SUUNTO TRAVERSE
USER GUIDE

Contents

1 SAFETY

Types of safety precautions

⚠ *WARNING: - is used in connection with a procedure or situation that may result in serious injury or death.*

AVERTISSEMENT: - s'utilise en lien avec une procédure ou une situation pouvant entraîner des accidents graves voire mortels.

⚠ *CAUTION: - is used in connection with a procedure or situation that will result in damage to the product.*

ATTENTION: - s'utilise en lien avec une procédure ou une situation pouvant entraîner des dégâts sur le produit.

✎ *NOTE: - is used to emphasize important information.*

REMARQUE: - met l'accent sur des informations importantes.

≡ *TIP: - is used for extra tips on how to utilize the features and functions of the device.*

CONSEIL: - signale des conseils supplémentaires sur l'utilisation des fonctionnalités et caractéristiques de l'appareil.

Safety precautions

Précautions d'utilisation

⚠ *WARNING: ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCT IS IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR.*

AVERTISSEMENT: DES RÉACTIONS ALLERGIQUES OU DES IRRITATIONS CUTANÉES PEUVENT SURVENIR LORSQUE LE PRODUIT EST EN CONTACT AVEC LA PEAU, MALGRÉ LA CONFORMITÉ DE NOS PRODUITS AUX NORMES INDUSTRIELLES. EN CAS D'ÉVÉNEMENT DE CE TYPE, CESSEZ IMMÉDIATEMENT TOUTE UTILISATION ET CONSULTEZ UN MÉDECIN.

⚠ *WARNING: ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.*

AVERTISSEMENT: CONSULTEZ TOUJOURS VOTRE MÉDECIN AVANT DE COMMENCER UN PROGRAMME D'ENTRAÎNEMENT. LE SURENTRAÎNEMENT PEUT PROVOQUER DES ACCIDENTS GRAVES.

⚠️ *WARNING: ONLY FOR RECREATIONAL USE.*

AVERTISSEMENT: RÉSERVÉ À UNE UTILISATION DE LOISIR.

⚠️ *WARNING: DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP MATERIAL TO ENSURE YOUR SAFETY.*

AVERTISSEMENT: NE VOUS FIEZ PAS TOTALEMENT AU GPS OU À L'AUTONOMIE DE LA BATTERIE. POUR VOTRE SÉCURITÉ, UTILISEZ TOUJOURS DES CARTES ET AUTRES MATÉRIELS DE SECOURS.

⚠️ *CAUTION: DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.*

ATTENTION: N'APPLIQUEZ AUCUN SOLVANT DE QUELQUE TYPE QUE CE SOIT SUR LE PRODUIT, AU RISQUE D'EN ENDOMMAGER LA SURFACE.

⚠️ *CAUTION: DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.*

ATTENTION: N'APPLIQUEZ AUCUN PRODUIT INSECTICIDE QUEL QU'IL SOIT SUR LE PRODUIT, AU RISQUE D'EN

ENDOMMAGER LA SURFACE.

⚠ *CAUTION: DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.*

ATTENTION: NE JETEZ PAS LE PRODUIT AUX ORDURES MÉNAGÈRES. TRAITEZ-LE COMME UN DÉCHET ÉLECTRONIQUE AFIN DE PROTÉGER L'ENVIRONNEMENT.

⚠ *CAUTION: DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.*

ATTENTION: NE HEURTEZ PAS OU NE FAITES PAS TOMBER LE PRODUIT, AU RISQUE DE L'ENDOMMAGER.

2 GETTING STARTED

2.1 Buttons and menus

Suunto Traverse has five buttons which allow you to access all the features.
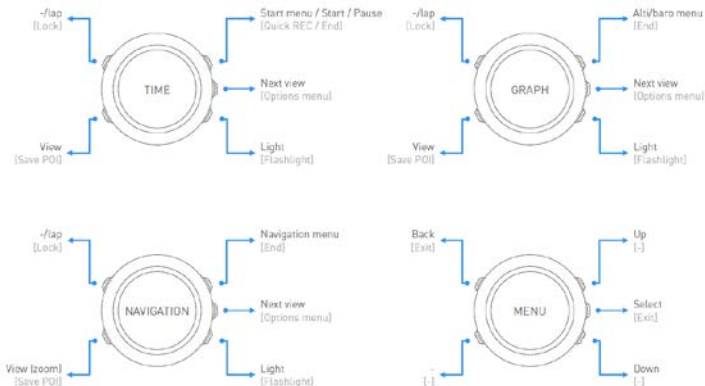
Upper right [Start]:

- press to access the start menu
- press to pause or resume a recording or timer
- press to increase a value or move up in the menu
- keep pressed to stop and save a recording

Center right [Next]:
- press to change displays
- press to accept a setting
- keep pressed to access/exit the options menu
- keep pressed to access/exit the options menu in sport modes

Bottom right [Light]:
- press to activate the backlight
- press to decrease a value or move down in the menu
- keep pressed to activate flashlight
  press to deactivate flashlight

Bottom left [View]:
- press to change bottom row view
- keep pressed to save POI
- keep pressed to access shortcut (see *3.29 Shortcuts*)

Upper left [Back Lap]:
- press return to the previous menu
- press to add a lap during exercise
- keep pressed to lock buttons

TIP: When changing values, you can increase the speed by keeping [Start] or [Light] pressed until the values start to scroll faster.

2.2 Set up

To make the most of your Suunto Traverse you may want to download Suunto Movescount Mobile App from App store, and create own user account with Suunto Movescount service before setting up the product.

To start using your sports watch
1. Press any button to start the device
2. Press [Start] or [Light] to scroll to the desired language and press [Next] to select.
3. Follow the startup wizard to complete initial settings. Set values with [Start] or [Light] and press [Next] to accept and go to the next step.

NOTE: you may need to recharge Suunto Traverse before starting the set up. Watch display will show a battery symbol when it needs to be charged.

To recharge, plug device cable to wall socket or PC .

Fully charging an empty battery takes about 2-3 hours. Buttons are locked while the USB cable is attached and connected to a computer.

You can exit the startup wizard at any time by keeping [Next] pressed.

The startup wizard takes you through the following settings:

- Units
- Time format
- Personal settings (gender, age, weight)
- Time update (go outside for GPS signal to automatically update time)

• Pairing with mobile device (this can also be done later if you don't have the app installed)

2.3 Adjusting settings

You can change the settings of your Suunto Traverse directly in the watch, through Movescount, or on the go with Suunto Movescount App (see *3.21 Movescount mobile app*).

To change the settings in the watch:

1. Keep [Next] pressed to enter the options menu.
2. Scroll the menu with [Start] and [Light].
3. Press [Next] to enter a setting.
4. Press [Start] and [Light] to adjust the setting values.
5. Press [Back Lap] to return to the previous menu or keep [Next] pressed to exit.
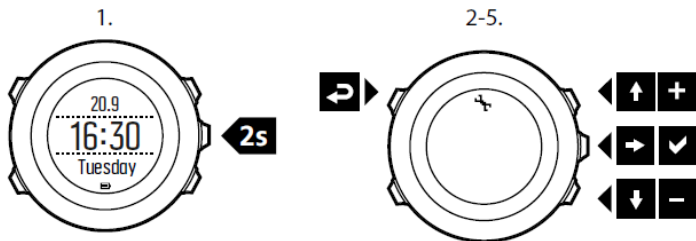
3 FEATURES

3.1 Activity monitoring

Suunto Traverse measures your daily steps and estimates calories burned during the day, based on your personal data.

Daily step count is available as a default view in **TIME**. You can see the step number by pressing the [VIEW] button.

The step count is measured by the accelerometer sensor, and the number of steps is updated every 60 seconds.

Daily step count and calories burned are displayed as the first view of the Logbook. To view your daily step count and an estimation of calories burned during the day, press [Start] button, and select **Logbook.**

The value is reset daily at midnight.

3.2 Alti-Baro

With **ALTI-BARO** you can view the current altitude or barometric pressure. Press [Next] in **TIME** mode to view the **ALTI & BARO** display.

You can show/hide the **ALTI-BARO** display under the start menu **DISPLAYS » Alti-Baro**. Toggle with [Next].

You can access different views by pressing [View].

Three profiles are available: **Automatic**, **Barometer** and **Altimeter**.

For information on setting profiles, see *3.2.2 Matching profile to activity*.

3.2.1 Getting correct readings

Suunto Traverse constantly measures absolute air pressure using the built-in pressure sensor. Based on this measurement and reference values, it calculates altitude or sea level air pressure.
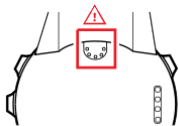
⚠ *CAUTION: Keep the area around the sensor free of dirt and sand. Never insert any objects into the sensor openings.*

If you are not recording an outdoor activity, and your activity requires accurate sea level air pressure or altitude, you need to calibrate your Suunto Traverse by entering either your current altitude or the current sea level air pressure.

When recording an activity, Suunto Traverse uses Suunto FusedAlti by default. This means that altitude readings will be corrected automatically using FusedAlti together with altitude and seal level pressure calibration. For more information, see *3.13 FusedAlti*.

The altitude of your location can be found from most topographic maps or Google Earth. A sea level air pressure reference for your location can be found using the websites of national weather services.

≡ TIP: Absolute air pressure and known altitude reference = sea level air pressure. Absolute air pressure and known sea level air pressure = altitude.

Changes in local weather conditions will affect altitude readings. If local weather changes often, it is advisable to reset the current altitude reference value frequently, preferably before starting your journey when the reference values are available. As long as the local weather stays stable, you do not need to set reference values.

To set the sea level pressure and altitude reference values:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light] and enter with [Next].
3. Scroll to **Reference** with [Light] and enter with [Next].
4. The following setting options are available:
   • **FusedAlti**: GPS is switched on and the watch starts calculating altitude based on FusedAlti.
   • **Manual altitude**: Set your altitude manually.
   • **Sea level pressure**: Set the sea level pressure reference value manually.
5. Set the reference value using [Start] and [Light]. Accept the setting with [Next].

TIP: You can access the Alti/Baro menu by pressing [Start] when in ALTI-BARO display.

3.2.2 Matching profile to activity

By default, Suunto Traverse uses **Automatic** profile that switches between Alti and Baro automatically, based on movement. In the Automatic profile, the graph visible in Alti/BAro display will always represent altitude.

You can either let Suunto Traverse decide a suitable profile for the activity, or choose yourself a profile that matches your activity.

The **Altimeter** profile should be selected when your outdoor activity involves changes in altitude (e.g. hiking in hilly terrain).

The **Barometer** profile should be selected when your outdoor activity does not involve changes in altitude (e.g. soccer, sailing, canoeing).

NOTE: You can define the profile as part of the sport mode settings in Movescount, or in your Suunto Traverse.

To set the **ALTI & BARO** profile:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light] and enter with [Next].
3. Press [Next] to select **Profile**.
4. Scroll the profile options (**Automatic**, **Altimeter**, **Barometer**) with [Start] or [Light]. Select a profile with [Next].
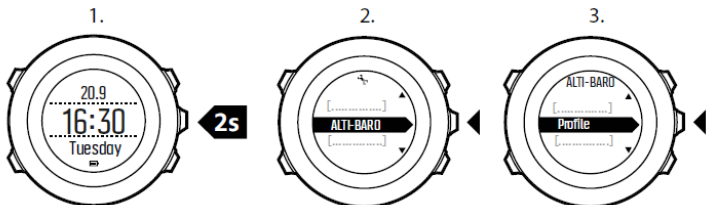
Use example: Setting the altitude reference value

You're on the second day of your two-day hike. You realize that you forgot

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to switch from the Barometer profile to the Altimeter profile when you started moving in the morning. You know that the current altitude readings given by your Suunto Traverse are wrong. So, you hike to the nearest location shown on your topographic map for which an altitude reference value is provided. You correct your Suunto Traverse altitude reference value accordingly and switch from Barometer to Altimeter profile. Your altitude readings are correct again.

Incorrect readings

If your **Altimeter** profile is on for an extended period of time with the device in a fixed location while the local weather changes, the device will give incorrect altitude readings.

If your **Altimeter** profile is on and the weather changes frequently while you climb in altitude or go down in altitude, the device will give you incorrect readings.

If the **Barometer** profile is on for an extended period of time as you climb in altitude or go down in altitude, the device assumes that you are standing still and interprets your changes in altitude as changes in sea level air pressure. It will therefore give you incorrect sea level air pressure readings.

3.2.3 Using Altimeter profile

The **Altimeter** profile calculates altitude based on reference values. The reference value can either be sea level air pressure value or altitude reference value.

When the **Altimeter** profile is activated, the altimeter icon is shown on the display.

When the **Altimeter** profile is activated, you can access the following

views:
- your current altitude, a graph displaying altitude changes over the past 12 hours (7 min. recording interval)
- bottom row: change with [View] to show temperature, baro trend
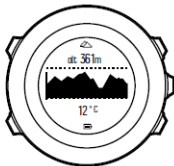
NOTE: If you are wearing your Suunto Traverse on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.

3.2.4 Using Barometer profile

The **Barometer** profile shows the current sea level air pressure. This is based on the reference values added in the settings and the constantly measured absolute air pressure.

Changes in the sea level air pressure are presented graphically in the middle row of the display.

When the **Barometer** profile is activated, the barometer icon is shown on the display.

When the **Barometer** profile is activated, Suunto Traverse shows you the following barometric information:

- current pressure or a graph displaying sea level pressure changes over the past 26 hours (15 min. recording interval)
- bottom row: change with [View] to show temperature, baro trend

NOTE: If you are wearing your Suunto Traverse on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.
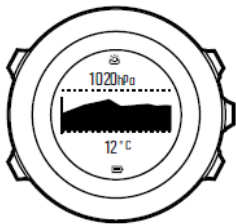
3.2.5 Using Automatic profile

The **Automatic** profile switches between the **Altimeter** and **Barometer** profiles according to your movements. When the **Automatic** profile is active, the device will automatically switch between interpreting changes in air pressure as changes in altitude or changes in weather.

It is not possible to measure weather and altitude changes at the same time, as both cause a change in the surrounding air pressure. Suunto Traverse senses vertical movement an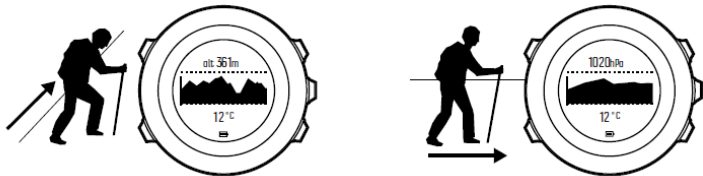d switches to measuring altitude, when needed. When altitude is shown, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), Suunto Traverse interprets all pressure changes as weather changes. The measurement interval is 10 seconds. The altitude reading remains steady and if the weather changes, you will see changes in the sea level air pressure reading.

If you are moving in altitude (more than 5 meters of vertical movement within 3 minutes), Suunto Traverse interprets all pressure changes as movements in altitude.

In the Automatic Profile, Suunto Traverse will display following information: top row, name of currently active profile, Altitude, altitude graph. In addition, baro trend and temperature are accessible with the [View] button.

3.3 Autopause

**Autopause** pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn **Autopause** on/off for each sport mode in Movescount under the advanced settings for the sport mode.

Autopause is set to off by default in Suunto Traverse

3.4 Backlight

Pressing [Light] activates the backlight.
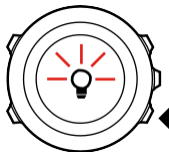
By default, the backlight turns on for a few seconds and turns off automatically. This is the **Normal** mode.

There are three different backlight modes:

Mode:
- **Normal**: The backlight turns on for a few seconds when you press [Light] and when the alarm clock sounds.
- **Off**: The backlight is not switched on by pressing a button or when the alarm clock sounds.
- **Night**: The backlight turns on for a few seconds when you press any button and when the alarm clock sounds.
- **Toggle**: The backlight turns on when you press [Light] and stays on until you press [Light] again.

3.5 Button lock

Keeping [Back/Lap] pressed locks and unlocks buttons.

You can change the button lock behavior in the watch settings under **GENERAL » Tones/display » Button lock**.

- **Actions only**: Start and options menus are locked.
- **All buttons**: All buttons are locked. Backlight can be activated in **Night** mode.

≡) TIP: Select the Actions only button lock setting to avoid accidentally starting or stopping your log. When the [Back Lap] and [Start] buttons are locked, you can still change displays by pressing [Next] and views by pressing [View].

3.6 Compass

Suunto Traverse has a digital compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can show/hide the compass display from the start menu under **DISPLAYS** » **Compass**. Toggle with [Next].

The compass display includes the following information:

- middle row: compass heading in cardinals
- bottom row: compass heading in degrees

The compass switches to power saving mode after one minute. Reactivate it with [Start] .

3.7.1 Calibrating compass

If you have not used the compass before, you must first calibrate it. Turn and tilt the watch in multiple directions until the watch beeps, indicating calibration is complete.
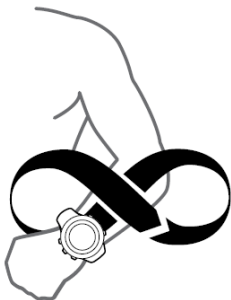
If you have already calibrated the compass and want to re-calibrate it, you can access the calibration option in the options menu.

If the calibration is successful, the text **CALIBRATION SUCCESSFUL** is displayed. If the calibration does not succeed, the text **CALIBRATION FAILED** is displayed. To retry the calibration, press [Start] .

To manually start compass calibration:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **NAVIGATION** with [Light] and select with [Next].
3. Scroll to **Settings** with [Light] and select with [Next].

4. Scroll to **Compass** with [Light] and select with [Next].
5. Press [Next] to select **Calibration**.

3.7.2 Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.

The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be obtained from the internet (for example www.magnetic-declination.com).

Orienteering maps, however, are drawn in relation to magnetic north. This means that when you are using orienteering maps you need to turn the declination correction off by setting the declination value to 0 degrees.

To set the declination value:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **NAVIGATION** with [Light] and select with [Next].
3. Scroll to **Settings** with [Light] and select with [Next].
4. Scroll to **Compass** with [Light] and select with [Next].
5. Scroll to **Declination** with [Light] and select with [Next].
6. Turn the declination off by selecting **--**, or select **W** (west) or **E**

(east).

7. Set the declination value with [Start] or [Light].
8. Press [Next] to accept the setting.

≡ TIP: You can also access the Navigation menu and Compass settings by pressing [Start] in Navigation mode.

3.7.3 Setting bearing lock

You can mark the direction to your target in relation to North with the bearing lock feature.

To lock a bearing:

1. With the compass active, hold the watch in front of you and turn yourself towards your target.

2. Press [Back Lap] to lock the current degree displayed on the watch as your bearing.
3. An empty triangle indicates the locked bearing in relation to the North indicator (solid triangle).
4. Press [Back Lap] to clear the bearing lock.
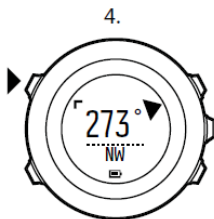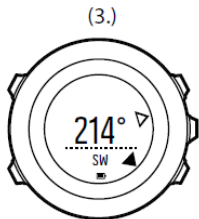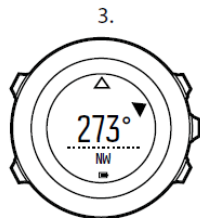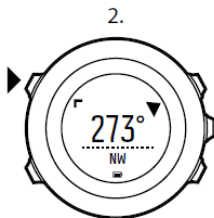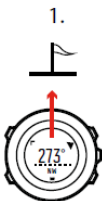
NOTE: While using the compass in an exercise mode, the [Back Lap] button only locks and clears the bearing. Exit the compass view to make a lap with [Back Lap].

3.8 Countdown timer

You can use the countdown timer to count down from a preset time to zero. The timer makes a short sound every second during the last 10 seconds and sounds an alarm when zero is reached.

You can show/hide the countdown timer from the start menu under **DISPLAYS** » **Countdown**. Toggle with [Next].

To set the countdown time:

1. Press [Next] to until you reach the countdown timer display.
2. Press [View] to adjust the countdown time.
3. Set the hours and minutes with [Start] and [Light]. Accept with [Next].
4. Press [Start] to start the countdown.

TIP: You can pause/continue the countdown by pressing [Start] .

3.9 Displays

Your Suunto Traverse comes with several different features, such as countdown timer (see Countdown timer) and stopwatch (see *3.31 Stopwatch*), that are handled as displays that can be viewed by pressing [Next]. Some of them are permanent, and others you can show or hide as you like.

To show/hide displays:

1. Press [Start] to enter the start menu.
2. Scroll to **DISPLAYS** by pressing [Light] and press [Next].
3. In the list of display, toggle any feature on/off by scrolling to it with [Start Stop] or [Light Lock] and pressing [Next].

   Keep [Next] pressed to exit the displays menu if needed.

Your sport modes (see *3.30 Sport modes*) also have multiple displays that that you can customize to view different information while you exercise.

3.9.1 Adjusting display contrast

Increase or decrease the display contrast of your Suunto Traverse in the watch settings.

To adjust the display contrast:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter the **GENERAL** settings.
3. Press [Next] to enter **Tones/display**.
4. Scroll to **Display contrast** with [Light] and enter with [Next].
5. Increase the contrast with [Start] , or decrease it with [Light].

6. Keep [Next] pressed to exit.

3.9.2 Inverting display color

Change the display between dark and light through the settings in the watch.

To invert the display in the watch settings:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter the **GENERAL** settings.
3. Press [Next] to enter **Tones/display**.
4. Scroll to **Invert display** with [Start] and invert with [Next].

3.10 Exercising with sport modes

Use sport modes (see *3.30 Sport modes*) to record exercise logs and view various information during your exercise.

You can access the sport modes under **EXERCISE** menu by pressing [Start Stop].

3.10.1 Using Suunto Smart Sensor

A Bluetooth® Smart compatible heart rate sensor, such as the Suunto Smart Sensor, can be used with your Suunto Traverse to give you more detailed information about your exercise intensity.

While exercising, the heart rate sensor enables:

- heart rate in real time
- average heart rate in real time

- calories burned during exercise

And after exercise, the heart rate sensor provides:

- total calories burned during exercise
- average heart rate
- peak heart rate

If you use the Suunto Smart Sensor, you also have the added advantage of heart rate memory. The Suunto Smart Sensor memory function buffers data whenever the transmission to your Suunto Traverse is interrupted.

This allows you to get accurate exercise intensity information in activities such as swimming where water blocks the transmission. It also means you can even leave your Suunto Traverse behind after starting a recording. For more information, please refer to the Suunto Smart Sensor User Guide.

Without a heart rate sensor, your Suunto Traverse provides calorie consumption estimation in daily use, and during activities where speed is used to estimate intensity. However, we recommend using a heart rate sensor to get accurate intensity readings.

Refer to the user guide for Suunto Smart Sensor or other Bluetooth Smart compatible heart rate sensor for additional information.

3.10.2 Putting on Suunto Smart Sensor

To start using the Suunto Smart Sensor:

1. Snap the sensor firmly into the strap connector.
2. Adjust the strap length as needed.
3. Moisten the strap electrode areas with water or electrode gel.
4. Put the strap on so that it fits snugly and the Suunto logo is facing up.

The Smart Sensor turns on automatically when it detects a heartbeat.

TIP: Wear the strap against your bare skin for best results.

Refer to the Suunto Smart Sensor User Guide for additional information and troubleshooting.

📝 *NOTE: Dry skin under the belt electrodes, a loose belt, and synthetic shirt materials can cause abnormally high heart rate readings. Moisten the belt electrodes well and tighten the belt to avoid heart rate peaks. If you are otherwise concerned about your heart rate, please consult a doctor.*

3.10.3 Starting recording

To start recording:

1. Press [Start] to enter the start menu.
2. Scroll to Activity, and select [Next]
3. The watch automatically starts searching for a GPS signal. Wait for the watch to notify that GPS signal has been found, or press [Start] to select **Start** and begin recording immediately.
4. Recording your exercise starts automatically when GPS signal is found, unless you press [Start] to begin recording immediately. To access general menu while exercising, keep [Next] pressed.

3.10.4 During recording

As soon as the exercise is recording, you can access additional displays that show information related to your activity. By default, you will see one additional display showing recording statistics (duration, speed, distance) and one additional display showing your breadcrumb track.

In Movescount service, you can create up to 4 additional displays with more data fields.

You can also create up to 5 additional sport modes, if you wish to see different information depending on your activity. If you create additional modes, you will be asking to select the sports mode before recording begins.

You can toggle the displays with [Next].

The information varies depending on the sport mode you have selected (see *3.30 Sport modes*). You get even more information, if you use a heart rate belt and GPS during exercise.

Here are some ideas on how to use the watch during exercise:
- Press [Next] to scroll through available displays
- Press [View] to see different information the bottom row of the display, or to access additional views in the Navigation display.
- To avoid accidentally stopping your log recording or making unwanted laps, lock the buttons by keeping [Back Lap] pressed.
- Press [Back Lap] to record lap
- Press [Start] to pause recording. To resume recording, press [Start] again.
- Press and hold [Start] to stop and automatically record the activity.

3.10.5 Recording tracks

Suunto Traverse allows you to record various information.

If your sport mode has GPS enabled, Suunto Traverse also records your track during your exercise. You can view the track in Movescount as part of the recorded Move and export it as a route to use for later navigation.

3.10.6 Making laps

During your exercise, you can make laps either manually or automatically by setting the autolap distance interval in Movescount. When you are making laps automatically, Suunto Traverse records the laps based on the distance you have specified in Movescount.

To make laps manually, press [Back Lap] during the exercise.

Suunto Traverse shows you the following information:
- top row: split time (duration from the start of the log)
- middle row: lap number
- bottom row: lap time

📝NOTE: The exercise summary always shows at least one lap, your exercise from start to finish. The laps you have made during the exercise are shown as additional laps.

3.10.7 Navigation during activity

You can choose to navigate along a route or to a certain POI.

You can also navigate a route or to a POI during your activity.

To navigate during exercise:
1. While you are in a sport mode with GPS activated, from the navigation view, press Start to access Navigation menu
2. select **NAVIGATION**.

3. Scroll to **POIs (Points of interest)** or **Routes** with [Light] and select with [Next].

   The navigation view will be updated with navigation guidance

To deactivate navigation, go back to **NAVIGATION** in the navigation menu and select **End navigation**.

📝*NOTE: If the GPS accuracy setting (see 3.23.3 GPS accuracy and power saving) of your sport mode is Good or lower, while navigating GPS accuracy switches to Best. Battery consumption is therefore higher.*

3.10.8 Using compass during exercise

You can activate the compass and add it to a custom sport mode during your exercise.

To use the compass during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.

2. Scroll to **ACTIVATE** with [Light] and select with [Next].
3. Scroll to **Compass** with [Light] and select with [Next].
4. The compass is shown as the last display on the custom sport mode.

To deactivate the compass, go back to **ACTIVATE** in the options menu and select **End compass**.

3.10.9 Setting altitude during exercise

If you do not want to use FusedAlti (see *3.13 FusedAlti*) and you know exactly what your current elevation is (for instance, from a sign on a well-traveled mountain trail), you can manually set your altitude while recording an exercise. Manually setting the altitude turns off FusedAlti if it was on.

To set your altitude during exercise:

1. Keep [Next] pressed to access the options menu.
2. Scroll to **ALTI-BARO** with [Start] and select with [Next].
3. Select **Altitude** with [Next].
4. Set your altitude using [Start] and [Light].

5. Accept and exit by keeping [Next] pressed.

3.11 Find back

Suunto Traverse automatically saves the starting point of your exercise, if you are using GPS. With Find back, Suunto Traverse can guide you directly back to your starting point (or to the location where the GPS fix was established).

To find back:

1. Keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Find back** with [Start] and select with [Next].

   The navigation guidance is shown as one of the displs.

3.12 Firmware updates

You can update your Suunto Traverse software through Movescount. When you update the software, all logs are automatically moved to Movescount and deleted from the watch.

To update your Suunto Traverse software:

1. Install Moveslink if you have not done so already.
2. Connect your Suunto Traverse to your computer with the supplied USB cable.
3. If an update is available, your watch is updated automatically. Wait for the update to complete before unplugging the USB cable.

3.13 FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

NOTE: By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

If you do not want to use FusedAlti in altitude measurement, you can disable it in the options menu.

To disable FusedAlti:

1. Keep [Next] pressed to access the options menu.
2. Scroll to **ALTI-BARO** with [Light] and enter with [Next].
3. Scroll to **FusedAlti** with [Start] and select with [Next].
4. Set FusedAlti **Off** with [Start] or [Light] and accept with [Next].

When the device is in **TIME** mode, you can search a new reference for barometric altitude with FusedAlti. This activates the GPS for a maximum of 15 minutes.

To search a new reference for barometric altitude with FusedAlti:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light] and enter with [Next].
3. Scroll to **Reference** with [Light] and enter with [Next].
4. Scroll to **FusedAlti** with [Start] and select with [Next].

GPS is switched on and the device starts calculating altitude based on FusedAlti.
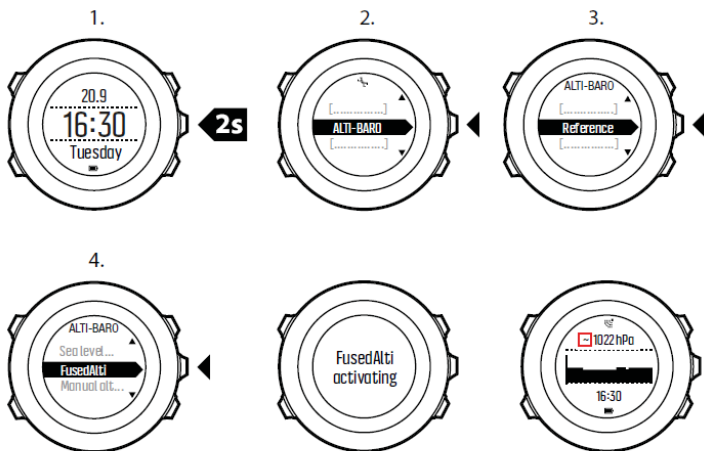
NOTE: In good conditions it takes 4 – 12 minutes for FusedAlti to activate. During that time, Suunto Traverse shows barometric altitude and ~ is shown with the altitude reading to indicate that the altitude may not be correct.

3.14 Icons
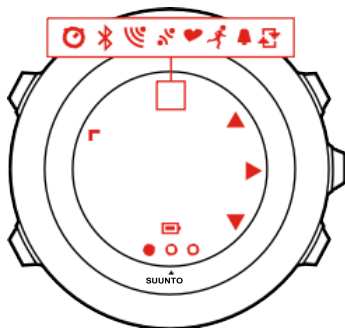
The following icons are displayed in Suunto Traverse3 Peak:

🔔	alarm
⛰	altimeter
📊	barometer
🔋	battery
✻	Bluetooth activity
🔒	button lock

⟫⃗	button press indicators
🕐	chronograph
◧ ◼ ◧	current display
▼	down/decrease
▦	GPS signal strength
♥	heart rate incoming
☏	call interval timer
▤	message/notification
☒	missed call next/confirm
▶	pairing
⟍	settings
🏃	sport mode
☂	storm
☀†	sunrise
☀↓	sunset
▲	up/increase

POI icons

The following POI icons are available in Suunto Traverse

⊡	begin
⌂	building/home
⛺	camp/camping
🚗	car/parking
⛰	cave
⛨	crossroad
⊡	end
🍴	food/restaurant/cafe
⚑	forest
⚜	geocache lodging/hostel/hotel
▭	meadow
▰▰	mountain/hill/valley/cliff
⚑	road/trail
⛰	rock

◨ sight water/river/lake/coast

≡ waypoint

⚑ 3.15 Logbook

The logbook stores the logs of your recorded activities. The maximum number of logs and the maximum duration of a single log depend on how much information is recorded in each activity. GPS accuracy (see *3.23.3 GPS accuracy and power saving*) and using the interval timer (see *3.16 Interval timer*), for example, directly impact the number and duration of logs that can be stored.

You can view the log summary of your activity right after you have stopped recording or through the **LOGBOOK** under the start menu.

The information shown in the log summary is dynamic: it changes depending factors such as sport mode and whether or not you used a heart rate belt or GPS. By default, all logs include at minimum the following information:

- sport mode name
- time
- date

- duration
- laps

TIP: You can see many more details of your recorded activities in Movescount.com.

To view log summary after stopping a recording:

1. Keep [Start] pressed to stop and save the exercise.

   Alternatively, you press [Start] to pause the recording. After pausing, stop by pressing [Back Lap], or continue recording by pressing [Start] .

   After pausing and stopping the exercise, save the log by pressing [Start] . If you do not want to save the log, press [Light]. If you do not save the log, you can still view the log summary after pressing [Light], but the log is not stored in the logbook for later viewing.

2. Press [Next] to view the log summary.

You can also view the summaries of all your saved exercises in the logbook. In the logbook the exercises are listed according to date and time.
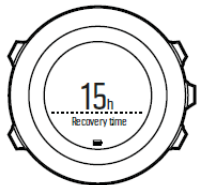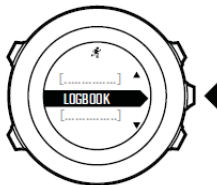
To view summary log in the logbook:

1. Press [Start] to enter the start menu.
2. Scroll to **LOGBOOK** with [Light] and enter with [Next]. Your current recovery time is shown.
3. Scroll the logs with [Start] or [Light] and select a log with [Next].
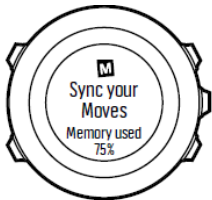4. Browse the summary views of the log with [Next].

If the log includes multiple laps, you can view lap-specific information by pressing [View].

3.16 Memory left indicator

If more than 50 % of the logbook has not been synchronized with Movescount, Suunto Traversedisplays a reminder when you enter the logbook.

The reminder is not displayed once the unsynced memory is full and Suunto Traversebegins overwriting old logs.

3.17 Movescount

Movescount.com is your free personal diary and online sports community that offers you a rich set of tools to manage your daily activities and create engaging stories about your experiences. Movescount allows you to transfer your recorded exercise logs from your Suunto Traverse to Movescount and customize the watch to best meet your needs.

⊜ *TIP: Connect to Movescount to get the latest firmware update for your Suunto Traverse.*

Start by installing Moveslink:

1. Go to www.movescount.com/moveslink.
2. Download, install and open the latest version of Moveslink.

To register to Movescount:

1. Go to www.movescount.com.
2. Create your account.

≣ⁿ *NOTE: The first time your Suunto Traverse is connected to Movescount all information (including the watch settings) is transferred from the watch to your Movescount account. The next time you connect your Suunto Traverse to your Movescount account, changes in settings and sport modes you make in Movescount and in the watch are automatically synchronized.*

3.18 Movescount mobile app

With the Suunto Movescount App, you can further enrich your Suunto Traverse experience. Pair with the mobile app to get notifications on your Suunto Traverse, change settings and customize sport modes on the go, use your mobile device as a second display, take pictures with

data from your move, and create Suunto Movies.

≡ TIP: With any move that is stored in Movescount, you can add pictures as well as create a Suunto Movie of the move using Suunto Movescount App.

To pair with Suunto Movescount App:

1. Download and install Suunto Movescount App on your compatible Apple device from the iTunes App Store. The app description includes the latest compatibility information.
2. Start Suunto Movescount App and turn on Bluetooth if it is not on already. Leave the app running in the foreground.

3. If you have not yet set up your Suunto Traverse, do so now (see *2 Getting started*) and press [Start] when asked to pair **MobileApp**.

   If you are already using your Suunto Traverse, keep [Next] pressed to enter the options menu and scroll to **PAIR** with [Light]. Select **MobileApp** with [Next].
4. Enter the passkey shown on your watch display into the paring request field on your mobile device and tap [Pair].

📝 *NOTE: You can change your Suunto Traverse general settings offline. Customizing sport modes and keeping time, date and GPS satellite data up to date require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.*

3.21.1 Syncing with mobile app

If you have paired your Suunto Traverse with Suunto Movescount App, changes in settings, sport modes, and new moves are automatically synced default when the Bluetooth connection is active. The Bluetooth icon on your Suunto Traverse flashes when data is being synced.

This default setting can be changed from the options menu. To turn off automatic syncing:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **CONNECTIVITY** with [Light] and select with [Next].
3. Press Next again to enter the **MobileApp sync** setting.
4. Toggle off with [Light] and keep [Next] pressed to exit.

When automatic syncing is off, you need to manually start syncing to transfer settings or new moves to the app.

To manually sync with mobile app:

1. Ensure Suunto Movescount App is running and Bluetooth is on.
2. Press [Start] to enter the start menu.
3. Scroll to **MOBILEAPP** with [Light] and select with [Next].
4. Press Next to **Sync now**.

If your mobile device has an active data connection and your app is connected to your Movescount account, settings and moves are synced with your account. If there is no data connection, syncing is delayed until a connection is available.

Unsynced moves recorded with your Suunto Traverse are listed in the app, but you cannot view the move details until they are synced with your Movescount account. Moves that you record with the app are immediately viewable.

📝 *NOTE: Carrier data connection fees may apply when syncing between Suunto Movescount App and your Movescount account.*

3.23 Navigating with GPS AND GLONASS

Suunto Traverse uses the Global Positioning System (GPS) to determine your current position. GPS incorporates a set of satellites that orbit the Earth at an altitude of 20,000 km at the speed of 4 km/s.

The built-in GPS receiver in Suunto Traverse is optimized for wrist use and receives data from a very wide angle.

3.23.1 Getting GPS signal

Suunto Traverse activates GPS automatically when you select a sport mode with the GPS functionality, determine your location, or start navigating.
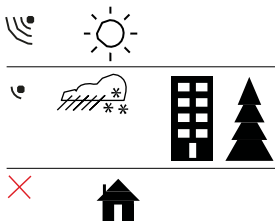
NOTE: When you activate GPS for the first time, or have not used it for a long time, it might take longer than usual to get a GPS fix. Subsequent GPS starts will take less time.

TIP: To minimize GPS initiation time, hold the watch steady with GPS facing up and make sure you are in an open area so that the watch has a clear view of the sky.

TIP: Regularly synchronize your Suunto Traverse with Movescount to get the latest satellite orbit data. This reduces the time needed to get the GPS fix and improves track accuracy.

Troubleshooting: No GPS signal

- For an optimal signal, point the GPS part of the watch upwards. The best signal can be received in an open area with a clear view of the sky.
- The GPS receiver usually works well inside tents and other thin covers. However, objects, buildings, dense vegetation or cloudy weather can reduce the GPS signal reception quality.
- GPS signal does not penetrate any solid constructions or water. Therefore do not try to activate GPS for example inside buildings, caves, or under water.

3.23.2 GPS grids and position formats

Grids are lines on a map that define the coordinate system used on the map.

Position format is the way the GPS receiver's position is displayed on the watch. All the formats relate to the same location, they only express it in a different way. You can change the position format in the watch settings under **GENERAL** » **Format** » **Position format**.

You can select the format from the following grids:
- latitude/longitude is the most commonly used grid and has three different formats:
  - **WGS84 Hd.d°**
  - **WGS84 Hd°m.m'**
  - **WGS84 Hd°m's.s**
- **UTM** (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.

- **MGRS** (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Traverse also supports the following local grids:
- **British (BNG)**
- **Finnish (ETRS-TM35FIN)**
- **Finnish (KKJ)**
- **Irish (IG)**
- **Swedish (RT90)**
- **Swiss (CH1903)**
- **UTM NAD27 Alaska**
- **UTM NAD27 Conus**
- **UTM NAD83**
- **NZTM2000** (New Zealand)

📝 NOTE: Some grids cannot be used in the areas north of 84°N and south of 80°S, or outside the countries that they are intended for.

3.23.3 GPS accuracy and power saving

When customizing sport modes, you can define the GPS fix interval using the GPS accuracy setting in Movescount. The shorter the interval, the better the accuracy during exercise.

By increasing the interval and lowering the accuracy, you can extend the battery life.

The GPS accuracy options are:
- Best: ~ 1 sec fix interval, highest power consumption
- Good: ~ 5 sec fix interval, moderate power consumption

- OK: ~ 60 sec fix interval, lowest power consumption
- Off: no GPS fix

3.24 Notifications

If you have paired your Suunto Traverse with Suunto Movescount App (see *3.21 Movescount mobile app*), you can get call, message and push notifications on the watch.
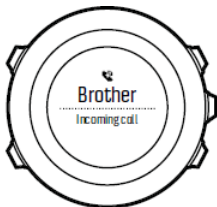
To get notifications on your watch:

1. Keep [Next] pressed to enter the options menu.
2. Press [Light] to scroll to **CONNECTIVITY** and press [Next].
3. Press [Light] to scroll to **Notifications**.
4. Toggle **Notifications** On/Off with [Light].
5. Exit by keeping [Next] pressed.

With **Notifications** on, your Suunto Traverse gives an audible alert and displays a notification icon in the bottom row with each new event.

To view notification on your watch:

1. Press [Start] to enter the start menu.
2. Scroll to **MOBILEAPP** with [Light] and select with [Next].
3. Scroll to **NOTIFICATIONS** with [Light] and select with [Next].
4. Scroll through the notifications with [Start] or [Light].

Up to 10 notifications can be listed. Notifications remain in your watch until you clear them from your mobile device. However, notifications older than one day are hidden from view in the watch.

3.25 HR sensors

Pairing procedures may vary depending on the heart rate (HR) sensor type. Please refer to the user guide for the device you are pairing with your Suunto Traverse before continuing.

To pair a heart rate sensor:

1. Activate the heart rate sensor.

   If you are pairing a Suunto Smart Sensor, see *3.10.2 Putting on Suunto Smart Sensor*.

2. Keep [Next] pressed to enter the options menu.
3. Scroll to **PAIR** with [Light] and select with [Next].
4. Scroll the options with [Start] and [Light] and press [Next] to select heart rate sensor.
5. Hold your Suunto Traverse close to the sensor you are pairing and wait for Suunto Traverse to notify that pairing was successful.

   If the pairing fails, press [Start] to retry, or [Light] to return to the pairing setting.

3.26 Points of interest

Suunto Traverse includes GPS navigation which allows you to navigate to a pre-defined destination stored as a point of interest (POI).

NOTE: You can also navigate when you are recording an exercise (see 3.10.7 Navigating during exercise).

To navigate to a POI:

1. Press [Start] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start] and enter with [Next].
3. Scroll to **POIs (Points of interest)** using [Light] and select with [Next].

   The watch displays the number of saved POIs and free space available for new POIs.
4. Scroll to the POI you wish to navigate to with [Start] or [Light] and select with [Next].
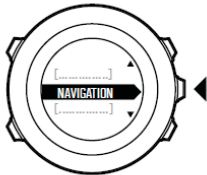
5. Press [Next] to select **Navigate**.

   If you are using the compass for the first time, you need to calibrate it (see *3.7.1 Calibrating compass*). After activating the compass, the watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal.

6. Start navigating to the POI. The watch displays the following information:

   • indicator showing the direction to your target (see further explanation below)

   • your distance from the target

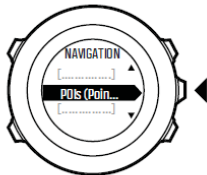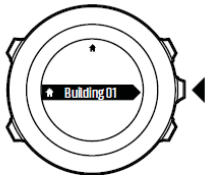   7. The watch informs you that you have arrived at your target.

1. 20.9 / 16:30 / Tuesday
2. NAVIGATION
3. NAVIGATION / POIs (Poin...
4. 1 POIs / 99 free
5. Building 01
6. Navigate
7. dst 100m / Building 01
8. At destination / Building 1
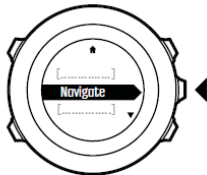
When stationary or moving slowly (<4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on the compass bearing.

While moving (>4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on GPS.

The direction to your target, or bearing, is shown with the empty triangle. Your direction of travel, or heading, is indicated by the solid lines at the top of the display. Aligning these two ensures you are moving in the correct direction.
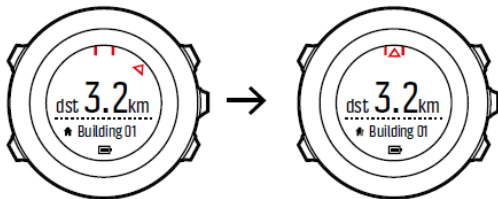
3.26.1 Checking your location

Suunto Traverse allows you to check the coordinates of your current location using GPS.

To check your location:

1. Press [Start] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start] and enter with [Next].
3. Press [Next] to select **Location**.
4. Press [Next] to select **Current**.
5. The watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal. After that your current coordinates are shown on the display.

TIP: You can also check your location while you are recording an exercise by keeping [Next] pressed to access the options menu.

3.26.2 Adding your location as a POI

Suunto Traverse allows you to save your current location or define a location as a POI. You can navigate to a saved POI anytime, for example, during your exercise.

You can store up to 100 POIs in the watch. Note that also routes take up this quota. For example, if you have a route with 60 waypoints, you can additionally store 40 POIs in the watch.

You can select a POI type (icon) and POI name from a pre-defined list, or freely name the POIs in Movescount.

To save a location as a POI:

1. Press [Start] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start] and enter with [Next].
3. Press [Next] to select **Location**.
4. Select **CURRENT** or **DEFINE** to manually change longitude and latitude values.
5. Press [Start] to save the location.
6. Select a suitable POI type for the location. Scroll through the POI types with [Start] or [Light]. Select a POI type with [Next].
7. Select a suitable name for the location. Scroll through the name options with [Start] or [Light]. Select a name with [Next].
8. Press [Start] to save the POI.

TIP: You can create POIs in Movescount by selecting a location on a map or inserting the coordinates. POIs in your Suunto Traverse and in Movescount are always synchronized when you connect the watch to Movescount.

3.26.3 QUICK SAVE A POI

You can quickly save your current location as a POI by long pressing the View button. This can be done from any mode.

3.26.4 Deleting a POI

You can delete a POI directly in the watch or through Movescount. However, when you delete a POI in Movescount and synchronize your Suunto Traverse, the POI is deleted from the watch but only disabled in Movescount.

To delete a POI:

1. Press [Start] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start] and enter with [Next].
3. Scroll to **POIs (Points of interest)** using [Light] and select with [Next].

   The watch displays the number of saved POIs and free space available for new POIs.
4. Scroll to the POI you wish to delete with [Start] or [Light] and select with [Next].
5. Scroll to **Delete** with [Start] . Select with [Next].
6. Press [Start] to confirm.

3.27 Routes

You can create a route in Movescount, or import a route created with another watch from your computer to Movescount. You can also record a track with your Suunto Traverse, upload it to Movescount (see *3.10.5 Recording tracks*), and save it as a route.

To add a route:

1. Go to www.movescount.com and log in.
2. Under **PLAN & CREATE**, browse to **ROUTES** to search and add existing routes or browse to **ROUTE PLANNER** to create your own route. Make sure to tick the use route in my Suunto Traverse box if you want to use the route in the device.
3. Sync your Suunto Traverse with Movescount using Suunto Movescount App (manually start sync, see *3.21.2 Syncing with mobile app*) or by using Moveslink and the supplied USB cable.

Routes are also deleted through Movescount. To delete a route:

1. Go to www.movescount.com and log in.
2. Under **PLAN & CREATE**, browse to **ROUTE PLANNER**.
3. Under **MY ROUTES**, click on the route you want to delete and click **DELETE**.
4. Sync your Suunto Traverse with Movescount using Suunto Movescount App (manually start sync, see *3.21.2 Syncing with mobile app*) or by using Moveslink and the supplied USB cable.

3.27.1 Navigating a route

You can navigate a route you have downloaded to your Suunto Traversefrom Movescount (see *3.27 Routes*) or recorded from an exercise (see *3.10.5 Recording tracks*).

TIP: You can also navigate as a sport mode (see 3.10.7 Navigating during exercise).

To navigate a route:

1. Press [Start] to enter the start menu.
2. Scroll to **NAVIGATION** with [Start] and enter with [Next].
3. Scroll to **Routes** with [Start] and enter with [Next].

   The watch displays the number of saved routes and after that a list of all your routes.
4. Scroll to the route you want to navigate with [Start] or [Light]. Select with [Next].
5. The watch displays all the waypoints on the selected route. Scroll to the waypoint you want to use as the starting point with [Start] or

[Light]. Accept with [Next].

6. Press [Next] to select **Navigate**.
7. If you selected a waypoint in the middle of the route, Suunto Traverse prompts you to select the direction of the navigation. Press [Start] to select **Forwards** or [Light] to select **Backwards**. If you selected the first waypoint as the starting point, Suunto Traverse navigates the route forward (from the first to the last waypoint). If you selected the last waypoint as the starting point, Suunto Traverse navigates the route backwards (from the last to the first waypoint).
8. If you are using the compass for the first time, you need to calibrate it (see *3.7.1 Calibrating compass*). After activating the compass, the watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal.
9. Start navigating to the first waypoint on the route. The watch informs you when you are approaching the waypoint and automatically starts navigating to the next waypoint on the route.
10. Before the last waypoint on the route the watch informs you that you have arrived at your destination.

To skip a waypoint on a route:

1. While you are navigating a route, keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Skip waypoint** with [Start] and select with [Next]. The watch skips the waypoint and starts navigating directly to the next waypoint on the route.
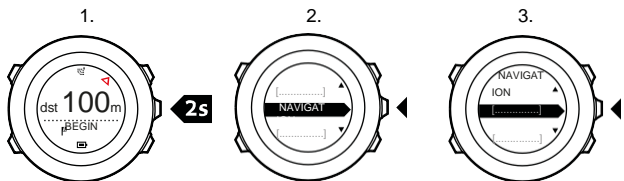
3.27.2 During navigation

During navigation, press [View] to scroll the following views:

1. the full track view showing the whole route
2. zoomed-in view of the route. By default, the zoomed-in view is scaled to a 200 m (0.125 mi) scale, or larger if you are far away from the route. You can change the map orientation in the watch settings under **GENERAL** » **Map**.
3. waypoint navigation view

1.   2.   3.
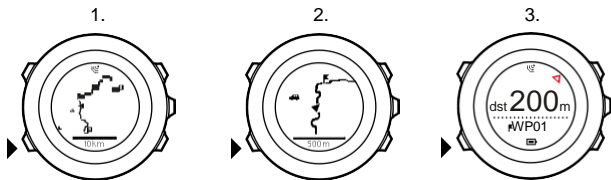
Full track view

The full track view shows you the following information:

- (1) arrow indicating your location and pointing to the direction of your heading.
- (2) the next waypoint on the route
- (3) the first and last waypoint on the route
- (4) The closest POI is shown as an icon.
- (5) scale on which the full track view is shown

(1)
(2)
(3)
(4)
(5) 10km
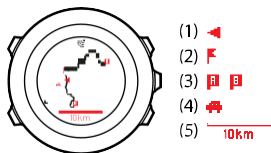
📝 *NOTE: In the full track view the north is always upwards.*

Waypoint navigation view

The waypoint navigation view shows you the following information:
- (1) arrow pointing to the direction of the next waypoint
- (2) your distance to the next waypoint
- (3) the next waypoint you are headed towards

3.28 Service menu

To access the service menu, keep [Back Lap] and [Start] pressed simultaneously until the watch enters the service menu.

The service menu includes the following items:
- **INFO**:
    - **Air pressure**: shows the current absolute air pressure and temperature.
    - **BLE**: shows the current Bluetooth Smart version.
    - **Version**: shows the current software and hardware version.
    - **TEST**:
        - **LCD test**: allows you to test that the LCD works properly.
    - **ACTION**:
        - **Power off**: allows you to put the watch into deep sleep.
        - **GPS reset**: allows you to reset GPS.

✍ *NOTE: POWER OFF is a low power state. Connect the USB cable (with power source) to wake up the watch. The initial setup wizard starts. All settings except time and date are maintained. Just confirm them through the startup wizard.*

✍ *NOTE: The watch switches to power saving mode when it is static for 10 minutes. The watch re-activates when moved.*

NOTE: Service menu content is subject to change without notice during updates.

Resetting GPS

In case the GPS unit cannot find a signal, you can reset GPS data in the service menu.

To reset GPS:

1. In the service menu, scroll to **ACTION** with [Light] and enter with [Next].
2. Press [Light] to scroll to **GPS reset** and enter with [Next].
3. Press [Start] to confirm GPS reset, or press [Light] to cancel.

📝 *NOTE: Resetting GPS resets GPS data, compass calibration values and recovery time. Saved logs are not removed.*

3.29 Shortcuts

By default, when you keep [View] pressed in **TIME** mode, you toggle the display between light and dark. This shortcut can be changed to a different menu item.

To define a shortcut:

1. Keep [Next] pressed to enter the options menu or press [Start] to enter the start menu.
2. Browse to the menu item to which you want to create a shortcut.
3. Keep [View] pressed to create the shortcut.

📝 *NOTE: Shortcuts cannot be created to all possible menu items, such as individual logs.*

In other modes, keeping [View] pressed accesses predefined shortcuts. For example, when the compass is active, you can access the compass settings by keeping [View] pressed.

3.30 Sport modes

Sport modes are your way to record exercises and other activities with your Suunto Traverse3 Peak. For any activity, you can select a sport mode from the set of predefined sport modes that came with your watch. If you cannot find a suitable sport mode, create your own custom sport modes through Movescount and Suunto Movescount App.

Different information is shown on the displays during exercise depending on the sport mode. The selected sport mode also affects exercise settings, such as heart rate limits and autolap distance.

In Movescount you can create custom sport modes, edit the predefined sport modes, delete sport modes, or simply hide them so that they are not shown in your exercise menu (see *3.10.3 Starting an exercise*).

Custom sport modes

A custom sport mode can contain 1 to 8 different sport mode displays. You can choose which data appears on each display from a comprehensive list. You can customize, for example, sports-specific heart rate limits, what PODs to search for, or the recording interval to optimize accuracy and battery duration.

Any sport mode with GPS activated can also use the **QUICK NAVIGATION** option. By default, this option is off. When you select POI or Route, you get a pop-up list of the POIs or routes you have defined in your watch at the start of your exercise.

You can transfer up to 10 different sport modes created in Movescount to your Suunto Traverse3 Peak.

3.31 Stopwatch

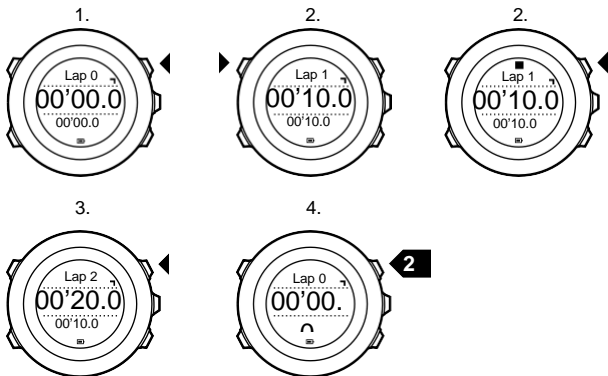The stopwatch is a display that can be turned on or off from the start menu.

To activate the stopwatch:

1. Press [Start] to enter the start menu.
2. Scroll to **DISPLAYS** with [Light] and press [Next].
3. Scroll to **Stopwatch** with [Light] and press [Next].

You can now start to use the stopwatch or press [Next] to go back to the **TIME** display. To get back to the stopwatch, press [Next] to scroll through the displays until you see the stopwatch.

To use the stopwatch:

1. In the activated stopwatch display, press [Start] to start measuring time.
2. Press [Back Lap] to make a lap, or press [Start] to pause the stopwatch. To view the lap times, press [Back Lap] when the stopwatch is paused.
3. Press [Start] to continue.
4. To reset the time, keep [Start] pressed when the stopwatch is paused.

While the stopwatch is running, you can:

- press [View] to switch between the time and lap time shown on the bottom row of the display.
- switch to **TIME** mode with [Next].
- enter the options menu by keeping [Next] pressed.

If you no longer want to see the stopwatch display, deactivate the stopwatch.

To deactivate the stopwatch:

1. Press [Start] to enter the start menu.
2. Scroll to **DISPLAYS** with [Light] and press [Next].
3. Scroll to **End stopwatch** with [Light] and press [Next].

3.32 Suunto Apps

Suunto Apps allow you to further customize your Suunto Traverse. Visit Suunto App Zone in Movescount to find Apps, such as various timers and counters, available for your use. If you cannot find what you need, create your own App with Suunto App Designer. You can create Apps, for example, for calculating your estimated marathon result, or the slope grade of your skiing route.

To add Suunto Apps to your Suunto Traverse3 Peak:

1. Go to the **PLAN & CREATE** section in Movescount community and select **App Zone** to browse existing Suunto Apps. To create your own App, go to the **PLAN & CREATE** section of your profile and select **App Designer**.
2. Add Suunto App to a sport mode. Connect your Suunto Traverseto your Movescount account to synchronize Suunto App to the watch. The added Suunto App will show the result of its calculation while you exercise.

📝 *NOTE: You can add up to four Suunto Apps to each sport mode.*

3.33 Swimming

You can use your Suunto Traverse for recording swimming exercises in a pool or openwater.

When used together with the Suunto Smart Sensor, you can also record your heart rate while you are swimming. The heart rate data

is automatically uploaded to your Suunto Traverse once you get out of the water.

3.34 Time

The time display on your Suunto Traverse shows the following information:

- top row: date
- middle row: time
- bottom row: change with [View] to show additional information such as weekday, dual time, and battery level.

To access the time settings:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter **GENERAL**.
3. Scroll to **Time/date** using [Start] and enter with [Next]. Under

the **Time/date** menu you can set the following:

- Time
- Date
- GPS timekeeping
- Dual time
- Alarm

To change time settings:

1. In the **Time/date** menu, scroll to the desired setting with [Start] or [Light] and select the setting with [Next].
2. Change the values with [Start] and [Light] and save with [Next].
3. Go back to the previous menu with [Back Lap], or keep [Next] pressed to exit.

Sunrise and sunset time views are available when GPS has been activated. If GPS is not active, sunrise and sunset times are based on the last recorded GPS data.

3.34.1 Alarm clock

You can use your Suunto Traverseas an alarm clock. To access the alarm clock and set the alarm:

1. In the options menu, go to **GENERAL**, then to **Time/date** and **Alarm**.
2. Set the alarm on or off with [Start] or [Light]. Accept with [Next].
3. Set the hours and minutes with [Start] and [Light]. Accept with [Next].
4. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.

When the alarm is switched on, the alarm symbol is shown on most of the displays.

When the alarm sounds, you can:

- Select **Snooze** by pressing [Light]. The alarm stops and restarts every five minutes until you stop it. You can snooze up to 12 times for a total of one hour.
- Select **Stop** by pressing [Start Stop]. The alarm stops and restarts the same time the following day, unless you switch the alarm off in the settings.
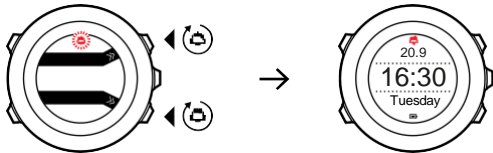

✑ *NOTE: When snoozing, the alarm icon blinks in the TIME display.*

3.34.2 Time syncing

Your Suunto Traverse time can be updated through your mobile phone, computer (Moveslink) or GPS time. If you have paired your watch with the Suunto Movescount App, time and time zone are automatically synced with your mobile phone.

When you connect your watch to the computer with the USB cable, Moveslink by default updates your watch time and date according to the computer clock. This feature can be turned off in the Moveslink settings.
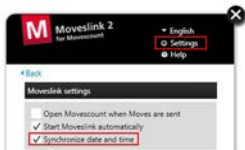
GPS timekeeping

GPS timekeeping corrects the offset between your Suunto Traverse and the GPS time. GPS timekeeping corrects the time automatically once a day, or after you have adjusted the time manually. Also the dual time is corrected.

NOTE: GPS timekeeping corrects the minutes and seconds, but not the hours.

✍ *NOTE: GPS timekeeping corrects the time accurately, if it is less than 7.5 minutes wrong. If the time is wrong more than that, GPS timekeeping corrects it to the closest 15 minutes.*

GPS timekeeping is activated by default. To deactivate it:

1. In the options menu, go to **GENERAL**, then to **Time/date** and **GPS timekeeping**.
2. Set the GPS timekeeping on or off with [Start] and [Light]. Accept with [Next].
3. Go back to the settings with [Back Lap], or keep [Next] pressed to exit.

3.35 Track back

With **Track back**, you can retrace your route at any point during an exercise. Suunto Traverse creates temporary waypoints to guide you back to your starting point.

To track back during exercise:

1. While you are in a sport mode that uses GPS, keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Track back** with [Start] and select with [Next].

You can now start navigating your way back the same way as during route navigation. For more information about route navigation, see *3.27.1 Navigating a route*.

Track back can also be used from the logbook with exercises that include GPS data. Follow the same procedure as in

3.27.1 Navigating a route. Scroll to **Logbook** instead of **Routes**, and select a log to start navigating.

3.36 Weather indicators

In addition to the barometer graph (see *3.2.4 Using Barometer profile*), Suunto Traverse has two weather indicators: weather trend and storm alarm.

The weather trend indicator is displayed as a view the time display, providing you a quick way to check weather changes.

The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. A change in barometric pressure greater than 2 hPa (0.59 inHg) over three hours triggers a change the direction of the arrow. For example:

↘   pressure dropping heavily over the last six hours

	pressure was steady, but rising heavily over the last three hours
	pressure was rising heavily, but dropping heavily over the last three hours

Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Traversesounds an alarm and flashes a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

📝 *NOTE: The storm alarm does not work if you have altimeter profile activated. See 3.2.2 Matching profile to activity.*

To activate **Storm alarm**:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light] and enter with [Next].
3. Press [Next] to select **Storm alarm**.
4. Set the storm alarm **On** or **Off** with [Start] or [Light] and accept with [Next].

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm repeats once after five minutes. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

A special lap (called 'storm alarm') is generated when a storm alarm occurs while recording an exercise.

⊜ *TIP: You can also activate or deactivate the storm alarm through the options menu in a sport mode.*

4 CARE AND SUPPORT

4.1 Handling guidelines

Handle the unit with care – do not knock or drop it.

Under normal circumstances the watch does not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois.

Use only original Suunto accessories - damage caused by non- original accessories is not covered by warranty.

☰ *TIP: Remember to register your Suunto Traverse at www.suunto.com/support to get personalized support.*

4.2 Water resistance

Suunto Traverseis water resistant to 100 meters/330 feet/10 bars. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test. This means you can use the watch for swimming and snorkeling, but it should not be used for any form of diving.

✎ *NOTE: Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/ water tightness withstanding shower, bathing, swimming, poolside diving and snorkeling.*

To maintain water resistance, it is recommended to:

- never use the device for other than intended use.
- contact an authorized Suunto service, distributor or retailer for any repairs.
- keep the device clean from dirt and sand.
- never attempt to open the case yourself.
- avoid subjecting the device to rapid air and water temperature changes.
- always clean your device with fresh water if subjected to salt water.
- never knock or drop the device.

4.3 Charging the battery

The duration on a single charge depends on how Suunto Traverse is used and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.

✍ NOTE: In case of abnormal capacity decrease due to defective battery, Suunto warranty covers the battery replacement for one year or for at maximum 300 charging times, whichever comes first.

The battery icon indicates the charge level of the battery. When the battery charge level is less than 10 %, the battery icon blinks for 30 seconds. When the battery charge level is less than 2 %, the battery icon blinks continuously.

Charge the battery by attaching it to your computer with the supplied USB cable, or charge with a USB-compatible wall charger. It takes approximately 2-3 hours to fully charge an empty battery.

🗐 *TIP: Go to Movescount to change the GPS fix interval of your sport modes to save battery life. For more information, see 3.23.3 GPS accuracy and power saving.*

4.4 Getting support

To get additional support, visit www.suunto.com/support. There you will find a comprehensive range of support materials, including Questions and Answers and instruction videos. You can also post questions directly to Suunto or email/call Suunto support professionals.

There are also many how-to videos on the Suunto YouTube channel at www.youtube.com/user/MovesCountbySuunto.

We recommend registering your product to get the best personalized support from Suunto.

To get support from Suunto:

1. Register at www.suunto.com/support/MySuunto, or if you have already, login and add Suunto Traverse to **My Products**.
2. Visit Suunto.com (www.suunto.com/support) to see if you question has been asked/answered already.
3. Go to **CONTACT SUUNTO** to submit a question or call us at any of the listed support numbers.

Alternatively, send us an email to support@suunto.com. Please include the product name, serial number and a detailed description of the issue.

Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

5 REFERENCE

5.1 Technical specifications

General
- operating temperature: -20° C to +60° C/-5° F to +140° F
- battery charging temperature: 0° C to +35° C/+32° F to +95° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- weight: TBD
- water resistance (Suunto Traverse): 100 m/328 ft/10 bar
- water resistance (Suunto Smart Sensor): 20 m/66 ft (ISO 2281)
- lens: mineral crystal glass (sapphire crystal in Sapphire models)
- power: rechargeable lithium-ion battery
- Battery life: ~ 20 - 100 hours depending on selected GPS accuracy

Memory
- Points of Interest (POIs): max. 250

Radio receiver
- Bluetooth® Smart compatible
- communication frequency: 2.4 GHz
- range: ~3 m/9.8 ft

Barometer
- display range: 950 to 1060 hPa/28.05 to 31.30 inHg
- resolution: 1 hPa/0.03 inHg

Altimeter
- display range: -500 m to 9999 m/-1640 ft to 32805 ft

- resolution: 1 m/3 ft

Thermometer
- display range: -20° C to +60° C /-4° F to +140° F
- resolution: 1°

Chronograph
- resolution: 1 s until 9:59'59, after that 1 min

Compass
- resolution: 1 degree/18 mils

GPS
- technology: SiRF star V
  - resolution: 1 m/3 ft

5.2 Compliance

5.2.1 CE

Suunto Oy hereby declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Suunto Oy déclare par la présente que ce produit est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.

5.2.2 FCC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

Cet appareil est conforme à la Partie 15 des règles de la FCC. Son utilisation est soumise aux deux conditions suivantes :

(1) cet appareil ne doit pas causer d'interférences dangereuses,

(2) cet appareil doit accepter toute interférence reçue, y compris les interférences pouvant entraîner un fonctionnement non désiré. La conformité de ce produit aux normes de la FCC a été testée et ce produit est destiné à être utilisé à la maison ou au bureau.

Les changements ou modifications non expressément approuvés par Suunto peuvent annuler votre droit d'utiliser cet appareil dans le cadre de la réglementation de la FCC.

5.2.3 IC

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux normes RSS hors licence d'Industrie Canada. Son utilisation est soumise aux deux conditions suivantes :

(1) cet appareil ne doit pas causer d'interférences,

5.3 NOM-121-SCT1-2009

The operation of this equipment is subject to the following tw conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

5.4 Trademark

Suunto Traverse, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

5.5 Patent notice

This product is protected by pending patent applications and their corresponding national rights: LIST TO BE VERIFIED
Additional patent applications have been filed.

5.6 Warranty

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

Warranty Period

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for Products unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to wireless sensors and transmitters, chargers, cables, rechargeable batteries, straps, bracelets and hoses.

Exclusions and Limitations

This Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;

3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;

4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This Limited Warranty is not enforceable if the Product or accessory:

1. has been opened beyond intended use;

2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;

3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto; or

4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

Access to Suunto warranty service

You must provide proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit www.suunto.com/warranty, contact your local authorized Suunto retailer, or call Suunto Contact Center.

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages,

including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

5.7 Copyright

SUUNTO CUSTOMER SUPPORT

1. **www.suunto.com/support**
   www.suunto.com/mysuunto

2. | | |
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