

SUUNTO TRAVERSE 1.0

USER GUIDE

1 SAFETY	5
----------------	---

3.13 Memory left indicator	37
3.14 Movescount	37

3.25 Suunto Apps	65
3.26 Time	66

1 SAFETY

Types of safety precautions

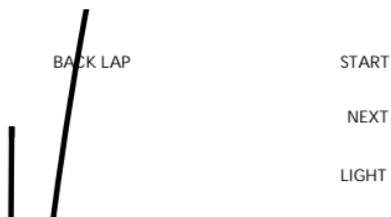
 *WARNING:* - is used in connection with a procedure or situation that may result in serious injury or death.

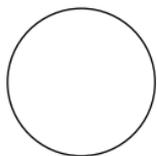
 *CAUTION:*

2 GETTING STARTED

2.1 Using buttons

Suunto Traverse has five buttons which allow you to access all the features.



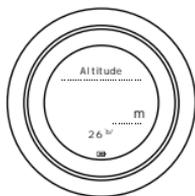


3 FEATURES

3.1 Activity monitoring

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

Your approximate daily step count is available as a default view in the time display. Press [VIEW] to change to the step counter view. The step count is updated every 60 seconds.



4. Keep [NEXT] pressed to exit.

Repeat the procedure and select ALTI-BARO to show the display again.

- 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].



for the activity using the automatic profile, or choose a profile yourself.



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 or altitude. When the altimeter profile is activated, the altimeter icon is shown at the top of the alti-baro display.

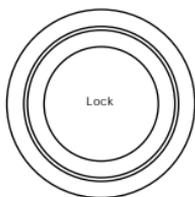
3.2.5 Using automatic profile

The automatic profile switches between the altimeter and barometer profiles according to your movement.

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 and switches to measuring altitude, when needed. When altitude is shown, it is updated with a maximum delay of 10 seconds.

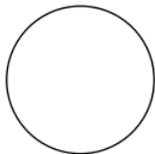
If you are at a constant altitude (less than 5 meters of vertical

You can adjust the backlight brightness (in percent), either in the watch settings under Tones/display » Backlight or in Movescount.



The compass display includes the following information:

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



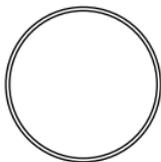
If the calibration is successful, the text Calibration successful is displayed. If the calibration does not succeed, the text Calibration failed is displayed. To retry the calibration, press [START].

If you have already calibrated the compass and want to re-calibrate it, you can manually start the calibration process.

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 [START] and enter 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). Set the declination value with [START] or [LIGHT].

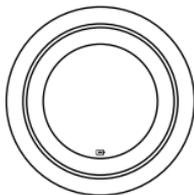


1. With the compass active, hold the watch in front of you and turn yourself towards your target.
2. Press [BACK LAP] to lock the current degree displayed on the watch as your bearing.
3. An empty triangle indicates the locked bearing in relation to the North indicator (solid triangle).
4. Press [BACK LAP] to clear the bearing lock.

3.7 Countdown timer

You can set the countdown timer to count down from a preset time to zero. You can show/hide it from the start menu under DISPLAYS » Countdown.

When activated, the countdown timer can be accessed by pressing [NEXT] until see the display.



To invert the display in the watch settings:

4. Press [NEXT] to activate Sync now.

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

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

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

3.16 Navigating with GPS

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

- GPS signal does not penetrate any solid constructions or water. Therefore do not try to activate GPS inside buildings, caves or under water.

3.16.2 GPS grids and position formats

- Irish (IG)
- Swedish (RT90)
- Swiss (CH1903)
- UTM NAD27 Alaska
- UTM NAD27 Conus
- UTM NAD83
- NZTM2000 (New Zealand)



Adjust GPS accuracy in the start menu under NAVIGATION » Settings » GPS accuracy.

3.17 Notifications

If you have paired your Suunto Traverse with Suunto Movescount App (see *3.15 Movescount mobile app*), you can get call, message

watch until you clear them from your mobile device. However,
Up to 10 notifications can be listed. Notifications remain in your

- calories burned during exercise

For the logbook, the heart rate sensor provides:

-

To pair a heart rate sensor:

1. Activate heart rate sensor.
2. Keep [NEXT] pressed to enter the options menu.
3. Scroll to CONNECTIVITY with [LIGHT] and select with [NEXT].
4. Press [NEXT] again to enter Pair.
5. Scroll to HR belt with [LIGHT] and press [NEXT].
6. Hold your Suunto Traverse close to the device you are pairing and wait for Suunto Traverse to notify that pairing was



- To avoid accidentally stopping your log recording or making unwanted laps, lock the buttons by keeping [BACK LAP] pressed.
- Press [BACK LAP] to record a lap
- Keep [START] pressed to end and save the recording.

3.18.4 Recording tracks

4 cw8001avoid aTjelock Tnuoppi,g to eLAP] to recodurr loording.

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



 *TIP: When in breadcrumb or compass display, you can quickly access the navigation menu by pressing [START].*

All navigating is recorded. If your watch has more than one sport mode, you are prompted to select one.

6. Start navigating to the POI.

The watch displays the breadcrumb display, showing your position and the position of the POI.

By pressing [VIEW] you can access additional guidance:

- distance and direction to POI in straight line
- distance to POI and estimated time en route based on your current speed,
- difference between your current altitude and the POI altitude

3.19.2 Adding a POI

Suunto Traverse allows you to save your current location or define a location as a POI.

3.19.3 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 with [START] and press [NEXT].
3. Scroll to POIs (Points of interest) with [LIGHT] and press [NEXT].

4. Scroll to Traver(yoth [s6y3toelete(with [START] or [LIGHT] an.) TJ120.00

your own.

6. Select Forwards or

- zoomed-in track view of the route: by default, the zoomed-in view is scaled to a 100 m (0.1 mi) scale; the scale is larger if you are far away from the route

Track view

The full track view shows you the following information:

-

- North up: Displays the zoomed-in map with the north pointing up.

3.21 Service menu

To access the service menu, keep [BACK LAP] and [START] pressed simultaneously until the watch enters the service menu.

You can transfer up to five sport modes created in Movescount to your Suunto Traverse.

3.24 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

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 Traverse to your Movescount account to synchronize Suunto App to the watch. The added Suunto App will show the result of its calculation during your activity.



3.26.1 Alarm clock

You can use your Suunto Traverse as an alarm clock. Turn the alarm on/off and set the alarm time in the options menu under GENERAL » Time/date » Alarm.

- Automatic – automatic DST adjustment based on GPS location
- Winter time – always winter time (no DST)
- Summer time – always summer time

3.27 Tones and vibration

Tones and vibration alerts are used for notifications, alarms and other key events. Both can be adjusted separately in the options menu under GENERAL » Tones/display » Tones or Vibration.

WintAll TF

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

1, /F5 7.pacityenfges.

- resolution: 1 m (3 ft)

Thermometer

- display range: -20°C to $+60^{\circ}\text{C}$ (-4°F to $+140^{\circ}\text{F}$)
- resolution: 1°

Chronograph

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

(2) this device must accept any interference, including interference

Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

Warranty Period

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;

- displays, 29
 - show/hide displays, 29
- during a recording, 50
 - navigating, 52

F

- find back, 32
- flashlight, 22
- FusedAlti, 16, 31

G

- GPS, 41
 - GPS signal, 41
- GPS accuracy, 44
- grids, 43

H

- handling, 72
- heart rate belt, 46
- heart rate memory, 46
- heart rate sensor, 46
 - pairing, 47

I

- icons, 32

L

- laps, 51
- logbook, 35

M

- memory left indicator, 37
- Movescount, 37, 38
 - Suunto AppF265 Tj 0 -9.6 Td(Muunto

