

PACE YOURSELF TO HIGHER PERFORMANCE

These rugged fēnix multisport GPS watches let you add mapping, music, intelligent pace planning and more to your workouts — so you can take any challenge in stride.



It's your body. Know it better with wrist-based heart rate¹ and Pulse Ox².



Don't just run harder. Run smarter with grade-adjusted pacing guidance.



Ski bums, rejoice. Check out preloaded maps for 2,000 resorts.



Run and ride. It's what you do. Tracking all your stats — it's what we do.



Why bring your phone when you can sync music from your [streaming services](#).



Battery life doesn't limit you. Get up to 9 days between charges in smartwatch mode.



QUALITY BY DESIGN

The rugged yet sophisticated design features an always-on 1.2" display and is construction tested to U.S. military standards for thermal, shock and water resistance.

PREMIUM MATERIALS

Fit the look to your lifestyle with your choice of stainless steel or DLC coated bezels. Each Sapphire edition adds a scratch-resistant sapphire lens and premium materials.

Push performance to a whole new level.



SPORTS APPS

Use preloaded activity profiles for trail running, swimming, running, biking, hiking, rowing, skiing, golfing and more.



BACKCOUNTRY SKI

Stay informed when you're in the snow. This preloaded profile can distinguish between skiing and climbing. It automatically shows metrics specific to either ascent or descent.



ANIMATED WORKOUTS

This watch features easy-to-follow, animated cardio, strength, yoga and Pilates workouts you can view on the watch screen. Choose from preloaded animated workouts, or download more from [Garmin Connect™](#) online community.



POWER MANAGER

View how various settings and sensors impact your watch's battery life, so you can make battery-extending changes on the fly.



WRIST-BASED HEART RATE

Optical heart rate¹ technology gauges activity intensity as well as [heart rate variability](#) to calculate your stress level. It also tracks underwater without a heart rate strap.



BODY BATTERY™ ENERGY MONITOR

Optimize your body's energy reserves, using heart rate variability, stress, sleep and other data to gauge when you're ready to be active or when you may need to rest.



HYDRATION TRACKING

Log daily fluid intake as a reminder to stay hydrated. When auto goal is enabled, you'll even see estimated sweat loss after an activity and your goal will adjust accordingly.



PERFORMANCE METRICS

View [advanced training metrics](#) that include running dynamics, heat- and altitude-adjusted VO2 max, recovery advisor and more¹.



PACEPRO TECHNOLOGY

A first-of-its-kind [PacePro](#) feature helps keep you on pace with grade-adjusted guidance as you run a course.



GOLF COURSES

Access full-color [CourseView maps](#) for more than 41,000 golf courses around the world, and get button targeting and the PlaysLike Distance feature.



BATTERY LIFE

Internal, rechargeable lithium battery provides up to 9 days of battery life in smartwatch mode, 6 hours in GPS mode with music and up to 34 days in battery saver mode.

You reach new heights. Your watch goes with you.



CLIMBPRO FEATURE

Use [ClimbPro](#) ascent planner on downloaded courses to see real-time information on your current and upcoming climbs, including gradient, distance and elevation gain.



MULTI-GNSS SUPPORT

Access multiple global navigation satellite systems (GPS, GLONASS and Galileo) to track in more challenging environments than GPS alone.



ABC SENSORS

Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and three-axis electronic compass.



PULSE OX SENSOR

For altitude acclimation or sleep monitoring, a Pulse Ox² sensor uses light beams at your wrist to gauge how well your body is absorbing oxygen.



RESPIRATION TRACKING

See how you're breathing throughout the day, during sleep and during breathwork and yoga activities.



EXPEDITION MODE

Trek far and wide between recharges. Expedition mode, an ultralow-powered GPS reference, lasts for weeks.



TOPO AND SKI MAPS

Use topographical maps to navigate your adventures. View run names and difficulty ratings for 2,000 worldwide [ski resorts](#).



ROUND-TRIP ROUTING

Enter a distance you want to travel, and get suggested routes that will bring you back to your starting point. Trendline™ popularity routing helps you find the best local paths.



TURN-BY-TURN NAVIGATION

Follow a route or course with help from turn-by-turn directions, which let you know ahead of time when the next turn is coming.



You'll feel a connection in more ways than one.



SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with a [compatible device](#).



MUSIC APPS

Store up to 2,000 songs, or access streaming apps from [compatible services](#), including Spotify®, Deezer and Amazon Music, and listen through headphones with BLUETOOTH® technology.



GARMIN PAY

Breeze through checkout lines with Garmin Pay contactless payment solution through [participating providers](#).



SAFETY AND TRACKING FEATURES

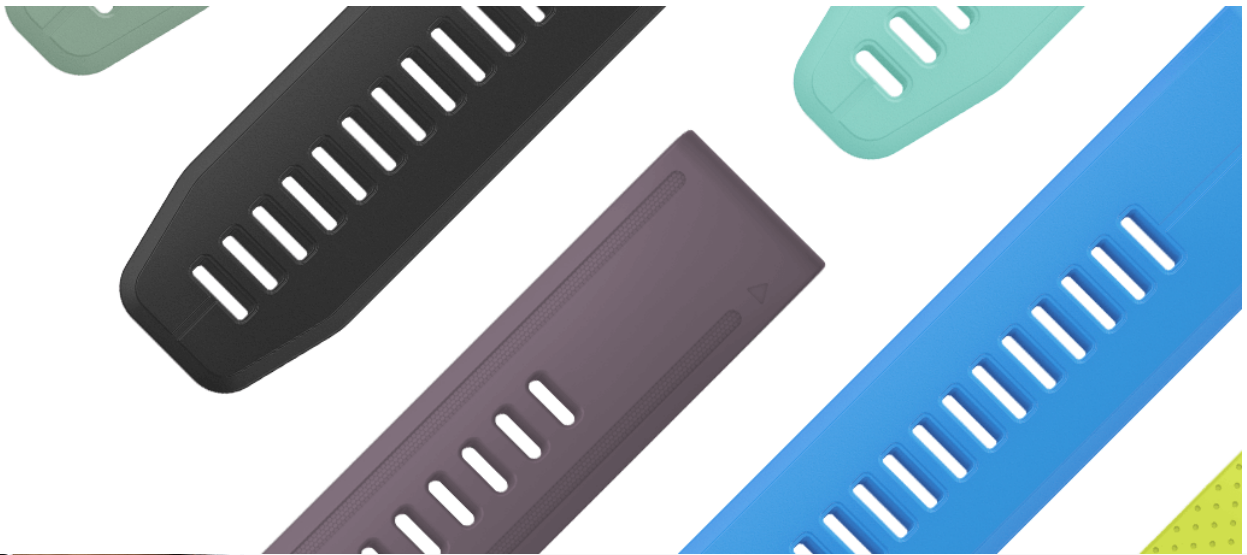
If you feel unsafe or if your watch senses that an incident occurred, assistance and incident detection features³ send your location to emergency contacts.



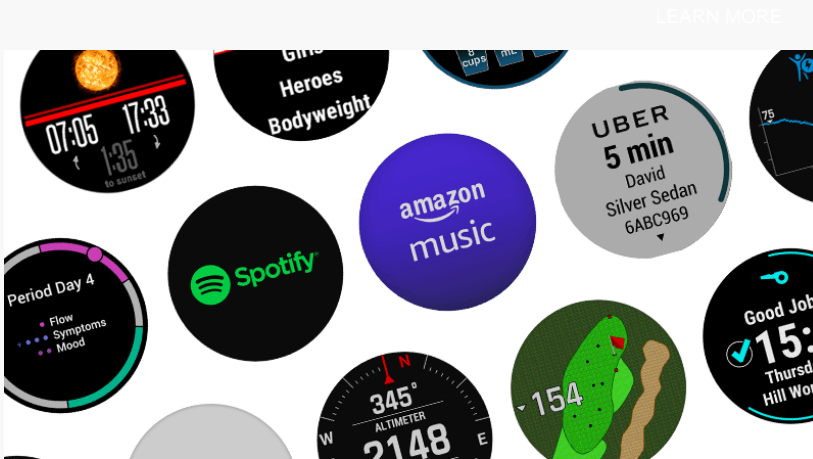
CONNECT IQ™ STORE

Download custom watch faces, add data fields, and get apps and widgets from the [Connect IQ Store](#).

QuickFit® bands let you match your style with no tools required.



See your stats, and track your goals in the Garmin Connect™ app



Customize your Garmin device using the Connect IQ™ Store


LEARN MORE

¹ [Activity Tracking and Fitness Metric Accuracy](#)

² This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](#). Pulse Ox not available in all countries.

³ When paired with a [compatible smartphone](#). For safety and tracking features requirements and limitations, see [Garmin.com/safety](#).

General

LENS MATERIAL	Corning® Gorilla® Glass DX or Sapphire Crystal
BEZEL MATERIAL	stainless steel or Diamond-like Carbon (DLC) coated steel
CASE MATERIAL	fiber-reinforced polymer with metal rear cover
QUICKFIT™ WATCH BAND COMPATIBLE	included (20 mm)
STRAP MATERIAL	silicone, suede or nylon
PHYSICAL SIZE	42 x 42 x 13.8 mm Fits wrists with the following circumference: Silicone band: 108-182 mm Suede band: 108-175 mm Fabric band: 108-189 mm Metal band: 108-180 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	Steel: 61 g - case with silicone band (case only: 44 g)
BATTERY LIFE	Smartwatch: Up to 9 days GPS: Up to 25 hours GPS and Music: Up to 6 hours Max Battery GPS Mode: 50 hours Expedition GPS Activity: 20 days Battery Saver Watch Mode: 34 days
WATER RATING	10 ATM
MEMORY/HISTORY	32 GB

Clock Features

TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
PULSE OX	yes (with Acclimation)

Daily Smart Features

CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CALENDAR	✓
WEATHER	✓
BATTERY SAVER - CUSTOMIZABLE LOW POWER WATCH	✓

CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	Up to 2,000 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
GARMIN PAY™	✓

Outdoor Applications

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

Safety and Tracking Features

LIVETRACK	✓
GROUP LIVETRACK	✓
LIVE EVENT SHARING	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
ASSISTANCE	✓

Tactical Features

DUAL GRID COORDINATES	✓
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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)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓

Gym & Fitness Equipment

AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
AUTOMATIC REP COUNTING	✓

Training, Planning and Analysis Features

GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
AUTO LAP®	✓
MANUAL LAP	✓
	✓

CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
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 LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
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	✓
ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)	✓
TRENDLINE™ POPULARITY ROUTING	yes (available as a wearable map theme)
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓

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, Treadmill Running, Indoor Track Running, Trail Running
GPS-BASED DISTANCE, TIME AND PACE	✔
RUNNING DYNAMICS	yes (with compatible accessory)
VERTICAL OSCILLATION AND RATIO (THE DEGREE OF 'BOUNCE' IN YOUR RUNNING MOTION AND THE COST-BENEFIT RATIO WITH STRIDE LENGTH)	yes (with compatible accessory)
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)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓

Golfing Features

PRELOADED WITH 41,000 COURSES WORLDWIDE	✓
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	✓
CUSTOM TARGETS	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
FULL VECTOR MAP	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
PLAYSLIKE DISTANCE	✓
HANDICAP SCORING	✓
TRUSWING™ COMPATIBLE	✓
ROUND TIMER/ODOMETER	✓
	✓

AUTOMATIC CLUB TRACKING COMPATIBLE
(REQUIRES ACCESSORY)



Outdoor Recreation Features

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
BREAD CRUMB TRAIL IN REAL TIME	
BACK TO START	
TRACBACK®	
ULTRATRAC MODE	
AROUND ME MODE	
ELEVATION PROFILE	
DISTANCE TO DESTINATION	
BAROMETRIC TREND INDICATOR WITH STORM ALERT	
CLIMBPRO™ ASCENT PLANNER	
TRAIL RUN AUTO CLIMB	
VERTICAL SPEED	
TOTAL ASCENT/DESCENT	
FUTURE ELEVATION PLOT	
PRELOADED TOPOGRAPHICAL MAPS	
DOWNLOADABLE CARTOGRAPHY SUPPORT	
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™)

XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓

Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking, Triathlon
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, Swimming/Running
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)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
UNDERWATER WRIST-BASED HEART RATE	✓
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

WEATHER	
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