

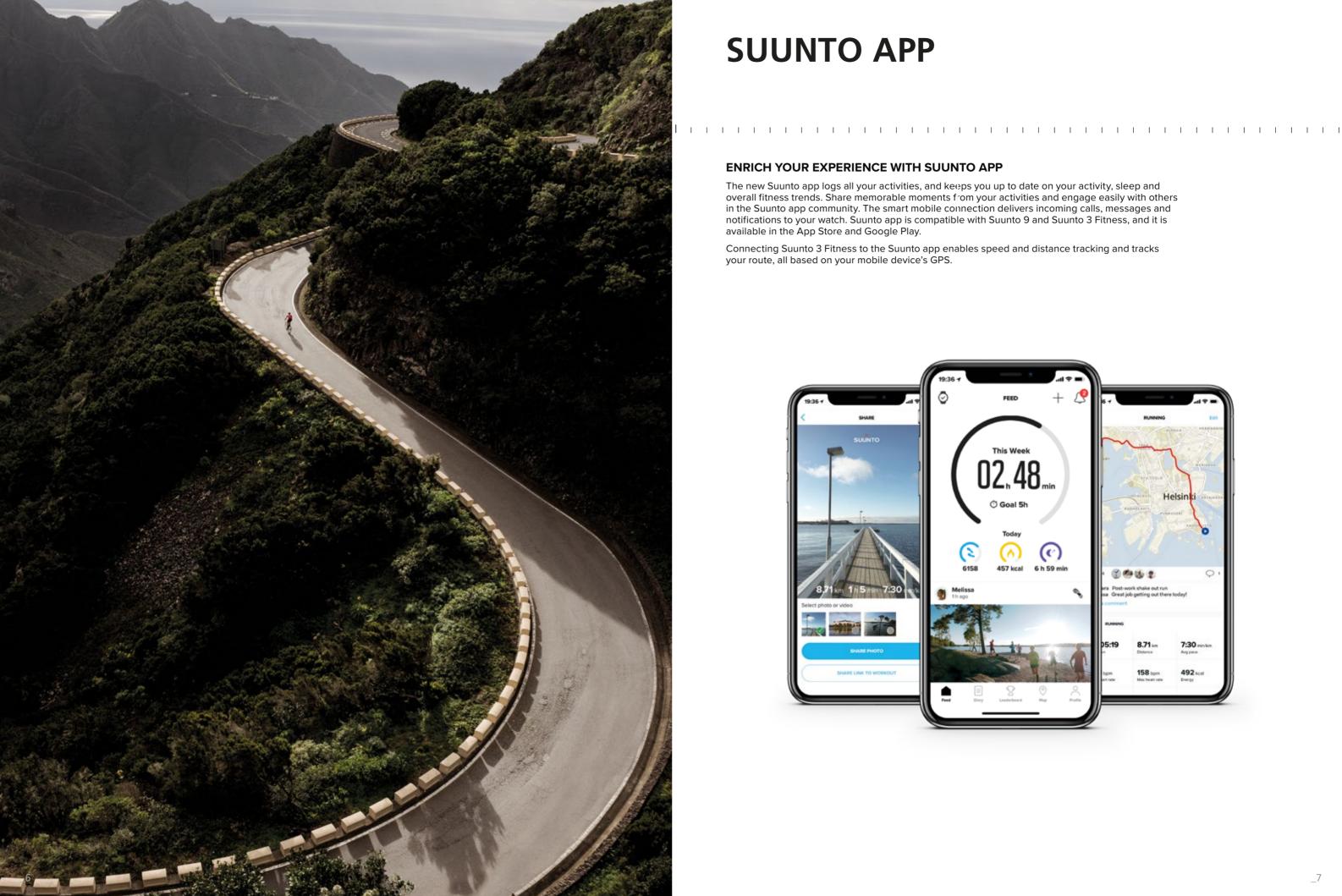
SUUNTO CONQUER NEW TERRITORY



CONTENT

SUUNTO APP	6
SUUNTO 9	8
SUUNTO FITNESS	10
SUUNTO PERFORMANCE	12
SUUNTO OUTDOOR	26
SUUNTO COMPASSES	36
SUUNTO SPARE PARTS AND ACCESSORIES	40
EATURE INDEX	46
EATURE COMPARISON CHART	48





SUUNTO APP

ENRICH YOUR EXPERIENCE WITH SUUNTO APP

The new Suunto app logs all your activities, and keeps you up to date on your activity, sleep and overall fitness trends. Share memorable moments from your activities and engage easily with others in the Suunto app community. The smart mobile connection delivers incoming calls, messages and notifications to your watch. Suunto app is compatible with Suunto 9 and Suunto 3 Fitness, and it is available in the App Store and Google Play.

Connecting Suunto 3 Fitness to the Suunto app enables speed and distance tracking and tracks your route, all based on your mobile device's GPS.



SUUNTO 9

- BATTERY LIFE 25 HOURS IN PERFORMANCE MODE, UP TO 120 HOURS IN ULTRA MODE
- INTELLIGENT BATTERY TECHNOLOGY WITH SMART CHARGING REMINDERS
- TESTED TO THE EXTREME IN THE TOUGHEST CONDITIONS
- _ FUSEDTRACK™ FOR IMPROVED TRACK AND DISTANCE ACCURACY

THE TOUGH AND DURABLE MULTISPORT GPS WATCH

When you have your mind set on a certain goal or adventure, you want to make sure your watch can also go the distance. With up to 120 hours of continuous exercise tracking Suunto 9 is built to last – just like you!

Suunto's intelligent battery software reminds you to charge your watch before your long run and helps optimizing battery use on the go. Suunto 9 is designed to be as tough as you are – tested to the extreme with thousands of hours testing in the toughest conditions, it will be your trusted companion to confidently see you through any adventure.



SUUNTO 9 BARO BLACK SS050019000



SUUNTO 9 BARO WHITE SS050021000



SUUNTO 9 HIGHLIGHTS



GPS NAVIGATION



WRIST HR



BAROMETER



FUSEDTRACK



OUTDOOR FUNCTIONS



SAPPHIRE GLASS



WATER RESISTANT

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SUUNTO9

Accessories on page (42)



SUUNTO 3 FITNESS

THE BEAUTIFULLY ROBUST FITNESS WATCH

- _ 7-DAY TRAINING PLAN THAT ADAPTS TO YOU
- REAL-TIME TRAINING GUIDANCE WITH INTENSITY AND DURATION
- BATTERY LIFE UP TO 5 DAYS WITH 24/7 ACTIVITY TRACKING
- _ CALLS, TEXTS AND NOTIFICATIONS TO WATCH

Suunto 3 Fitness is a beautifully robust fitness watch with smart features, designed for you who leads an active lifestyle and values health and well-being. The watch creates for you a personal training plan that adapts to your fitness needs. You'll get real-time guidance while exercising to help you at the right intensity. 24/7 activity tracking with steps, calories and sleep, together with stress and recovery monitoring, provide a holistic view of your day and help you to maintain a healthy balance between activity and rest.



NEW! SUUNTO 3 FITNESS GOLD

NEW! SUUNTO 3 FITNESS ALL BLACK







NEW! SUUNTO 3 FITNESS OCEAN

NEW! SUUNTO 3 FITNESS SAKURA

NEW! SUUNTO 3 FITNESS BLACK

SUUNTO 3 FITNESS HIGHLIGHTS



ADAPTIVE TRAINING GUIDANCE



ACTIVITY TRACKING



SLEEP QUALITY AND TRACKING



WRIST HR



CONNECTED GPS

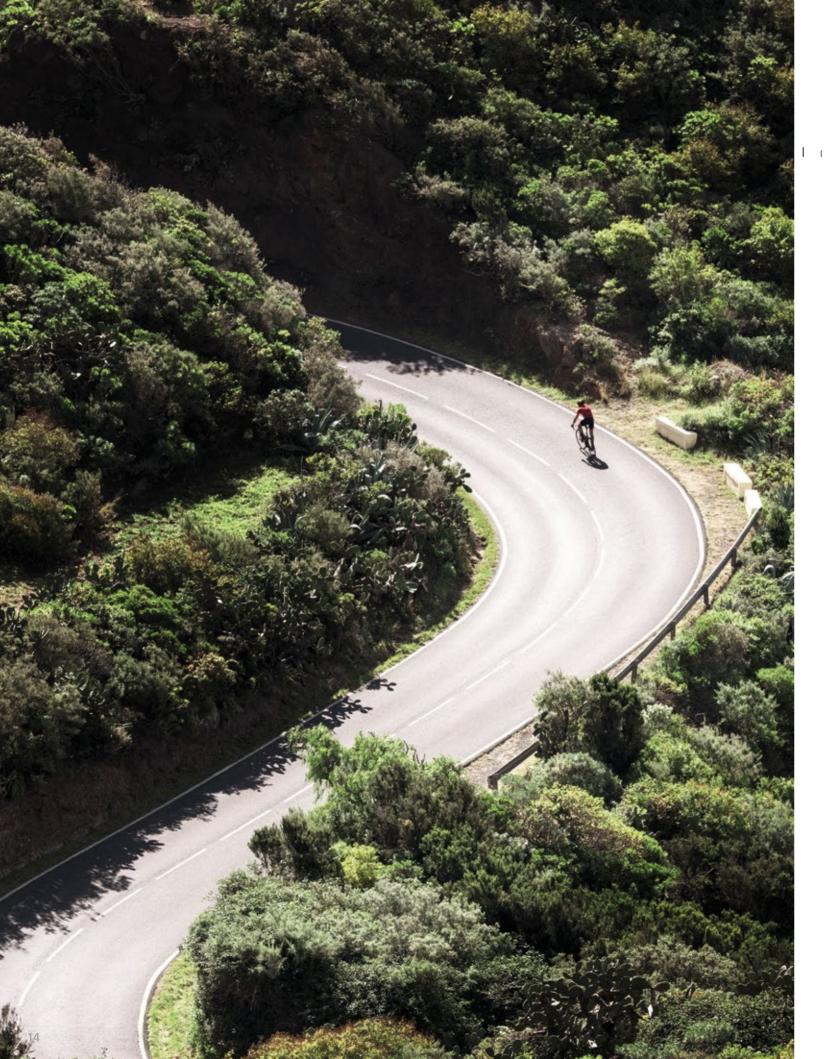


WATER RESISTANCE 30M

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SUUNTO3FITNESS

_10 Accessories on page (42)





SUUNTO MOVESCOUNT

Suunto Spartan, Traverse and Ambit3 watches and Suunto's online sports service, Suunto Movescount, create a holistic solution for tracking and sharing sports and different outdoor activities. Our sport expertise provides you training insights to follow your training load and recovery, community powered solutions keep you up to date about your performance level and inspire progress. Suunto Movescount also features heatmaps for discovering new routes and training locations, or you can create routes of your own with its topographic maps.

Suunto Movescount is available as a desktop service, and in mobile app for iOS and Android.



SUUNTO SPARTAN ULTRA

- ADVENTURE PROOF
- SPORTS EXPERTISE & SMART TRAINING INSIGHTS 24/7
- COMMUNITY POWERED PROGRESS

THE GPS WATCH FOR ATHLETIC AND ADVENTURE MULTISPORT

Suunto Spartan Ultra is an advanced multisport GPS watch sporting a color touch screen, 100m water resistance and up to 140h of battery life in training mode. Barometric altitude with FusedAltiTM provides more precise altitude data and together with compass ensures you always stay on course. With 80 pre-set sport modes and rich sport specific metrics Spartan Ultra is your ultimate training partner. Spartan Ultra watches are hand-made in Finland and built to last in any conditions.







SUUNTO SPARTAN ULTRA ALL BLACK

SUUNTO SPARTAN ULTRA STEALTH
SS022657000

SUUNTO SPARTAN ULTRA GOLD \$\$023304000







SUUNTO SPARTAN ULTRA BLACK

SUUNTO SPARTAN ULTRA WHITE

SUUNTO SPARTAN ULTRA COPPER \$\$022945000





SPARTAN ULTRA HIGHLIGHTS

- _ Battery life up to 140h in training mode
- _ Titanium 5 / steel bezel, sapphire glass
- _ Outdoor-grade color touch screen
- _ Barometric altitude, 100 m water resistance
- _ GPS/GLONASS route navigation
- Sport expertise and support for over 80 sports with racing and interval use
- _Training insights and community powered progress tools in Suunto Movescount

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SPARTAN

_16 Accessories on page (44)



SPARTAN SPORT WRIST HR BARO HIGHLIGHTS

- _ Battery life up to 40h in training mode
- Convenient wrist HR measurement
- Steel bezel, mineral crystal glass
- Outdoor-grade color touch screen
- Barometric altitude, 100m water resistance
- _ GPS/GLONASS route navigation
- Sport expertise and support for over 80 sports
- _ Training insights and community powered
- progress tools in Suunto Movescount

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SPARTAN

SUUNTO SPARTAN SPORT WRIST HR BARO

- _ ADVENTURE PROOF
- SPORTS EXPERTISE & SMART TRAINING INSIGHTS 24/7
- COMMUNITY POWERED PROGRESS

THE GPS WATCH FOR ATHLETIC AND ADVENTURE MULTISPORT

Suunto Spartan Sport Wrist HR Baro is a robust multisport GPS watch with wrist heart rate monitoring, color touch screen, 100m water resistance and battery life up to 40h in training mode. Barometric altitude with FusedAltiTM provides more precise altitude data. The watch comes with 80 pre-set sport modes and rich sport specific metrics. The Spartan Sport watches are hand-made in Finland.



SUUNTO SPARTAN SPORT WRIST HR BARO STEALTH



SUUNTO SPARTAN SPORT WRIST HR BARO AMBER

_18 Accessories on page (45)

SUUNTO SPARTAN SPORT WRIST HR

THE GPS WATCH FOR ATHLETIC MULTISPORT

RACING PROOF

- SPORTS EXPERTISE & SMART TRAINING INSIGHTS 24/7
- COMMUNITY POWERED PROGRESS

Suunto Spartan Sport Wrist HR is an advanced multisport GPS watch sporting convenient wrist heart rate measurement, color touch screen, 100m water resistance and up to 40h of battery life in training mode. Spartan Sport Wrist HR comes with 80 pre-set sport modes and rich sport specific metrics. All Spartan Sport watches are hand-made in Finland.







SUUNTO SPARTAN SPORT

SUUNTO SPARTAN SPORT 55022649000

SUUNTO SPARTAN SPORT WRIST HR FOREST SS023309000



SUUNTO SPARTAN SPORT



SUUNTO SPARTAN SPORT WRIST HR GOLD \$\$023405000



SUUNTO SPARTAN SPORT WRIST HR COPPER SS023310000



SPARTAN SPORT WRIST HR HIGHLIGHTS

- _ Battery life up to 40h in training mode
- Convenient wrist HR measurement
- _ Steel bezel, mineral crystal glass
- Outdoor-grade color touch screen
- Strong and sleek design, 100m water resistance
- _ GPS/GLONASS route navigation
- Sport expertise and support
- for over 80 sports
- _Training insights and community powered progress tools in Suunto Movescount

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SPARTAN

_21 _20 Accessories on page (45)



SUUNTO SPARTAN SPORT

THE GPS WATCH FOR ATHLETIC MULTISPORT

- RACING PROOF
- SPORTS EXPERTISE & SMART TRAINING INSIGHTS 24/7 COMMUNITY POWERED PROGRESS

Suunto Spartan Sport is an advanced multisport GPS watch with trim fit, sporting a color touch screen, 100m water resistance, compass and up to 80h of battery life in training mode. With 80 pre-set sport modes and rich sport specific metrics Spartan Sport is your ideal training partner. Spartan Sport watches are hand-made in Finland and their strong yet sleek design is optimized for racing conditions.



SUUNTO SPARTAN SPORT BLUE



SUUNTO SPARTAN SPORT BLACK



SUUNTO SPARTAN SPORT SAKURA



SUUNTO SPARTAN SPORT WHITE

SPARTAN SPORT HIGHLIGHTS

- Battery life up to 80h in training mode
- Steel bezel, mineral crystal glass
- Outdoor-grade color touch screen
- Strong and sleek design, 100 m water resistance
- _ GPS/GLONASS route navigation
- Sport expertise and support
- for over 80 sports
- _ Training insights and community powered progress tools in Suunto Movescount

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/SPARTAN

_23 _22 Accessories on page (45)

SUUNTO SPARTAN TRAINER WRIST HR

BATTERY LIFE UP TO 10H

- CONVENIENT WRIST HR
- GPS WITH SPEED, PACE & DISTANCE
- READY FOR ALL YOUR SPORTS

THE COMPACT GPS WATCH FOR MULTISPORT

Suunto Spartan Trainer is a beautifully designed GPS watch with optimal fit, ready to train how you want – whether you swim, cycle, hit the gym or run trails. Featuring convenient wrist HR measurement, the Trainer tracks your activity with calories and steps 24/7. Versatile sport and outdoor features make Spartan Trainer a natural partner as you push the city limits – and your own!



SUUNTO SPARTAN TRAINER WRIST HR GOLD SS022653000



SUUNTO SPARTAN TRAINER WRIST HR STEEL



SUUNTO SPARTAN TRAINER WRIST HR OCEAN SS022649000



SUUNTO SPARTAN TRAINER SS022674000



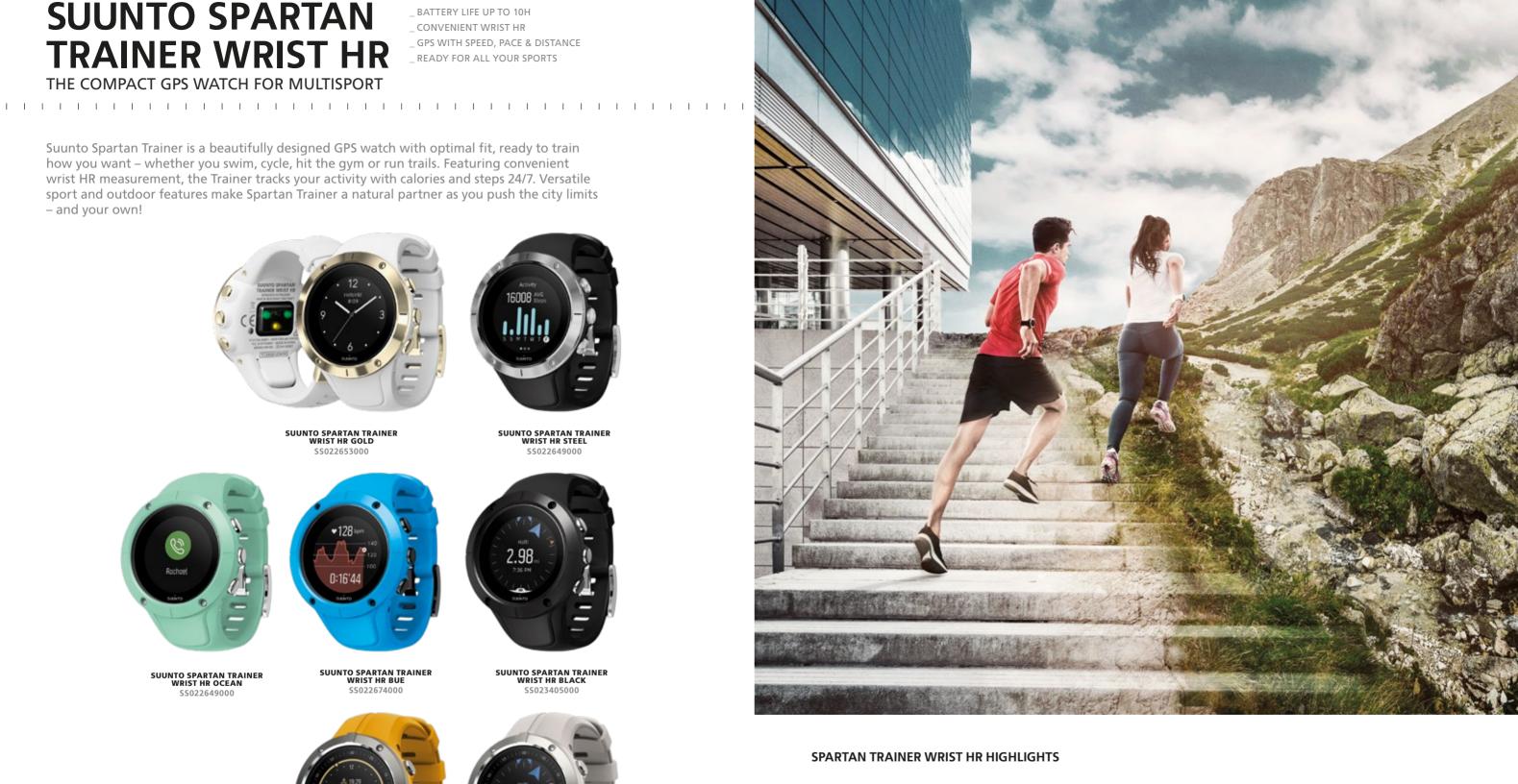
SUUNTO SPARTAN TRAINER SS023405000



SUUNTO SPARTAN TRAINER WRIST HR AMBER SS023408000



SUUNTO SPARTAN TRAINER WRIST HR SANDSTONE SS023409000



- _ Battery life up to 30h in training mode
- GPS tracking with speed, pace and distance
- Ready for all your sports: swimming, running, cycling, gym, hiking, and more
- Convenient wrist-based heart rate
- Compact size and optimal fit for sports and daily wear

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS,

_24 Accessories on page (45)

SUUNTO AMBIT3 PEAK

THE ADVENTURE EXPERIENCE

- THE GPS WITH ADVANCED OUTDOOR AND MULTISPORT FUNCTIONS
- SMART MOBILE CONNECTION
- ENRICH, RELIVE AND SHARE YOUR MOVES

The journey to your summit is what it's all about – whether it's a mountain or a personal best. The Suunto Ambit3 Peak is your ultimate GPS watch for sports and adventure. It guides you every step of the way, providing all you need to progress and stay safe on your quest. Connect your watch wirelessly to your smartphone and use the free Suunto Movescount App to adjust the watch on the go and visually enrich, relive and share your adventure. There is no better companion out there to make every move count.



NEW! SUUNTO AMBIT3 PEAK SAPPHIRE SS020676000 / SS020673000 (HR)

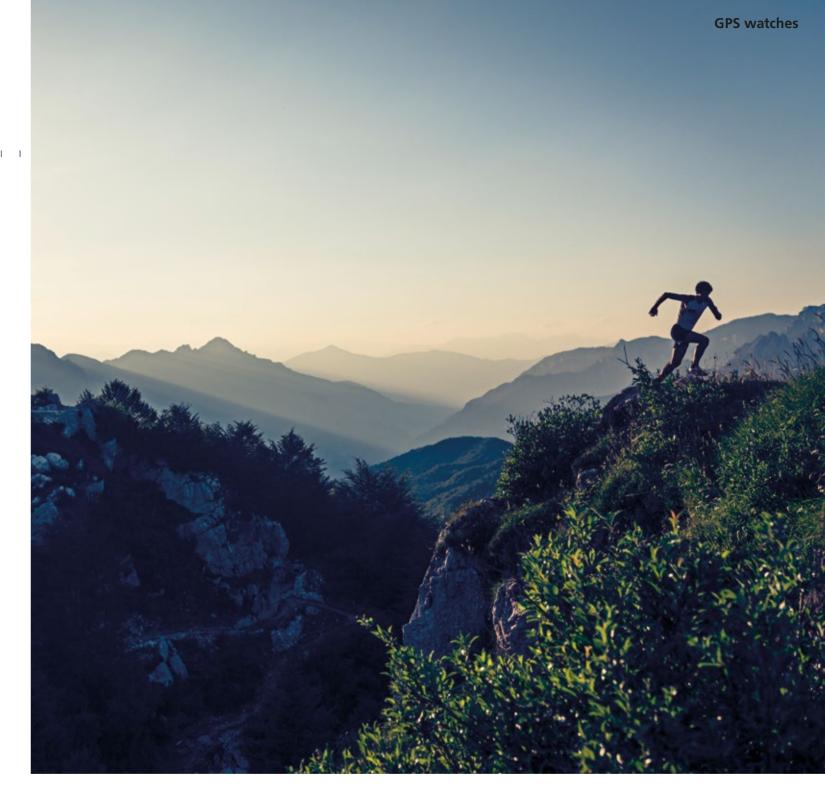


NEW! SUUNTO AMBIT3 PEAK BLACK SS020677000 / SS020674000 (HR)









AMBIT3 PEAK HIGHLIGHTS

- _ 30h battery with 5 sec-GPS accuracy (1 min-accuracy: 200h)
- _ Route altitude profile navigation in real-time
- $_\,\mbox{Route}$ navigation and track back
- _ Compass
- _ Altitude (FusedAlti™)
- Weather information
- _ Heart rate in swimming (with Suunto Smart Sensor)
- _ Activity based recovery time
- _ Daily step count
- _ Speed, pace and distance
- _ Bike power support (Bluetooth Smart)
- _ Multiple sports in one log

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/AMBIT3PEAK

_26 Accessories on page (46)



SUUNTO TRAVERSE

GO EXPLORE

FIND YOUR WAY WITH INTEGRATED GPS NAVIGATION

UP TO 100 HOURS BATTERY LIFE, SUNSET/SUNRISE TIMES AND STORM ALARM

MADE AND TESTED IN FINLAND

Curiosity drives us to seek out and discover new places, but it's the confidence of finding our way that encourages us to step off the beaten track. Topographic maps in Movescount and the integrated GPS and GLONASS navigation of Suunto Traverse help you plan your hikes and find your way in the wild. The automatic breadcrumb of your track ensures you can re-trace your steps when needed. The strong build and powerful battery of Suunto Traverse keep you exploring hour after hour.



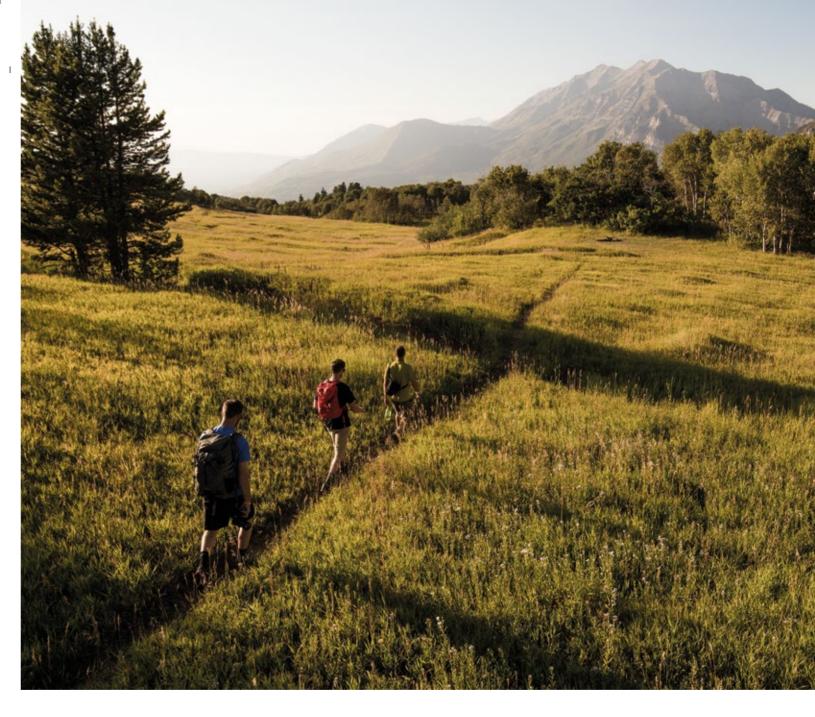
SUUNTO TRAVERSE AMBER



SUUNTO TRAVERSE BLACK



SUUNTO TRAVERSE GRAPHITE SS022226000



Outdoor watches

TRAVERSE HIGHLIGHTS

- GPS and GLONASS for route and POI navigation
- Real time breadcrumb view of the recorded track
- _ Tracking for speed, distance and altitude Plan your own routes using topographic
- maps in Suunto Movescount
- _ Route preview and route altitude profile on the watch
- 100 m/330 ft water resistant
- _ Altitude (FusedAlti™) _ Weather trend and storm alarm
- _ Sunrise-sunset times

- Backlight in flashlight mode
- Vibration alarm
- Daily, weekly, monthly and yearly activity tracking of steps and calories
- Mobile notifications
- Tested according to MIL-STD-810G military standards

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/TRAVERSE

30 Accessories on page (46)



TRAVERSE ALPHA HIGHLIGHTS

- Hiking, Fishing and Hunting modes
- Sunrise-sunset times and alerts
- Fishing and hunting specific POI types Moon phases and moon rise/set times
- Automatic Shot detection
- Red backlight, Night Vision Goggle compatible
- GPS and GLONASS for route and POI navigation
- Real-time breadcrumb view of the recorded track _ Tracking for speed, distance and altitude
- 100 m/330 ft water resistance

- _ Altitude (FusedAlti™)
- Weather trend and storm alarm
- Backlight in flashlight mode
- Vibration alarm
- _ Daily, weekly, monthly and yearly activity tracking of steps and calories
- Mobile notifications
- Tested according to MIL-STD-810G military standards

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/TRAVERSEALPHA

SUUNTO TRAVERSE ALPHA

GO EXPLORE

Suunto Traverse Alpha combines strong build quality with a full set of outdoor features. It is your guide in the wild, keeping you on track with GPS/GLONASS navigation. Specific fishing and hunting features provide useful tools for your activity, including moon phase calendar, shot detection, sunrise alert, weather trend, and red backlight for nighttime use. Plan your routes and keep a diary of your fishing and hunting trips with Suunto's Movescount.com.





MASTER YOUR TERRITORY WITH GPS/GLONASS NAVIGATION DEDICATED FUNCTIONS FOR FISHING, HUNTING AND HIKING

MADE IN FINLAND, TESTED TO MILITARY STANDARDS

SUUNTO TRAVERSE ALPHA STEALTH

SUUNTO TRAVERSE ALPHA BLACK RED

SUUNTO TRAVERSE ALPHA FOLIAGE







SUUNTO TRAVERSE ALPHA CONCRETE

Accessories on page (46)

SUUNTO CORE PREMIUM

THE OUTDOOR WATCH

- ALTIMETER, BAROMETER, COMPASS
- WEATHER FUNCTIONS
- MOUNTAIN AND EVERYWHERE USE

SUUNTO CORE CLASSIC

THE OUTDOOR WATCH

_ ALTIMETER, BAROMETER, COMPASS

_ WEATHER FUNCTIONS

_ MOUNTAIN AND EVERYWHERE USE

Suunto Core Premium combines refined designs with robust functions. The Suunto Core Brushed Steel is encased in rigid natural stainless steel, with sapphire lens for added durability. The Suunto Core Alu Deep Black and Alu Pure White aluminum cases are elegant and light on the wrist. Suunto Core provides essential features for adventures in the great outdoors. Designed to bring out the explorer in you.

19:35 IEE P 19:40 Ownest 19:40 PC 19:40 PC

SUUNTO CORE BRUSHED STEEL



SUUNTO CORE ALU DEEP BLACK

and compass with weather information, Suunto Core provides the essential features for adventures in the great outdoors. Designed to bring out the explorer in you.

The award-winning Suunto Core comes in a range of stylish design options, packing easy-

to-use outdoor features in a robust construction. Combining an altimeter, barometer



SUUNTO CORE ULTIMATE BLACK \$\$021371000



SUUNTO CORE ALL BLACK \$\$014279010



SUUNTO CORE BLACK RED \$\$023158000



SUUNTO CORE REGULAR BLACK

CORE HIGHLIGHTS



Altimeter _ Sunrise / sunset

Barometer _ Depth meter for snorkeling

Compass _ Multiple watch, date and time functions

Temperature __ User-replaceable battery

_ Storm alarm __ Multilingual menu (EN, FR, DE, ES)

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS,

_34 Accessories on page (46)

SUUNTO ELEMENTUM TERRA

THE PREMIUM OUTDOOR WATCH

- FINNISH CRAFTSMANSHIP
- _ STAINLESS STEEL CASE WITH SAPPHIRE CRYSTAL LENS
- _ ALTIMETER, BAROMETER, COMPASS

Suunto Elementum Terra is a superbly crafted timepiece, exclusively manufactured in Finland. This urban-inspired premium watch combines a heritage in craftsmanship with precision digital technology. While Terra is perfect for urban use, it also measures altitude and weather trends and includes a unique 3D compass for adventures in the great outdoors. Designed with a stainless steel casing and sapphire crystal lens to withstand the elements.







N/BLACK/RED LEATHER



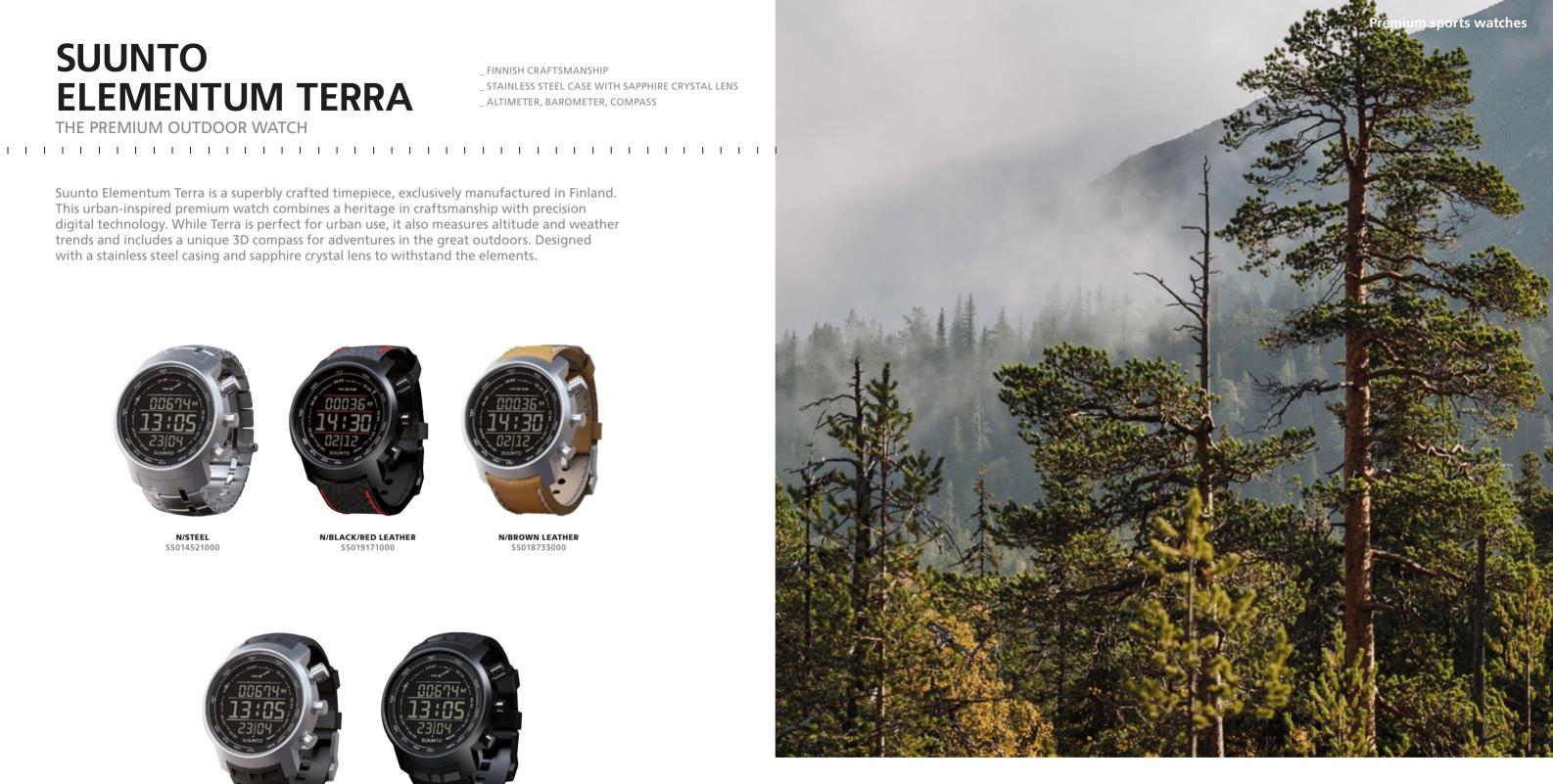
N/BROWN LEATHER SS018733000



N/BLACK RUBBER



N/ALL BLACK RUBBER



ELEMENTUM TERRA HIGHLIGHTS

- _ Altimeter
- ____Barometric pressure & trend
- Log: last 8 ascent / descent, max. altitude

TO SEE THE FULL FEATURE LIST AND PRODUCT SPECIFICATIONS, GO TO WWW.SUUNTO.COM/ELEMENTUM

_36 Accessories on page (57)



SUUNTO FIELD COMPASSES

OUTDOOR BASEPLATE COMPASSES

A reliable compass is essential for navigating and surviving in extreme conditions. These hardy baseplate compasses are ready for the challenge.







M-3



M-3 GLOBAL



Suunto AIM magnifier SS022861000



AIM-6



AIM-30

MIRROR SIGHTING COMPASSES

When venturing out into new territory, these sighting compasses offer precision navigation with a variety of carefully engineered and dependable features for challenging conditions.

Suunto attachable compasses are particularly handy, when both

hands are needed to get past the next challenge.



МС

ATTACHABLE COMPASSES



MCL



MC-2



MC-2 GLOBAL

SWISS ARMY STYLE COMPASSES

SPORTS ORIENTEERING COMPASSESStable, clear and quick. These compasses are

made for fast competitive orienteering.

Originally developed for the Swiss Army, this compass features an exceptionally rugged protective housing and clever features for navigating at high elevation.



MB-6



MB-6G

PRECISION INSTRUMENTS

Rugged and reliable, Suunto professional instruments meet exceptionally high quality standards for demanding jobs.



CLIPPER



M-9



KB-20



KB-14



TANDEM



PM-5

SUUNTO SPARE PARTS AND ACCESSORIES

STRAPS

SENSORS

BELTS

BIKE ADAPTERS

SERVICE KITS

POWER CABLES

CONTROL MARKERS ETC.

SUUNTO SPARE PARTS



SUUNTO 9

Suunto9 strap White/White SS050021000



Suunto9 strap Black/Black SS050019000





SUUNTO 3 FITNESS

Strap White/Gold SS050061000



Strap Black/Black SS050058000



Strap Ocean/Steel SS050059000

Strap Sakura/Steel

SS050060000



Strap Black/Steel SS050057000





SUUNTO SPARTAN ULTRA

Spartan Ultra all black strap SS022687000



Spartan Ultra stealth strap SS022688000

Spartan Ultra

SS022689000

black strap



Spartan Ultra white strap SS022690000













SUUNTO SPARTAN SPORT WRIST HR

Spartan Sport wrist HR Baro Amber strap SS050012000



Spartan Sport wrist HR Baro Stealth strap SS050013000





SS022929000





SUUNTO SPARTAN SPORT

Spartan Sport black strap SS022927000



white strap SS022928000



Spartan Sport sakura strap SS022930000



SUUNTO SPARTAN TRAINER WRIST HR

Spartan Trainer wrist HR black strap

SS022923000



Spartan Trainer wrist HR ocean strap SS022925000



Spartan Trainer wrist HR blue strap SS023001000



Spartan Trainer wrist HR steel strap

SS023501000



Spartan Trainer wrist HR gold strap SS023502000



Spartan Trainer wrist HR Sandstone strap SS050005000



Spartan Trainer wrist HR Amber strap SS050004000



SUUNTO SPARE PARTS



SUUNTO AMBIT3 PEAK

Suunto Ambit3 Peak Black Strap SS021085000

Suunto Ambit3 Peak Sapphire Silicone Strap SS021086000



SUUNTO TRAVERSE

Suunto Traverse amber silicone strap SS021847000

Suunto Traverse black silicone strap SS021846000

Suunto Traverse graphite silicone strap SS022227000

SUUNTO TRAVERSE ALPHA

Suunto Traverse Alpha

Suunto Traverse Alpha

Suunto Traverse Alpha Woodland textile strap SS022295000

Suunto Traverse Alpha Concrete textile strap SS022295000

foliage textile strap

stealth textile strap

SS022294000

SS022295000











Suunto Core standard elastomer strap SS013336000



Suunto Core black light elastomer strap SS013337000



SUUNTO CORE

Suunto Core black silicone strap SS018816000













SUUNTO ELEMENTUM

Suunto Elementum Terra gray steel strap SS014820000

Suunto Elementum Terra black/red leather strap SS019177000





Suunto Elementum Terra black rubber strap SS014827000







Suunto Bike Mount Kit for mounting your watch on the handlebar

SS023553000

Suunto Bike sensor SS022477000

service kit (with o-ring and

SS023326000

KITS FOR SUUNTO WATCHES

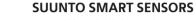
Suunto magnetic (for Suunto 9 and Spartan watches) SS022993000







Suunto Core/Essential instructions)



Compatible with all Bluetooth smart watches.

Suunto Smart Sensor HR belt Black, size M + module

SS020566000

Suunto Smart Sensor SS021577000

Suunto Smart Sensor HR belt Black, size S

SS021582000 size M SS021093000

size L SS021581000

Suunto Smart Sensor HR belt Blue, size M SS021579000

Suunto Smart Sensor HR belt Coral, size M SS021580000

Suunto Smart Sensor HR belt Lime, size M SS021578000

Suunto Smart Sensor service kit

SS023324000











FEATURE INDEX

3D COMPASS

With a conventional electronic compass, you need to hold the compass level to the horizon to get an accurate reading. Suunto's 3D compasses compensate for tilt, allowing you to get a reading regardless of the angle of your wrist.

ADAPTIVE TRAINING GUIDANCE

Suunto 3 Fitness creates a training plan that adapts to the rhythm and intensity of your exercises. Real-time guidance during workout guides you to train at the right intensity.

ALTIMETER

Determine your current elevation, track your ascent or descent and gauge your overall progress on a climb – ideal for mountaineers, skiers and wilderness travelers.

AUTOMATIC ALTI / BARO SWITCH

Senses movement or lack thereof to automatically switch between altimeter and barometer. When you are climbing, for instance, it records the changes in elevation. And when you stop to rest, it records the changes in the barometric pressure.

AUTOMATIC SHOT DETECTION

The automatic shot detection feature was developed specifically for hunting. It works best with hunting rifles and shotguns. It is not intended for handguns or other firearms. The algorithm takes into account motion patterns from both wrist and gun recoil movement measured by the accelerometer in the watch to store shot location and number of shots fired.

RAROMETER

Forecast sudden alterations in the weather by keeping a close eye on the air pressure – and take the necessary precautions to help make your journey safe and successful.

BIKE POWER

Knowing the power output helps in estimating your efficiency while biking and save energy during long distances.

**Requires an external BLE bike power meter. Ambit3 Spartan watches are not compatible with ANT+™ devices.

BREADCRUMB TRAIL

Suunto Traverse automatically creates abreadcrumb trail during your activity recording. The breadcrumb is your instance trackback – if you need to return to your starting location, just turn around and follow the breadcrumb back.

MOBILE CONNECTIVITY

Connect your watch to your mobile phone via Suunto Movescount or Suunto App and get incoming calls, messages and notifications to watch.

DEPTH METER

Use your Suunto Core to calculate your current and maximum depth when on your next snorkeling dive.

FITNESS LEVEL

Suunto 3 Fitness evaluates your fitness level (VO2max) based on your personal profile and tracked running or walking exercises where heart rate and distance have been recorded.

FusedAlti™

FusedAlti™ introduces uniquely accurate altitude measurement combining GPS altitude and barometric altitude. GPS-based altitude can have temporary errors caused by e.g. bad satellite arrangement, or reflections and signal blocking by obstacles/buildings. The barometric altitude tends to include some offset caused mostly by changing air pressure. FusedAlti smartly corrects the effect of temporary and offset errors in the final altitude reading.

FusedSpeed™

Suunto introduces a new, patent-pending technology for speed readings called FusedSpeed*. The speed indication is a unique combination of GPS and acceleration sensor readings. The GPS signal is adaptively filtered based on acceleration, giving a more accurate reading at steady speeds and a quicker response to changes in speed.

GPS ALTITUDE

GPS altitude provides altitude readings directly and without calibration from the GPS data.

HEART RATE IN SWIMMING

During any swim session, Suunto Smart Sensor measures your heartrate, buffers it internally and transfers it to your Suunto 3 Fitness, Spartan and Ambit3 watch, or to Suunto Movescount app or Suunto app when you exit the water.

HR ZONES

Easy-to-read heart rate zone graphs indicate in what HR zone (1-5) you are training during an exercise.

MULTISPORT

Suunto Ambit3 PEAK and Ambit3 VERTICAL offer multisport support; In one log, you can easily swap sports and constantly see the relevant data while training. Change the sport on-the-go or create a multisport mode in advance in Movescount and download it to your watch – the watch then knows the order of sports you are about to do and adjusts the settings accordingly.

PEAK TRAINING EFFECT

To better reflect the meaning of the Training Effect measurement, Suunto has renamed the measurement to Peak Training Effect (PTE). PTE indicates the impact of a training session on your maximum aerobic performance and is most accurate with medium and high intensity training. The measurement is relative to your current fitness level. The fitter you are, the harder you have to work to reach a higher PTE.

RECOVERY TIME

Recovery time is an estimate of how long your body needs to recuperate after training. The time is based on the duration and intensity of the session, as well as the overall fatigue, accumulating even at lower intensities. Recovery time accumulates from one session to the next, if you train again before the time has expired.

ROUTE ALTITUDE NAVIGATION

Create routes in Suunto Movescount with topographic maps. Preview your route and its altitude profile on the watch and navigate. While en-route, you can locate yourself on the route altitude profile in real-time to see your ascent gain and remaining ascent.

RUNNING PERFORMANCE

In running sport modes, you can use the Running Performance graph in one of your sport mode displays to follow your performance level during a run. While running, the graph shows your current performance level compared to your 30-day average. At the end of the exercise, your log shows a summary of how your average performance level has developed over the past 30 days.

RUNNING CADENCE FROM WRIST

Measures speed and distance using the built-in accelerometer.

SLEEP QUALITY

Suunto 3 Fitness is able to track your heart rate variability during sleep, which indicates how well your sleep supports your recovery. The higher the variability, the better recovered you are.

STORM ALARM

Activated by a rapid drop in air pressure, the storm alarm lets you know that something unpleasant is fast approaching.

STRESS AND RECOVERY

Suunto 3 Fitness comes with stress and recovery measurement which indicates the level of physiological stress your body is experiencing at half an hour intervals. The measurement is based on your heart rate variability.

TRACK BACK

With Track back, you can retrace your route at any point during an exercise. Temporary waypoints are created during your exercise and are used to guide you back to your starting point when you select Track back from the navigation menu.

TRAINING PROGRAMS IN THE WATCH

You can sync your planned moves to the watch and get daily guidance as well as intensity guidance while exercising. Choose a training program from more than 15,000 available in Movescount.com or create your own.

ROUTE NAVIGATION

All Suunto GPS watches come with full route navigation. Plan your own routes on Movescount, from scratch or taking a ready made route from the library. You also decide if you want to follow the roads, or take the shortest route to the destination. Open street maps now give you even better means to discover new landscapes. Once the route is downloaded on the watch, you will be guided to your destination.

PLANNED MOVES

Plan upcoming training sessions in Suunto Movescount. Define the activity, intensity, duration and/or distance and save the Move to your training calendar and it is automatically transferred to your compatible Suunto sports watch when you sync it with Movescount.

ROUTE PLANNING WITH HEATMAPS

Heatmaps for more than 15 sports reveal the tracks frequently used by the Suunto Movescount community all over the globe, based on millions of Moves. Connect to your compatible Suunto sports watch and navigate the route with your watch.

48 49

Feature comparison charts

SUUNTO SPORTS WATCHES



yes



yes



yes



yes



yes



yes

BLE SMART WITH MOBILE CONNECTIVITY

	SUUNTO 9	SUUNTO 3 FITNESS	SPARTAN ULTRA	SPARTAN SPORT WRIST HR / BARO	SPARTAN TRAINER WRIST HR AMBIT3 PEAK
ADVENTURE & RACING PROOF					ADVENTURE & RACING PROOF
WATER RESISTANCE	100m	30m	100m	100m	50m 100m WATER RESISTANCE
BATTERY LIFE GPS / TIME MODE (UP TO)	25 - 120h / 14 d	30 h - 5 d / 10 d	18 - 140 h / 20 d	10 - 40 h / 14 d	10 - 30 h / 14 d up to 200 hours / 30 days BATTERY LIFE GPS / TIME MODE
COLOR SCREEN, TOUCH SCREEN	yes	Color, no touch	yes	yes	Color, no touch no COLOR SCREEN, TOUCH SCREEN
ALERTS	Vibration, sound	Vibration, sound	Vibration, sound	Vibration, sound	Vibration, sound sound ALERTS
ALTIMETER, BAROMETER, TEMPERATURE	yes	no	yes	yes, in Baro model	GPS altitude yes ALTIMETER, BAROMETER, TEMPERATURE
NAVIGATION WITH BREADCRUMB, COMPASS	yes	no	yes	yes	Breadcrumb yes, no compass POI navigation, compass NAVIGATION WITH BREADCRUMB, COMPASS
SPORTS EXPERTISE					SPORTS EXPERTISE
SPPED/DISTANCE WITH GPS	yes	with connected GPS	yes	yes	yes yes SPPED/DISTANCE WITH GPS
HEART-RATE, PEAK TRAINING EFFECT, CALORIES	yes	yes	yes	yes	yes yes HEART-RATE, PEAK TRAINING EFFECT, CALORIES
SPORT MODES	80 predefined in a watch	70 predefined modes	80 predefined in a watch	80 predefined in a watch	80 predefined in a watch 10 predefined modes SPORT MODES
HR ZONES IN TRAINING	yes	yes	yes	yes	yes no HR ZONES IN TRAINING
CYCLING POWER AND BIKE POD SUPPORT	yes	bike pod	yes	yes	yes yes CYCLING POWER AND BIKE POD SUPPORT
HR MEMORY FOR SWIMMING, TEAMSPORTS	yes	yes, with Suunto Smart Sensor	yes	yes, with Suunto Smart Sensor	yes, with Suunto Smart Sensor yes, with Suunto Smart Sensor HR MEMORY FOR SWIMMING, TEAMSPORTS
RECOVERY TIME AND RECOVERY TESTS	recovery time only	recovery time only	recovery time only	recovery time only	recovery time only on watch RECOVERY TIME AND RECOVERY TESTS
DAILY USE					DAILY USE
ACTIVITY TRACKING	daily/weekly steps and calori	es daily/weekly steps and calories	daily/weekly steps and calorie	es daily/weekly steps and calories	daily/weekly steps and calories daily/weekly calories ACTIVITY TRACKING
SLEEP TRACKING	duration	duration and quality	duration	duration	duration no SLEEP TRACKING
STRESS AND RECOVERY	no	yes	no	no	no no STRESS AND RECOVERY
WRIST HEART RATE	yes	yes	no	yes	yes no WRIST HEART RATE

BLE SMART WITH MOBILE CONNECTIVITY

^{*}The meter rating means the product can be taken to this depth according to tests based on ISO 6425. However, the product should not be used for any form of diving unless otherwise indicated.

SUUNTO OUTDOOR WATCHES

Features with * are available with Suunto Movescount App









TRAVERSE

TRAVERSE ALPHA

ELEM

ELEMENTUM TERRA

WATER RESISTANCE*	100 m	100m	30 m	100m	WATER RESISTANCE*
BATTERY LIFE GPS / TIME MODE	up to 100 hours / 14 days	up to 100 hours / 14 days	no GPS / up to 12 months	no GPS / up to 12 months	BATTERY LIFE GPS / TIME MODE
DUAL TIME, STOPWATCH, COUNTDOWN TIMER	•	•		stopwatch	DUAL TIME, STOPWATCH, COUNTDOWN TIMER
VIBRATION ALERTS					VIBRATION ALERTS
RED BACKLIGHT, NVG COMPATIBLE		•			RED BACKLIGHT, NVG COMPATIBLE
CUSTOMIZABLE SPORT MODES AND SETTINGS	5 modes / 4 displays per mode	5 modes / 4 displays per mode			CUSTOMIZABLE SPORT MODES AND SETTINGS
AUTOMATIC SHOT DETECTION		0			AUTOMATIC SHOT DETECTION
INTEGRATED GPS	GPS/GLONASS	GPS/GLONASS			INTEGRATED GPS
BREADCRUMB TRAIL	•	•			BREADCRUMB TRAIL
ROUTE NAVIGATION WITH ROUTE ALTITUDE PROFILE	•	•			ROUTE NAVIGATION WITH ROUTE ALTITUDE PROFILE
POI NAVIGATION	yes	yes, with hunting and fishing specific POIs			POI NAVIGATION
FIND BACK	•	0			FIND BACK
ALTIMETER, BAROMETER	•	0	0	0	ALTIMETER, BAROMETER
COMPASS	3D compass with tilt compensation	3D compass with tilt compensation	0	3D compass	COMPASS
DEPTH METER			0		DEPTH METER
SUNRISE / SUNSET TIMES	GPS location based	GPS location based	for 400 locations worldwide		SUNRISE / SUNSET TIMES
SUNRISE / SUNSET ALERTS		0			SUNRISE / SUNSET ALERTS
MOON PHASE CALENDAR		GPS location based			MOON PHASE CALENDAR
STORM ALARM	•	•	0		STORM ALARM
GPS SPEED AND DISTANCE	•	0			GPS SPEED AND DISTANCE
HEART RATE	optional, with Suunto Smart Sensor	optional, with Suunto Smart Sensor			HEART RATE
TRAINING PROGRAMS & WORKOUT PLANNER					TRAINING PROGRAMS & WORKOUT PLANNER
RUNNING PERFORMANCE					RUNNING PERFORMANCE
CYCLING POWER AND POD SUPPORT					CYCLING POWER AND POD SUPPORT
SWIMMING AND MULTISPORT					SWIMMING AND MULTISPORT
SPORT SPECIFIC METRICS WITH SUUNTO APPS	yes, excluding cycling power /swimming	yes, excluding cycling power /swimming			SPORT SPECIFIC METRICS WITH SUUNTO APPS
RECOVERY TIME AND RECOVERY TESTS					RECOVERY TIME AND RECOVERY TESTS
ACTIVITY MONITORING	Daily, weekly, monthly and yearly activity track- ing of steps and calories	Daily, weekly, monthly and yearly activity track- ing of steps and calories			ACTIVITY MONITORING
ACTION PHOTOS WITH DATA OVERLAY*	٠	٠			ACTION PHOTOS WITH DATA OVERLAY*
SUUNTO MOVIE*	•	•			SUUNTO MOVIE*
MOBILE NOTIFICATIONS	•	•			MOBILE NOTIFICATIONS
LANGUAGES SUPPORTED	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, DE, ES, FR	EN	LANGUAGES SUPPORTED

_52

^{*}The meter rating means the product can be taken to this depth according to tests based on ISO 6425. However, the product should not be used for any form of diving unless otherwise indicated.

Feature comparison chart Feature comparison charts

SUUNTO FIELD COMPASSES

OUTDOOR BASEPLATE COMPASSES



















SPORTS ORIENTEERING COMPASSES

LUMINESCENT MARKINGS NEEDLE BALANCED FOR DECLINATION CORRECTION

> CLINOMETER MAGNIFYING LENS

> > MAP SCALES

NON-SKID FOOTPADS ATTACHED WITH

COMPASSES

SWISS ARMY STYLE

PASS 2000

	A-10 NH COMPASS SS021237000	A-10 SH COMPASS SS012055014	A-30 NH METRIC COMPASS SS012095013	A-30 SH METRIC COMPASS SS012095014	A-30 NH USGS COMPASS SS012100013	M-3 NH COMPASS SS021369000	M-3 G COMPASS SS021370000	AIM-6 NH COMP. SS0228600	ASS NH COMPAS
		te compass for nd scouts		ne baseplate compa for dark conditions		The baseplate compass for adventurers	The baseplate compass for globetrotters	The com	pass for top orienteers
LUMINESCENT MARKINGS			•	•	0	•	•		
NEEDLE BALANCED FOR	NH	SH	NH	SH	NH	NH	Global	NH	NH
DECLINATION CORRECTION	Fixed	Fixed	Fixed	Fixed	Fixed	Adjustable	Adjustable		
CLINOMETER							•		
MAGNIFYING LENS			۰	•	0	٠	0	as accessor	ry .
MAP SCALES	cm/in map distance helpers	cm/in map distance helpers	cm 1:25 000 km 1:50 000 km	cm 1:25 000 km 1:50 000 km	in 1:24 000 mi 1:50 000 mi	cm/in 1:20 000 km 1:25 000 km 1:50 000 km 1:24 000 mi 1:50 000 mi	cm/in 1:24 000 mi 1:24 000 UTM 1:25 000 UTM 1:50 000 UTM		
NON-SKID FOOTPADS						•			
ATTACH WITH	Detatchable reflective lanyard	Detatchable reflective lanyard	Detatchable reflective lanyard	Detatchable reflective lanyard	Detatchable reflective lanyard	Detatchable reflective lanyard with wristlock	Detatchable reflective lanyard with wristlock	thumb str	ap lanyard
OTHER	·						Very stable needle	stable nee and oriente sectors	ering and orienteeri

MIRROR SIGHTING COMPASSES

LUMINESCENT MARKINGS

DECLINATION CORRECTION

NEEDLE BALANCED FOR

SIGHTING TOOLS

MAGNIFYING LENS

NON-SKID FOOTPADS

MAP SCALES

ATTACH WITH

OTHER



MCB NH

COMPASS

The safety

NH

Fixed

Mirror with hole

Detatchable

reflective

lanyard

Floats, includes

whistle

CLIPPER L/B NH



MCL NH

COMPASS

SS021162000

The accurate mir-

ror compass for serious hikers

Fixed

Mirror and

sighting notch

cm/in

Reflective

lanyard

Foldable long baseplate



MC-2 NH

COMPASS

SS004231001

NH

Adjustable

Mirror with hole and

sighting notch

cm/in

1:25 000 UTM

1:50 000 UTM

Slope rulers

Detatchable reflective



The sighting compass for adven-

turers and professionals



COMPASS

SS004239001

NH

Adjustable

Mirror with

sighting notc

1:24 000 mi

1:24 000 UTM

1:50 000 UTM

Slope rulers

Detatchable



COMPASS

Global

Adjustable

Mirror with hole

cm/in

1:25 000 UTM

1:50 000 UTM

Slope rulers

Detatchable reflective lanyard with wristlock

Very stable needle

SS004252010



The sighting compass for

global mountaineers





SS014891000

Global

Adjustable

Mirror with hole

1:24 000 mi

1:24 000 UTM

1:50 000 UTM

Slope rulers

Detatchable

reflective lanyard with wristlock

55014889000

MB-6 NH

Lanyard

MB-6 G

The rugged compass

LUMINESCENT MARKINGS NEEDLE BALANCED FOR NH Global DECLINATION CORRECTION Adjustable Adjustable Mirror and sighting notch Mirror and sighting notch SIGHTING TOOLS CLINOMETER

MAP SCALES

MAGNIFYING LENS

ATTACHABLE

COMPASSES

NON-SKID FOOTPADS

ATTACH WITH

Lanyard

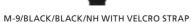






CLIPPER L/B SH





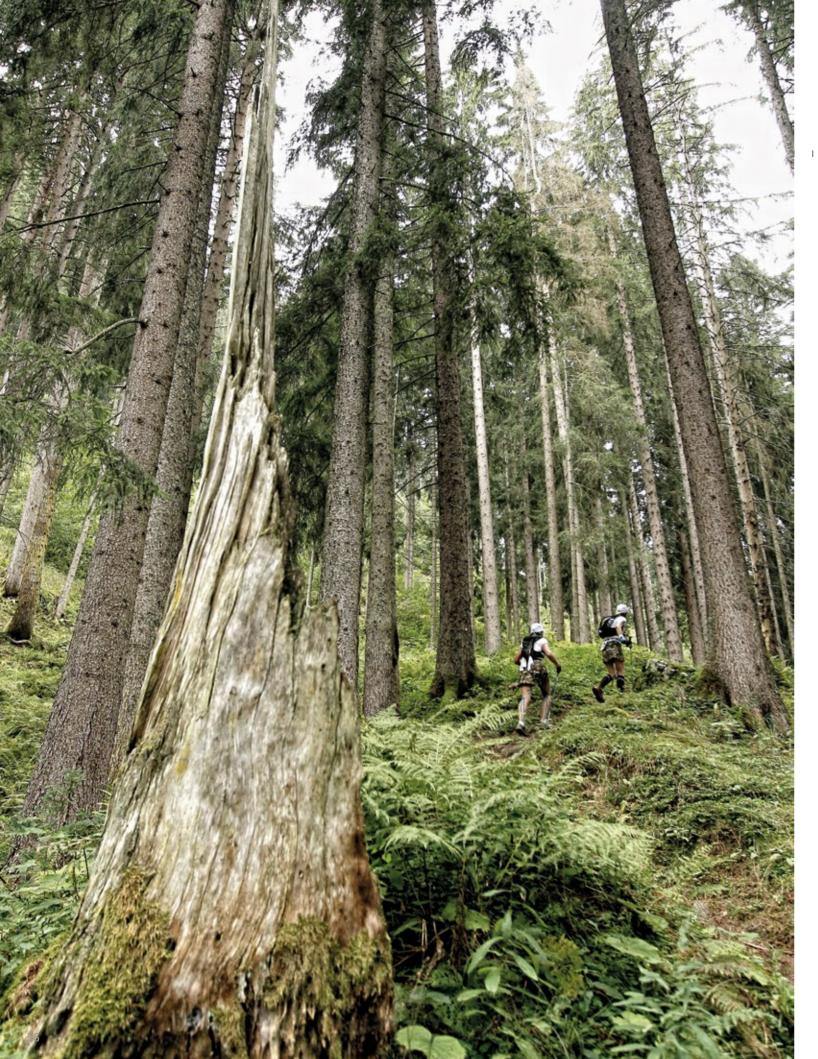
The superior micro compass

The sighting compass on the wrist

LUMINESCENT MARKINGS CARD BALANCED FOR NH

ATTACH WITH Clip Clip SIGHTING TOOLS OTHER Rotating bezel Rotating bezel

LUMINESCENT MARKINGS CARD BALANCED FOR ATTACH WITH Welcro strap SIGHTING TOOLS Notch



SUUNTO PRECISION INSTRUMENTS





KB-14/360R G COMPASS SS020417000

KB-14 D

Precision compasses

BALANCING OF COMPASS CARD	
DECLINATION CORRECTION	
DIRECTION SCALE	
	Re
DIRECTION ACCURACY/ RESOLUTION	
ADJUSTABLE OPTICAL SIGHT READING	
ATTACH WITH LANYARD	
THREADS FOR TRIPOD MOUNTING	
ALUMINUM HOUSING	
FLOATS	

Global	Global	Global	Global	Global	Global	Global
					Adjustable	Adjustable
Bearing°, Reversed bearing	Bearing°, Reversed bearing	Quadrant°	Gon	Mils	Bearing°, Reversed bearing	Quadrant°
¹/2° / 1°	1/3° / 1/2°	1/3° / 1/2°	0,4 ⁹ / 1 ⁹	6' / 10'	1/3° / 1/2°	1/3° / 1/2°
	•	٠	٠	•	۰	0
•	٠	•	٠	•	•	•
	•	٠	٠	•	۰	0
	•	0	•	0	۰	0
•						



Tandem TANDEM/ 360PC/360R G CLINO/ COMPASS SS020420000

Tandem D TANDEM/ 360PC/360R DG CLINO/ COMPASS SS020421000

PM-5/360 PC OPTI CLINOMETER SS011096010

PM-5/SPC OPTI CLINOMETER SS011099010

HEIGHT METER

Precision clinometers

PM-5/1520 OPTI HEIGHT METER SS011102010

PM-5/1520 PC OPTI PM-5/66 PC OPTI CLINO-METER

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BALANCING OF COMPASS CARD	
DECLINATION CORRECTION	
DIRECTION SCALE	R
DIRECTION ACCURACY/ RESOLUTION	
CLINOMETER FOR MEASURING SLOPES, HEIGHTS AND DIP	
INCLINATION SCALE	

DIRECTION DIRECTION CLINOME MEASURII HEIGHTS A INCLINATI INCLINATION

ACCURACY ADJUSTABLE OPTICAL SIGHT ATTACH WITH LANYARD THREADS FOR TRIPOD MOUNTING ALUMINUM

SS011100010

Global	Global					
	Adjustable					
Bearing°, Reversed bearing	Bearing°, Reversed bearing					
1/3° / 1/2°	1/3° / 1/2°					
•	۰	۰	0	0	•	0
slope°, %	slope°, %	slope°, %	secant, %	15m and 20m hypsometer	15m and 20m hypsometer, %	66ft hypsometer, %
1/4°	1/4°	1/40	1/4°	Height ±2%	Clino ¼°, Height ±2%	Clino ¼°, Height ±2%
•	٠	٠	•	٠	٠	٠
•	•	•	•	•	•	•
•	0		0	•		٠
•	•	٠	٠	٠	0	•

CONQUERING NEW TERRITORY SINCE 1936

2004

1998

Suunto Vector, the world's first outdoor watch is launched.

2007

Suunto launches the award

Suunto X9, the world's first wrist GPS with comprehensive navigation and outdoor

functionality is launched.

Suunto t6, a top-level heart

winning Suunto Core outdoor sports watch.

2009

Suunto Elementum is unveiled.

1987

The SME dive computer is developed.

compasses.

1989

Almost all the boats in

the "Whitbread Round

the World" races are

equipped with Suunto

1965

Suunto's first dive compass, the SK-4, is developed. It is used actively by the legendary Jacques Cousteau.

1950

Suunto begins manufacturing orienteering and marine compasses.

1936

Production of marching compasses



is launched. 2014

Suunto Ambit, the

ultimate outdoor watch

with GPS functionality,

2012

The Suunto Connected Family with Ambit3 and the new era dive computer Suunto EON Steel are launched.

2016

Suunto celabrates it's 80th anniversary and launches Suunto Spartan watches.

2018

Suunto expand its selection to Fitness watches when Suunto 3 Fitness is launched.



When Finnish engineer and orienteer Tuomas Vohlonen invented the mass production method of liquid-filled compasses in 1936, Suunto was born. To this day, Suunto remains at the forefront of innovation in the sports industry. A leading designer and manufacturer of dive computers, sports watches and precision instruments, Suunto's passion is shared by adventurers around the globe.

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- _ Around 85 authorized service centers globally

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Headquartered in Vantaa, Finland, Suunto employs more than 400 people worldwide and distributes its products to over 100 countries. The company is a subsidiary of Helsinki based Amer Sports Corporation with sister brands Salomon, Atomic, Wilson, Precor, Arc'teryx, Enve and Mavic.

Suunto Oy Tammiston kauppatie 7 A FI-01510 Vantaa, Finland Tel: +358 9 875 870 www.suunto.com

