

# SUUNTO ELEMENTUM TERRA

## USER GUIDE







**Functions:**

- \_Time, date, alarm
- \_Backlight
- \_Altimeter
- \_Barometric pressure & trend
- \_3D compass
- \_Chronograph
- \_Cumulative asc./desc.
- \_Log: last 8 asc./desc., max. altitude



## GETTING STARTED

Thank you for choosing Suunto Elementum Terra, a digital sports watch for mountaineering and outdoor activities. To get started:

1. Press any button to activate the watch.
2. Keep [A] pressed to enter **SETTINGS**. The active setting blinks on the display.
3. Rotate [A] to change the value.
4. Press [A] to accept the change and to move to the next setting.

After changing the settings, you will return to **TIME** mode.

Be sure to register your watch at [www.suunto.com/register](http://www.suunto.com/register) to get the full range of Suunto support. Also visit [www.suunto.com/support](http://www.suunto.com/support) to get the complete user guide and additional information.

## SETTINGS

1. In **TIME** mode, keep [A] pressed to enter/exit **SETTINGS**.
2. Rotate [A] to change the values.
3. Press [A] to accept.
4. Press [B] or [C] or keep [A] pressed to exit.

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## TIME/ALTITUDE RECORDING

Press [B] to switch between **TIME** and **ALTITUDE RECORDING** mode.

## STOPWATCH (CHRONOGRAPH)

1. In **TIME** mode, rotate [A] upwards to toggle between stopwatch and date.
2. Press [A] to start/stop the stopwatch.
3. Keep [C] pressed to reset the existing time.

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## COMPASS

- Press [C] to enter.
- Keep [C] pressed to start the compass calibration.
- While calibrating compass, keep the device level and stable when rotating. 'Level' blinks on the display if the device is not level or stable.
- Press [B] or [C] to exit compass.

## MEMORY

1. In **TIME** mode, rotate [A] downwards to enter **MEMORY**.
2. Rotate [A] upwards/downwards to browse the logs.
3. Press [A] to switch between the first and second view of the log.
4. Press [B] or [C] to exit.

## BACKLIGHT

Keep [B] pressed to activate the backlight.

**NOTE:** To save power, backlight blinks when used in **COMPASS** view.

## MEASURING CUMULATIVE ASCENT/DESCENT

1. In **ALTITUDE RECORDING** mode, press [A] to start measuring.
2. Rotate [A] to switch between ascent and descent.
3. Press [A] to stop the measurement.
4. Keep [C] pressed to reset the measurement.

## BUTTON LOCK

Press [A] and [B] at the same time to activate/open button lock.

## COMPASS CALIBRATION



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# 1 GETTING STARTED

In Suunto Elementum Terra there are two modes: **TIME** and **ALTITUDE RECORDING** mode. Switch between them by pressing [B].

Suunto Elementum Terra also features **COMPASS** view. Press [C] to activate it.



In **TIME** mode the watch functions as a normal watch. **ALTITUDE RECORDING** mode includes altitude measuring and recording functions.

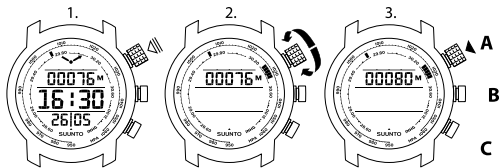
**COMPASS** view helps you to orient yourself in relation to magnetic North.


Change the settings of your Suunto Elementum Terra in **SETTINGS**. View altitude logs in **MEMORY**.

## 1.1 Changing general settings

To change the general settings:

1. In **TIME** mode, keep [A] pressed to enter **SETTINGS**. The active setting is blinking on the display.
2. Rotate [A] to change the value.
3. Press [A] to accept the change and to move to the next setting.
4. After changing the settings you will return to **TIME** mode.




 **TIP:** You can exit **SETTINGS** at any time by pressing [B] or [C] or keeping [A] pressed.

You can change the following general settings on your Suunto Elementum Terra:

- altitude reference value
- alarm: on/off
- alarm time: hours and minutes
- time format: 12h/24h
- time: hours, minutes, and seconds
- date format: d/m or m/d
- date: year, month, day
- altitude format: m/ft

## 1.2 Using alarm

Set the alarm on/off and the alarm time in **SETTINGS**. When the alarm is on,  is shown on the display.



When the alarm goes off, press any button to turn it off. The alarm goes off the same time the following day.

### 1.3 Using button lock

The button lock can be activated in **TIME** and **ALTITUDE RECORDING** mode.

To activate the button lock:


1. Press [A] and [B] at the same time. When the button lock is activated, only the backlight works.
2. To open the button lock, press [A] and [B] at the same time.




### 1.4 Activating backlight

The backlight can be activated in both modes and **COMPASS** view. Keep [B] pressed to activate the backlight. The backlight stays activated for 5 s.



 **NOTE:** If you want to use the backlight in **MEMORY** or **SETTINGS**, activate it before entering them.

 **NOTE:** Heavy use of the backlight significantly reduces battery life. To save power, the backlight blinks when used in **COMPASS** view.

## 2 USING SUUNTO ELEMENTUM TERRA

### 2.1 Time mode

**TIME** mode is the default mode of the device.

The following information is shown on the **TIME** mode display:


- current altitude (first row)
- time (second row)
- date (bottom row)
- sea level air pressure (outer rim)

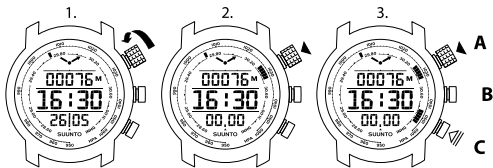


#### 2.1.1 Using stopwatch

Suunto Elementum Terra features also a stopwatch. To use the stopwatch:

1. In **TIME** mode, rotate [A] upwards to enter the stopwatch function.
2. Press [A] to start/stop the stopwatch.
3. To reset the existing time, keep [C] pressed.

 **NOTE:** *You can only enter the settings while the date is visible.*



## 2.2 Altitude recording mode

In **ALTITUDE RECORDING** mode, you can measure and record your cumulative ascent and descent. Press [B] to switch from **TIME** mode to **ALTITUDE RECORDING** mode.

Rotate [A] to change between positive (+) and negative (-) cumulative altitude readings.


The following information is shown on the **ALTITUDE RECORDING** mode display:

- current altitude (first row)
- cumulative altitude (second row)
- duration (bottom row)



## 2.2.1 Recording altitude

When you are in **ALTITUDE RECORDING** mode or record altitude measurements, the watch measures altitude changes at an interval of 1, 5 or 10 seconds (depending on vertical speed).

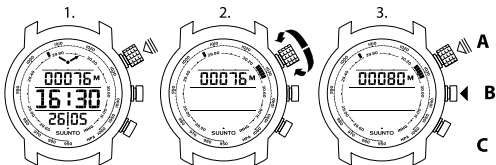
 **TIP:** Use **ALTITUDE RECORDING** mode to see immediate altitude changes.


## 2.2.2 Setting reference altitude

The altitude reading is based on the measurement of the barometric pressure. The barometric pressure changes with weather, so if the weather conditions change, it is advisable to reset the current reference altitude more often, at least before you start your journey.

To set the reference altitude:

1. In **TIME** mode, keep [A] pressed.
2. Rotate [A] to change the reference altitude.
3. Keep [A] pressed or press [B] or [C] to accept the change and exit.



 **NOTE:** The outer rim segment is the sea level air pressure indicator corresponding to the altitude reading.





**TIP:** Use the outer rim segment sea level air pressure indicator to set your altitude.

### 2.2.3 Measuring cumulative ascent/descent

To measure your cumulative ascent/descent:

1. Press [A] to start measuring. The **REC** icon is shown on the display.
2. Rotate [A] to switch between ascent and descent.
3. Press [A] to stop the measurement.
4. Keep [C] pressed to reset the measurement.



**NOTE:** The measurement stops and resets automatically when either the maximum log duration (48 h) or the maximum ascent/descent value (19 800 m / 65 000 ft) is reached.

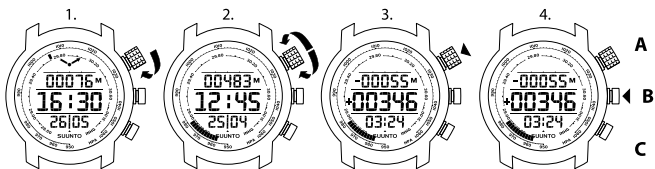


**NOTE:** It is important to set the reference altitude regularly to get the correct altitude readings.

### 2.2.4 Viewing altitude logs

To view your altitude logs:

1. In **TIME** mode, rotate [A] downwards to enter **MEMORY**. The latest altitude log is shown first.
2. Rotate [A] downwards to browse the logs from latest to oldest. Rotate [A] upwards to browse the logs from oldest to latest.
3. Press [A] to switch between the first and second view of the log.
4. Press [B] or [C] to exit **MEMORY**.




The information on your altitude logs is stored in **MEMORY**. Each log has its own memory slot that is shown as a segment on the outer rim on the display. The log information is divided into two views. In the first view (picture 2), the following information is shown:

- maximum altitude (first row)
- start time (second row)
- start date (bottom row)

The second view (picture 3 and 4) shows the following information:

- cumulative descent (first row)
- cumulative ascent (second row)
- duration (bottom row)


 **NOTE:** **MEMORY** stores up to 8 logs. After **MEMORY** is full, each new log replaces the oldest log.

## 2.3 Compass view

**COMPASS** view allows you to orient yourself in relation to magnetic North. Suunto Elementum Terra has a tilt compensated compass which means that the reading is steady even if the compass is tilted.

1. Activate **COMPASS** view from **TIME** or **ALTITUDE RECORDING** mode by pressing [C].
2. Press [B] or [C] to deactivate **COMPASS** view.

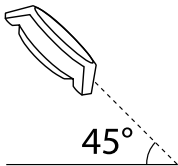



 **NOTE:** *COMPASS* view will automatically disappear after 60 s.

### 2.3.1 Calibrating compass

To check the compass accuracy:

Go to **COMPASS** view and keep the device level and the display upwards. Tilt the display 45° towards yourself. If the reading changes more than 20°, you need to calibrate the compass.

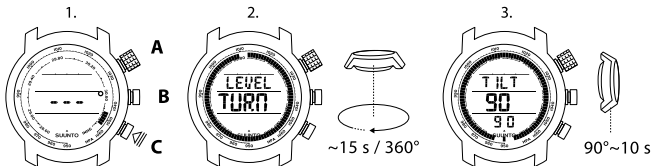



 **NOTE:** Avoid any metal or magnetic fields as they disturb the calibration.


The calibration includes two sequences. The sequences follow each other automatically, so read all the instructions before starting the calibration.

To calibrate the compass:

1. In **COMPASS** view, keep [C] pressed to activate the calibration.
2. Keep the device level and rotate the compass until the outer rim segments of the display are filled and you hear the confirmation sound. Text 'LEVEL' is blinking on the display when the device is not leveled.
3. The tilt calibration starts automatically after a successful level calibration.
4. Keep the device tilted 90° until you hear the confirmation sound. The device informs 'OK' when the calibration is successful.



 **NOTE:** The device informs 'FAIL' if the calibration does not succeed. If the calibration fails, re-calibrate the compass.

 **TIP:** Buckle the device strap, place the support cushion inside the strap and put it in the package so that the device is level. Perform the calibration on a table, which does not contain metal.

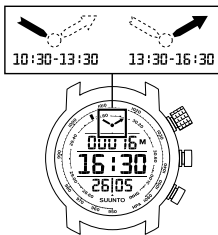
## 3 MEASURING WEATHER

Suunto Elementum Terra measures constantly the surrounding air pressure (absolute air pressure). Based on this measurement and current altitude, Suunto Elementum Terra calculates the sea level air pressure and presents it graphically in the outer rim of the display. It is more common to interpret sea level air pressure values.



### 3.1 Barometric trend arrow

Significant changes in air pressure – often indicating a weather change – are shown by the barometric trend arrow (arrow in the upper part of the display). The barometric trend arrow shows the barometric trend during the last 6 hours. The left side of the arrow represents the last 6 to 3 hours and the right side the last 3 hours of the sea level pressure history.



The barometric trend arrows are updated every 30 minutes, but only significant changes (2 hPa or more in 3 hours) are shown. Air pressure measurement and conversion to sea level air pressure are done every minute and the value is updated each time on the outer rim.

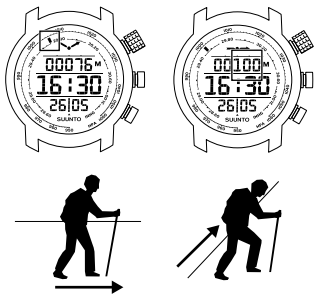
## 3.2 Forecasting weather changes

The average sea level air pressure is 1013.25 hPa. Higher values often indicate good weather, while lower values often indicate unsteady weather. If the air pressure is constantly rising, there is a higher possibility of sunny weather. Again, if the air pressure is constantly dropping, there is a higher possibility of bad weather.

## 3.3 Automatically switching between measuring altitude and weather changes

Unfortunately, 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


Elementum Terra senses vertical movement and switches to measuring altitude, when needed. When switching to measuring altitude, the maximum delay for showing the updated altitude value is 59 seconds. When altitude is shown, it is updated with a maximum delay of 10 seconds. The benefit of automatic switching is that you do not have to remember to change between altitude and air pressure measuring according to your movements as the watch does it automatically for you.



### 3.4 At constant altitude

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), the watch interprets all pressure changes as weather changes. The measurement interval is one minute. The altitude reading remains steady, and if the weather changes, you will see changes in the sea level air pressure reading. The barometric trend arrow changes if the change is significant (2 hPa or more in 3 hours).



 **NOTE:** If you are at a constant altitude and the weather changes very fast, the watch may interpret the air pressure change as movements in altitude and change the altitude value.

### USER EXAMPLE: WEATHER CHANGE WHILE SLEEPING


You slept overnight at camp and the weather in the morning is worse than yesterday evening. In the morning, the barometric trend arrow is still horizontal but the sea level air pressure shown on the outer rim is lower. Based on this, you can assume that the weather today is not as good as yesterday because the sea level air pressure has dropped. However, the change has been slow, as it has not affected the barometric trend arrows.



## 3.5 Moving in altitude

If you are moving in altitude (more than 5 meters of vertical movement within 3 minutes), the watch interprets all pressure changes as movements in altitude.

The measuring interval is 1, 5 or 10 seconds (depending on vertical speed). The sea level air pressure value stays steady and the altitude reading changes according to your vertical movement.

 **NOTE:** *The barometric trend arrow flattens out when altitude is measured for over a 6-hour period, as the device does not change the sea level air pressure value while measuring altitude.*

### **USER EXAMPLE: CORRECTING ALTITUDE VALUE**

*You are hiking uphill and the weather is getting clear. The sea level air pressure on the outer rim is the same as before starting the hike upwards. You set the correct altitude on the watch based on the map. The correct sea level air pressure is calculated and shown on the outer rim of the display. The value is now higher than before, which indicates clear weather. The barometric trend arrow remains the same as before starting the hike.*




## 4 CARE AND MAINTENANCE

Handle the unit with care – do not knock or drop it.

Under normal circumstances the unit will not require servicing. After use, rinse it with fresh water, mild soap and carefully clean the housing with a moist soft cloth or chamois.


If you need to adjust the metal bracelet length or replace the strap/bracelet, contact your nearest watch store to get the needed adjustments correctly done for you.

 **NOTE:** *Do not use detergents or solvents of any kind as they might cause damage to the unit.*

Do not try to repair the unit yourself. Contact an authorized Suunto service, distributor or retailer for any repairs. Use only original Suunto accessories - damage caused by non-original accessories will not be covered by warranty. Suunto Elementum Terra is water resistant to 100 meters/300 feet/10 bars.

**NOTE:** Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/water tightness withstanding shower, bathing, swimming, poolside diving and snorkeling.

### 4.1 Battery replacement

If  is displayed, or if the display is faded or weak, a battery replacement is recommended.



**NOTE:** Do not attempt to replace the battery yourself:

[www.suunto.com/Support/Service-Centers/Service-Center-Locator/](http://www.suunto.com/Support/Service-Centers/Service-Center-Locator/)

# 5 SPECIFICATIONS

## 5.1 Technical specifications

### General

- Operating temperature: -10 °C to +60 °C / -2°F to +140°F
- Storage temperature: -30 °C to +60 °C / -22°F to +140°F
- Water resistance: 100 m / 300 ft
- Scratch-resistant sapphire crystal
- Battery type: CR 2032
- Battery life: approximately 9 months (serial number lower than 00403092) or 1 year (serial number 00403092 onwards) in normal use

### Altimeter

- Display range: -500 m to 9000 m / -1640 ft to 29527 ft
- Resolution: 1 m / 3 ft
- Max. memory log count: 8

### Barometer

- Display range: 950 to 1060 hPa / 28.60 to 31.30 inHg
- Resolution: 1 hPa / 0.03 inHg

### Compass

- Resolution: 1°
- Max. tilt angle 45°

## **5.2 Trademark**

Suunto Elementum Terra, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

## **5.3 Copyright**

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## **5.4 Patent notice**

This product is protected by pending patent application US 12/153,505. Other patents have been applied for.

## 5.5 Disposal of device

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



## 6 WARRANTY

SUUNTO LIMITED WARRANTY FOR WRISTOP COMPUTERS, DIVING COMPUTERS, PRECISION INSTRUMENTS, WATCHES, MARINE COMPASSES AND FIELD COMPASSES

This Limited Warranty is valid as of January 1st, 2008.

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter referred to as Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing the Product or the parts, or b) replacing the Product or the parts, or c) refunding the purchase price of the Product, subject to the terms and conditions of this Limited Warranty. Your mandatory legal rights under your applicable national laws relating to the sale of consumer products are not affected by this Limited Warranty.

This Limited Warranty is only valid and enforceable in the country in which you purchased the Product, provided that Suunto has intended the Product for sale in that country. If, however, you purchased the Product in a member state of the European Union, Iceland, Norway, Switzerland, or Turkey, and Suunto originally intended the Product for sale in one of these countries, this Limited Warranty is valid and enforceable in all of these countries. The warranty service may be limited due to the possible country-specific elements in the Products.

In countries outside the European Union, Iceland, Norway, Switzerland, or Turkey, subject to your agreement to pay a service fee and compensation for the possible shipment costs incurred by Suunto or a Service Center, you can have warranty service other than in the country in which you purchased the Product.



## Warranty Period

The Warranty Period starts at the date of retail purchase by the original end-user purchaser. The Warranty Period varies depending on the Product you have purchased and are the following:

- a. Two (2) years for the wristop computers, diving computers, precision instruments and watches
- b. Ten (10) years for the marine compasses
- c. Limited lifetime warranty for the field compasses

The Warranty Period for the consumable parts and accessories for all products including but not limited to chargeable batteries, chargers, docking stations, straps, cables, and hoses (whether included in the sales package or sold separately) is one (1) year.

To the extent your national laws permit, the Warranty Period will not be extended or renewed or otherwise affected due to subsequent resale, Suunto authorized repair or replacement of the Product. However, part(s) repaired or replaced during the Warranty Period will be warranted for the remainder of the original Warranty Period or for three (3) months from the date of repair or replacement, whichever is longer.

## Exclusions and Limitations

This Limited Warranty does not cover:

1. a) normal wear and tear, b) defects caused by rough handling (defects caused by sharp items, by bending, compressing or dropping, etc.), or c) defects or damage caused by misuse of the Product or contrary to the instructions;
2. user manuals or any third-party software (even if packed or sold with the Suunto hardware), settings, content or data, whether included or

downloaded in the Product, or whether included during installment, assembly, shipping or at any other time in the delivery chain or otherwise and in any way acquired by you;

3. defects or alleged defects caused by the fact that the Product was used with, or connected to, any product, accessory, software and/or service not manufactured or supplied by Suunto, or was used otherwise than for its intended use;
4. replaceable batteries.

This Limited Warranty is not enforceable if:

1. the Product has been opened, modified, or repaired by anyone other than Suunto or Service Center;
2. the Product has been repaired using unauthorized spare parts;
3. the Product's serial number has been removed, erased, defaced, altered, or made illegible in any way - and this shall be determined at the sole discretion of Suunto;
4. the Product has been exposed to influence from chemical products including (but not limited to) mosquito repellents.

Suunto does not warrant that the operation of the Product will be uninterrupted or error free, or that the Product will work in combination with any hardware or software provided by a third party.

### **Access to Suunto warranty service**

Please remember to register your Product at [www.suunto.com/customer-service](http://www.suunto.com/customer-service). Save also the purchase receipt and/or registration card. These documents can be required for the access to Suunto warranty service.

Please access and review the online help resources available at [www.suunto.com](http://www.suunto.com) or referred to in the Product manual before seeking warranty service.

If a claim under this Limited Warranty appears to be necessary, please return your wristop computer either through Suunto Service Request available at [www.suunto.com](http://www.suunto.com) or contact your local authorized Suunto retailer. For all other Products covered by this Limited Warranty, contact your local authorized Suunto retailer – for contact information please visit the Suunto website [www.suunto.com](http://www.suunto.com) or call the Suunto Help Desk +358 2 284 1160 (national or premium rates may apply) for further details and instructions how to bring your Product for Warranty Service. Please, use prepaid freight, when shipping your Product to your local authorized Suunto retailer.

### **Other important notices**

Please remember to take backup copies of all important content and data stored in your Product because content and data may be lost during repair or replacement of the Product. Suunto or a Service Center is not responsible for any damage or loss of any kind whatsoever resulting from loss of, damage to, or corruption of content or data during repair or replacement of the Product. When the Product or a part is replaced, any replaced item becomes the property of Suunto. If a refund is given, the Product for which the refund is given must be returned to a Service Center as it becomes the property of Suunto and/or Service Center.

### **Limitation of Liability**

To the maximum extent permitted by applicable mandatory laws, this limited warranty is your sole and exclusive remedy and is in lieu of all other warranties,

expressed or implied. Suunto shall not be liable for special, incidental, punitive, or consequential damages, including but not limited to loss of anticipated benefits or profits, loss of savings or revenue, loss of data, punitive damages, loss of use of the Product or any associated equipment, cost of capital, cost of any substitute equipment or facilities, downtime, the claims of any third parties, including customers, and damage to property, resulting from the purchase or use of the Product or arising from breach of the warranty, breach of contract, negligence, strict tort, or any other legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering service under the limited warranty, or loss of use during the time the Product is being repaired.



# SUUNTO CUSTOMER SUPPORT

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