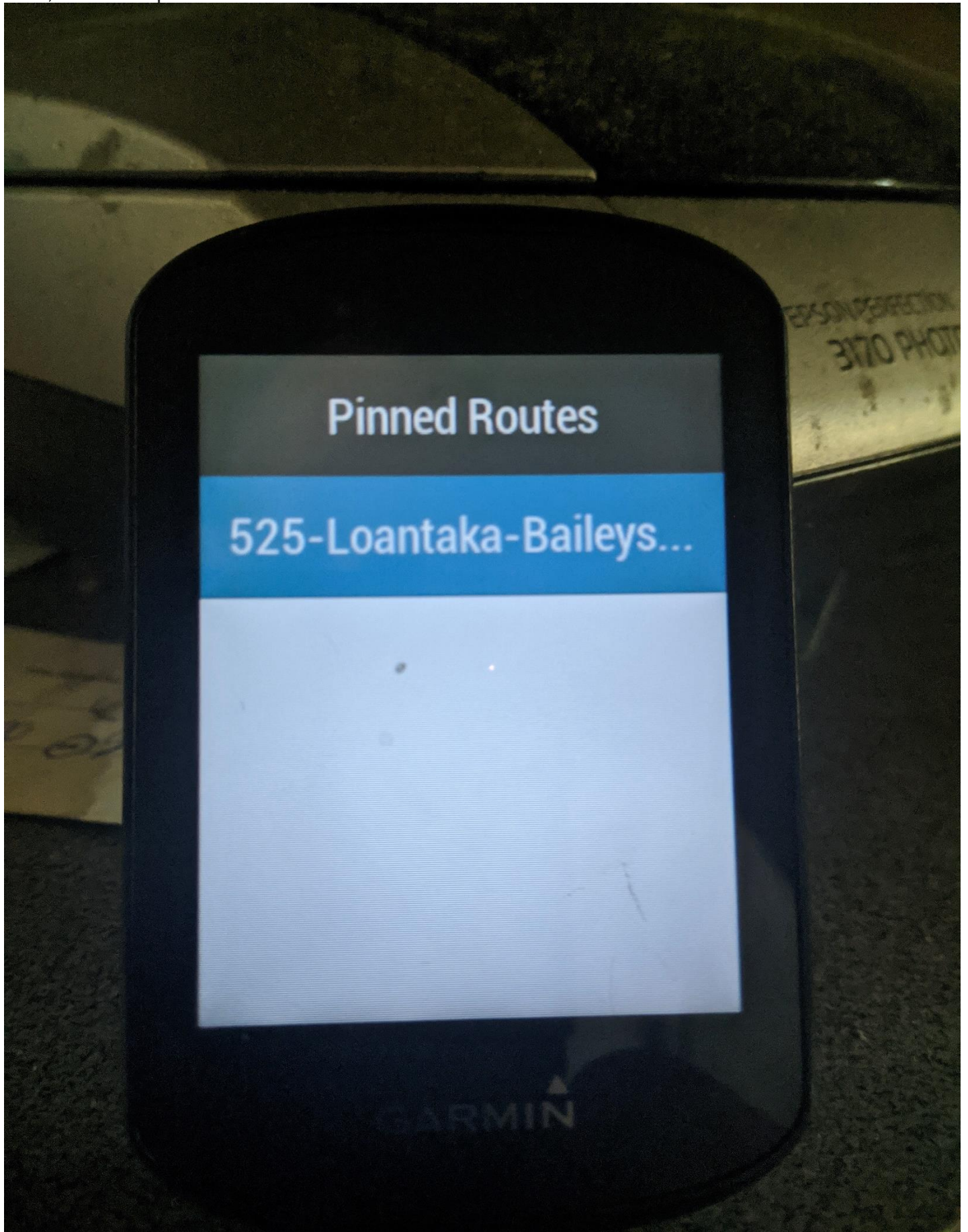Now on the menu page select "Connect IQ":
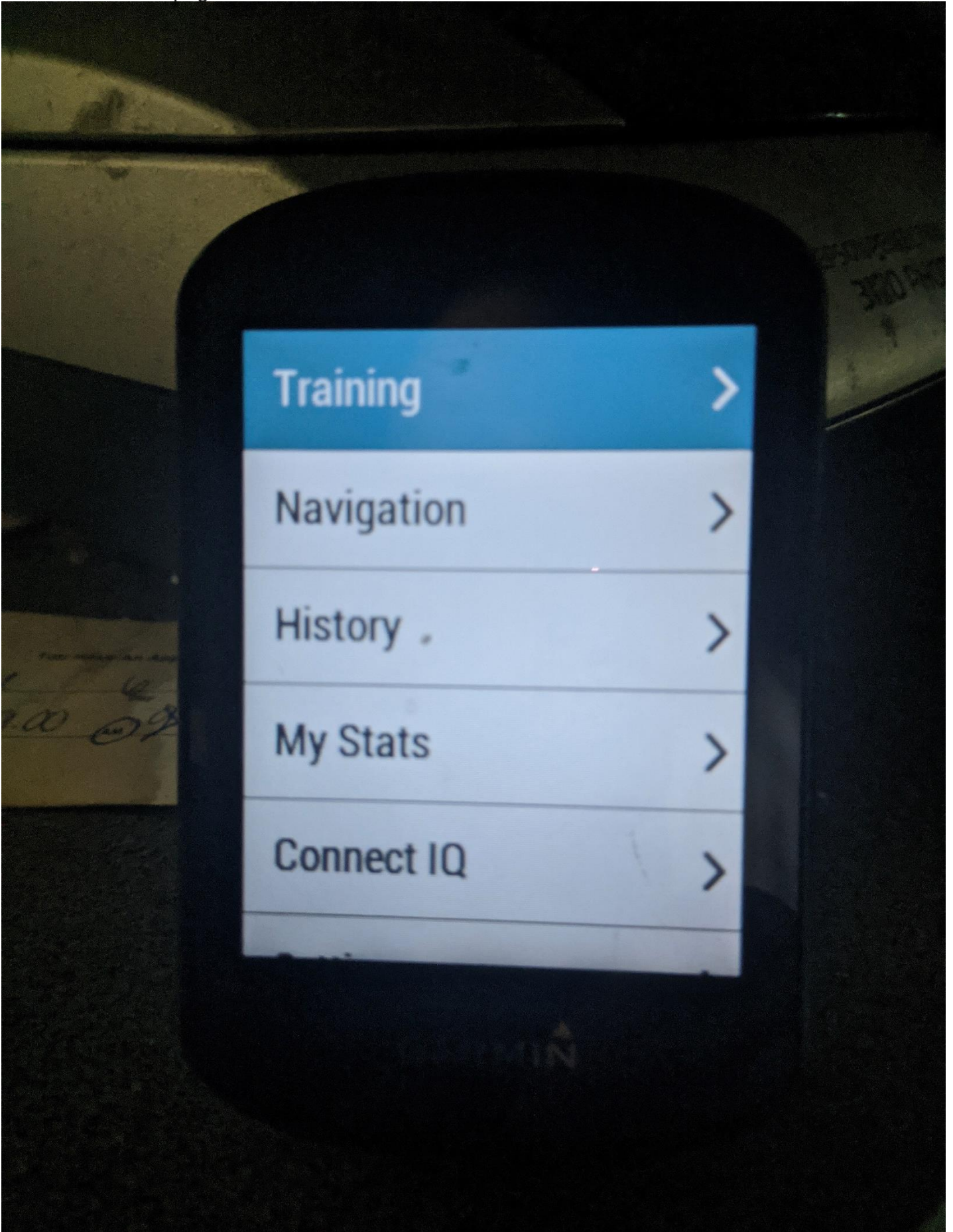
Next select Ride With GPS:

Then select Pinned Routes:

Now, select the pinned route:

Now you can select Download & Ride: