

# Downloading NMR Data

You can use an SFTP program to download your data from the NMR Centre's server. We suggest [Cyberduck](#), an easy-to-use program available for both Mac and Windows.

1. Download and install Cyberduck (<https://cyberduck.io/>).
2. Make sure you are **on the campus network** or **connected to the campus VPN**, or else you will not be able to connect to the NMR Centre's server.

3. Open Cyberduck, then click the **Open Connection** button in the top left.



4. From the dropdown at the top, select **SFTP (SSH File Transfer Protocol)**.

5. Enter the following connection information:

Server: **nmrdata.uoguelph.ca**  
Port: 22

A screenshot of the SFTP connection dialog box in Cyberduck. The title bar says "SFTP (SSH File Transfer Protocol)". There are several input fields: "Server" with a dropdown menu showing "nmrdata.uoguelph.ca", "Port" with the value "22", "URL" with the value "sftp://professor@nmrdata.uoguelph.ca:22/", "Username" with the value "professor", and "Password" with masked characters. There are two checkboxes: "Anonymous Login" (unchecked) and "Add to Keychain" (checked). At the bottom, there is a "More Options" link, a help icon, a "Cancel" button, and a "Connect" button.

6. Use the same username and password you use to log onto the NMR computers. The username is lower-case letters only.

7. Click **Connect**.

If an "Unknown Fingerprint" dialog appears, select *A/lways* then click **Allow**.

8. Open the folder for the desired NMR (e.g. NMR600, NMR400, etc.) and copy the desired data to your computer (you can drag and drop). NB: You can only see your own research groups' data. For access to a different group please contact NMR Centre staff.
9. File transfers will appear in a new window. You may safely quit Cyberduck when the transfers are finished.

Reminder: Data can only be opened in NMR software (e.g. Topspin, Chenomx).

[Topspin](#) is free for academic use: you must first [register for a Bruker account](#), then you can [download Topspin](#), and finally [request an academic license](#).