



# fēnix™ Quick Start Manual

## ⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

## ⚠ WARNING

Always consult your physician before you begin or modify any exercise program.

## Getting Started

When using your device the first time, you should complete these tasks to set up the device and get to know the basic features.

- 1 Charge the device (page 1).
- 2 Register the device (page 4).
- 3 Learn about the sensor data and modes (page 1).
- 4 Acquire satellites (page 2).
- 5 Go for a hike (page 2).
- 6 Create a waypoint (page 2).
- 7 Get the owner's manual (page 3).

## Charging the Device

### NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

- 1 Plug the USB end of the cable into the AC adapter or a computer USB port.
- 2 Plug the AC adapter into a standard wall outlet.
- 3 Align the left side of the charging cradle ① with the groove on the left side of the device.



- 4 Align the hinged side of the charger ② with the contacts on the back of the device.  
When you connect the device to a power source, the device turns on.
- 5 Charge the device completely.

## Keys



①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to scroll through the data pages, options, and settings.
③		Select to scroll through the data pages, options, and settings.
④		Select to return to the previous screen. Hold to view the status page.
⑤	Orange key	Select to open the menu for the current screen. Select to choose an option and to acknowledge a message. Hold to mark a waypoint.

## Viewing the Status Page

You can quickly switch to this page to view the time of day, battery life, and GPS status information from any other page.

Hold .



## Viewing the Sensor Data

You can quickly access real-time data for the compass, altimeter, barometer, and temperature sensors.

**NOTE:** These data pages automatically time out to low-power mode.

**NOTE:** This data is not recorded to the device (page 2).

- 1 From the time of day page, select or .



- 2 Select .



3 Select ▾.



4 Select ▾.



**NOTE:** Your body temperature affects the temperature sensor. To get the most accurate temperature reading, remove the device from your wrist and wait 20–30 minutes.

**TIP:** To purchase a *tempē™* wireless temperature sensor, go to [www.garmin.com](http://www.garmin.com). See the owner's manual for more information.

### Turning on a Sensor Mode

The default sensor mode is on demand mode, which offers you quick access to compass, altimeter, barometer, or temperature data. You can also put the device in always on mode to display continuous sensor data.

**NOTE:** If you have an optional heart rate monitor or speed and cadence sensor paired with the device, your device can display continuous heart rate or speed and cadence data.

- 1 Select the **Orange** key.
- 2 Select **Setup > Sensors > Mode > Always On**.

## Acquiring Satellite Signals and Recording a Track

Before you can use the GPS navigation features, such as recording a track, you must acquire satellite signals.

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

- 1 Hold to turn on the device.
- 2 Select your language (first time only).
- 3 Select the **Orange** key.
- 4 Select **Start GPS**.
- 5 Wait while the device locates satellites.
- 6 Walk around to record a track.  
Your distance and time appear.

7 Select ▾ to view the loop of data pages including compass data, altimeter data, ascent and speed, the map, and the time of day page.

You can customize some data pages. See the owner's manual ([page 3](#)).

- 8 Hold .
- 9 Select an option:
  - Select **Pause Track** to pause tracking.
  - Select **Save Track** to save your track.
  - Select **Clear Track** to erase the track without saving.
  - Select **Stop GPS** to turn off GPS without deleting your track.

### Stopping GPS

- 1 Select the **Orange** key.
- 2 Select **Stop GPS**.

## Tracks

A track is a recording of your path. The track log contains information about points along the recorded path, including time, location, and elevation for each point.

### Going for a Hike

Before you go for a hike, you should charge the device completely ([page 1](#)).

**NOTE:** The device turns on automatically while charging. If you do not charge the device before going for a hike, hold to turn on the device.

- 1 Select the **Orange** key.
- 2 Select **Start GPS**.
- 3 Wait while the device locates satellites.
- 4 Start hiking.
- 5 When you want to take a break or pause the device from tracking, hold > **Pause Track**.
- 6 Hold > **Resume Track**, and continue hiking.
- 7 When finished, hold > **Save Track** to save your hiking data.
- 8 If necessary, select **Yes** to stop GPS.

### Sending Your Hike to BaseCamp™

Before you can send data to BaseCamp, you must download BaseCamp to your computer ([www.garmin.com/basecamp](http://www.garmin.com/basecamp)).

You can view your hike, other tracks, and waypoints on your computer.

- 1 Connect your device to your computer using the USB cable.  
Your device appears as a removable drive in My Computer on Windows® computers and as a mounted volume on Mac® computers.
- 2 Start BaseCamp.
- 3 Follow the on-screen instructions.

## Waypoints

Waypoints are locations you record and store in the device.

### Creating a Waypoint

You can save your current location as a waypoint.

- 1 Hold the **Orange** key.
- 2 Select an option:
  - To save the waypoint without changes, select **Save**.
  - To make changes to the waypoint, select **Edit**, make changes to the waypoint, and select **Save**.

### Navigating to a Waypoint

- 1 Select the **Orange** key.

- 2 Select **Start GPS**.
- 3 Wait while the device locates satellites.
- 4 Select the **Orange** key.
- 5 Select **Waypoints**, and select a waypoint from the list.
- 6 Select **Go**.



The device displays time to destination ①, distance to destination ②, and estimated time of arrival ③.

- 7 Select ▾ to view the compass page.



The two pointer marks ④ serve as a bearing pointer. The top orange mark ⑤ points in the direction you are facing.

- 8 Align the pointer marks with the top orange mark.
- 9 Continue to walk in that direction until you reach the destination.

## Navigating Using TracBack®

While navigating, you can navigate back to the beginning of your track. This can be helpful when finding your way back to camp or the trail head.

- 1 Select the **Orange** key.
- 2 Select **Tracks > Current > TracBack**.



Your current location ①, track to follow ②, and end point ③ appear on the map.

## Stopping Navigation

- 1 Select the **Orange** key.
- 2 Select **Stop Nav.**

## ANT+™ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to <http://buy.garmin.com>.

## Putting On the Heart Rate Monitor

**NOTE:** If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

- 1 Snap the heart rate monitor module ① onto the strap.



- 2 Wet both electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.



- 3 If the heart rate monitor has a contact patch ③, wet the contact patch.
- 4 Wrap the strap around your chest, and connect the strap hook ④ to the loop.  
The Garmin® logo should be right-side up.
- 5 Bring the device within range (3 m) of the heart rate monitor.

After you put on the heart rate monitor, it is on standby and ready to send data.

## Pairing Your ANT+ Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device.

- 1 Bring the device with range (3 m) of the sensor.  
**NOTE:** Stay 10 m away from other ANT+ sensors while pairing.
- 2 Select the **Orange** key.
- 3 Select **Setup > ANT Sensor**.
- 4 Select your sensor.
- 5 Select **New Search**.

When the sensor is paired with your device, the sensor status changes from **Searching** to **Connected**. Sensor data appears in the data page loop or a custom data field.

## Troubleshooting

### Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to [www.garmin.com/support](http://www.garmin.com/support).
- 2 Select **Manuals**.
- 3 Follow the on-screen instructions to select your product.

### Locking the Keys

You can lock the keys to prevent inadvertent key presses.

- 1 Select the data page you want to view while the keys are locked.
- 2 Hold ↵ and △ to lock the keys.
- 3 Hold ↵ and △ to unlock the keys.

### Resetting Your Device

If the device stops responding, you may need to reset it.

- 1 Hold  for at least 25 seconds.
- 2 Hold  for one second to turn on the device.

## Specifications

Battery type	500 mAh Lithium-ion battery
Battery life	Up to 6 weeks
Water resistance	Water resistant to 164 ft. (50 m) <b>NOTE:</b> The watch is designed for surface swimming.
Operating temperature range	From -4°F to 122°F (from -20°C to 50°C)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth® Smart device

## Battery Information

The actual battery life depends on how much you use GPS, device sensors, optional wireless sensors, and the backlight.

Battery Life	Mode
16 hours	Normal GPS mode
50 hours	<b>UltraTrac</b> GPS mode
Up to 2 weeks	<b>Always On</b> sensor mode
Up to 6 weeks	Watch mode

## Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

## Device Care

### NOTICE

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Avoid pressing the keys under water.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

## Getting More Information

You can find more information about this product on the Garmin website.

- Go to [www.garmin.com/outdoor](http://www.garmin.com/outdoor).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

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