

## Specifically Designed for the Water

- Connects with compatible Garmin chartplotters and other devices to provide autopilot control<sup>3</sup>, remote waypoint marking, data streaming, sail racing assistance and much more
- Built-in FUSION-Link™ Lite app controls connected StereoActive™ products as well as other ANT®-enabled stereo models (RA70/BB100)
- Includes Elevate™ wrist-based heart rate<sup>1</sup>
- Connected features<sup>2</sup> include smart notifications, automatic uploads to Garmin Connect™ online fitness community and personalization through free watch faces and apps from our Connect IQ™ store
- Battery performance: up to 2 weeks in smartwatch mode (depending on settings), up to 24 hours in GPS mode and up to 60 hours in UltraTrac™ battery saver mode



Building on our popular [fēnix® 5](#) platform, our next-generation multisport marine smartwatch provides comprehensive boat connectivity. It connects with compatible Garmin chartplotters and other devices to stream data to your quatix 5 watch, including speed, depth, temperature and wind. Compact and stylish with quick-change bands, it also sports advanced fitness features and a wrist-based heart rate monitor. With built-in activity profiles and performance metrics for paddle boarding, swimming and canoeing — whatever sport you want to track, quatix 5 has you covered.



## Take Control Anywhere On Board

Advanced autopilot control and remote waypoint marking features allow you to maintain control of your vessel, even if you are not the one at the helm. With the quatix 5 watch, you can actually access a [GHC™ 20](#) autopilot control unit to control the autopilot — change heading, turn

and steer the boat. You also have remote waypoint marking, which allows you to add a waypoint from quatix 5 and have it sync automatically with your connected chartplotter.



### Take Advantage of Garmin SailAssist™ Capabilities

When it comes to sail racing, don't just time your start, visualize it. See a virtual starting line represented on your quatix 5 with 2 waypoints creating the starting line of a sailing race. With distance to start line, you'll know how far you are from the line based on the distance to the virtual starting line. You'll also have race countdown timer to count down the time to the start of the race and time to burn if the virtual starting line is present. And tack assist will determine whether the boat is being headed or lifted and then easily calibrate the boat's port/starboard tack angles with the touch of a button.



### Collect Water Sports Data

Whether you're paddle boarding or canoeing, quatix 5 will track your stroke and distance per stroke plus your total distance; it even provides lap tracking. Plus, if water skiing, you can check your boat speed with a glance at your quatix 5 watch.



### Navigate Across Water and Land

quatix 5 watch is equipped with high-sensitivity GPS navigation and tracking functions plus ABC (altimeter, barometer and compass) sensor capabilities. The built-in altimeter provides elevation data to accurately monitor ascent and descent, while the barometer can be used to predict weather changes by showing short-term trends in air pressure. The 3-axis electronic compass keeps your bearing, whether you're moving or not. In addition, there's an internal gyroscope to help improve position accuracy (and battery life) in UltraTrac mode.



### Enjoy Your Entertainment

You can actually control your onboard entertainment system with quatix 5. Use the built-in FUSION-Link Lite app to control connected StereoActive products as well as other ANT-enabled stereo models (RA70/BB100).



## Wrist-based Heart Rate<sup>1</sup>

On your wrist, Elevate wrist heart rate technology lets you monitor your heart rate without wearing a chest strap. In addition to counting steps and monitoring sleep, the watch uses heart rate to provide calories burned information and quantify the intensity of your fitness activities.



## Built-in Activity Tracking

Whether you're on water or dry land, quatix 5 can track your physical activities. It features Elevate wrist-based heart rate monitor, which provides 24/7 monitoring without the use of a chest strap. It also offers advanced fitness training features that include training statistics and activity profiles for multiple sports/activities such as running, biking, swimming, hiking and golfing.



## Comprehensive Smart Connectivity

Smart notifications<sup>2</sup> through quatix 5 let you receive emails, texts and alerts right on your watch — whether you're on the water, trail, golf course or simply away from your desk. Other connected features include automatic uploads to our [Garmin Connect](#) online fitness community, live tracking and social media sharing through our free [Garmin Connect](#) and [Garmin Connect™ Mobile](#) applications.




## Always Impressive

Sleek, stylish design makes a statement on and off the water. Equipped with Garmin exclusive [QuickFit® band system](#), quatix 5 allows you to change the band quickly and easily with no tools. It also features preloaded marine-styled watch faces you can change to fit your mood. It's also compatible with [Connect IQ](#) so you can download more free watch faces and activity apps.



## General

LENS MATERIAL	glass or sapphire crystal
BEZEL MATERIAL	stainless steel
CASE MATERIAL	fiber-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	silicone or steel
PHYSICAL SIZE	47 x 47 x 15.5 mm
COLOR DISPLAY	
DISPLAY SIZE	1.2" (30.4 mm) diameter
DISPLAY RESOLUTION	240 x 240 pixels
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	silicone band: 85 g metal band: 156 g
BATTERY LIFE	Smartwatch Mode: Up to 2 weeks GPS/HR mode: Up to 24 hours UltraTrac™ mode: Up to 60 hours without wrist heart rate
<a href="#">WATER RATING</a>	10 ATM
MEMORY/HISTORY	64 MB

## Clock Features

TIME/DATE	
GPS TIME SYNC	
AUTOMATIC DAYLIGHT SAVING TIME	
ALARM CLOCK	
TIMER	
STOPWATCH	

SUNRISE/SUNSET TIMES	✓
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## Sensors

GPS	✓
GLONASS	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓

## Daily Smart Features

CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
CONNECTIVITY	Bluetooth® Smart, ANT+®, Wi-Fi® with sapphire editions
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™

## OUTDOOR\_APPS\_FEATURES\_GROUP

COMPATIBLE WITH BASECAMP™	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓

## Safety and Tracking Features

LIVETRACK	✓
GROUP LIVETRACK	✓

## Tactical Features


DUAL GRID COORDINATES	✓
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## Boating Features

AVAILABLE BOATING PROFILES	Boating, Sailing, Fishing
VIRTUAL STARTING LINE	✓
COUNTDOWN TIMER	✓
TACK ASSIST MODE	✓
BUILT-IN BAROMETER AND TIDE TABLES	✓
ANCHOR ALARM	✓
AUTOPILOT CONTROL	yes (with compatible Garmin Marine device equipment)
BOAT DATA STREAMING	yes (with compatible Garmin Marine device equipment)

## Activity Tracking Features





















STEP COUNTER	✓
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓
SLEEP MONITORING (MONITORS TOTAL SLEEP AND PERIODS OF MOVEMENT OR RESTFUL SLEEP)	✓
CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓

MOVE IQ™	
FITNESS AGE	yes (in app)

## Gym & Fitness Equipment

AVAILABLE GYM ACTIVITY PROFILES	Indoor Rowing
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## Training, Planning and Analysis Features

GPS SPEED AND DISTANCE	
CUSTOMIZABLE DATA PAGES	
CUSTOMIZABLE ACTIVITY PROFILES	
AUTO PAUSE®	
INTERVAL TRAINING	
ADVANCED WORKOUTS	
DOWNLOADABLE TRAINING PLANS	
AUTO LAP®	
MANUAL LAP	
CONFIGURABLE LAP ALERTS	
V02 MAX	
TRAINING STATUS (LETS YOU SEE IF YOU'RE TRAINING EFFECTIVELY BY TRACKING YOUR TRAINING HISTORY AND FITNESS LEVEL TREND.)	
TRAINING LOAD (YOUR TOTAL TRAINING LOAD FOR THE LAST 7 DAYS CALCULATED FROM ESTIMATED EPOC)	
TRAINING EFFECT	
TRAINING EFFECT (ANAEROBIC)	
CUSTOM ALERTS	
AUDIO PROMPTS	
FINISH TIME	
VIRTUAL PARTNER	
RACE AN ACTIVITY	
	

AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓
COURSE GUIDANCE	✓
GARMIN LIVE SEGMENTS	✓
STRAVA LIVE SEGMENTS	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓

## Heart Rate Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS)	yes (with compatible accessory)
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓

## Running Features

AVAILABLE RUN PROFILES	Running, Indoor Running, Trail Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	✓
VERTICAL OSCILLATION AND RATIO (THE DEGREE OF 'BOUNCE' IN YOUR RUNNING)	yes (with compatible accessory)



MOTION AND THE COST-BENEFIT RATIO WITH STRIDE LENGTH)	
GROUND CONTACT TIME AND BALANCE (SHOWS HOW MUCH TIME, IN THE RUNNING MOTION, YOUR FOOT IS ON THE GROUND RATHER THAN IN FLIGHT AND LETS YOU CHECK YOUR RUNNING SYMMETRY)	yes (with compatible accessory)
STRIDE LENGTH (REAL TIME)	yes (with compatible accessory)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
PERFORMANCE CONDITION (AFTER RUNNING 6–20 MINUTES, COMPARES YOUR REAL-TIME CONDITION TO YOUR AVERAGE FITNESS LEVEL)	✓
LACTATE THRESHOLD (THROUGH ANALYSIS OF YOUR PACE AND HEART RATE, ESTIMATES THE POINT WHERE YOUR MUSCLES START TO RAPIDLY FATIGUE)	yes (with compatible accessory)
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓

## Golfing Features

YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	✓
YARDAGE TO LAYUPS/DOGLEGS	✓
MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	Automatic
DIGITAL SCORECARD	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
TRUSWING™ COMPATIBLE	✓

## Outdoor Recreation Features

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Jumpmaster, Tactical
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
TRAIL RUN AUTO CLIMB	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
COMPATIBLE WITH BASECAMP™	✓
GPS COORDINATES	✓
PROJECTED WAYPOINT	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
POINT-TO-POINT NAVIGATION	✓
HUNT/FISH CALENDAR	yes (via Connect IQ™)
SUN AND MOON INFORMATION	yes (via Connect IQ™)

## Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓

RACE AN ACTIVITY	
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
COMPATIBLE WITH VECTOR™ (POWER METER)	
POWER METER COMPATIBLE	
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	
COMPATIBLE WITH VARIA™ LIGHTS	
SPEED AND CADENCE SENSOR SUPPORT (WITH SENSOR)	yes (ANT+® and Bluetooth® Smart sensors)

## Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming
OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	
DRILL LOGGING (POOL SWIM ONLY)	
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	
POOL SWIM WORKOUTS	
HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)	yes (with HRM-Tri™ and HRM-Swim™)

## INREACH\_FEATURES\_TEMPLATE\_GROUP\_GROUP

WEATHER	
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