

VESTAL 

# THE GUIDE

instruction manual



## THE GUIDE

### ALTITUDE - BAROMETER - COMPASS

The Guide is a premium, multi-sensor digital movement surrounded by a 48mm 316L surgical-grade stainless steel case with an ultra, scratch-resistant K1 crystal. The movement features an instant Altitude read out along with an elevation-gain graph. The Barometer is ready to alert you if your summit attempt is a poor decision with the storm warning indicator. The digital compass, when paired with the bi-directional rotating bezel, will hold your bearing for quick reference. The custom strap is 22mm wide polyurethane featuring the patent-pending, modified OKTOLOCK system and a 316L surgical-grade, stainless steel buckle. All case, strap and buckle connection points utilize screw-down, stainless steel parts for added durability. Finally the 10 ATM water resistance means the Guide can withstand the elemental forces that can occur during river crossings or high-alpine thunderstorms.

## SPECIFICATIONS

**CASE:** 48MM WIDE 316L STAINLESS STEEL CASE

**BAND:** 22MM WIDE PU WITH THROUGH BOLTS

**BUCKLE:** THROUGH BOLT 316L STAINLESS STEEL

**CRYSTAL:** K1 MINERAL CRYSTAL

**MOVEMENT:** DIGITAL ALTITUDE BAROMETER COMPASS

**WATER RESISTANCE:** 10 ATM / 100 METERS

**WRIST:** MEDIUM

**OTHER:** ALTIMETER

BAROMETER WITH WEATHER FORECAST

DIGITAL COMPASS / BEARING READ OUT

ROTATING TOP RING FOR BEARING

DIGITAL THERMOMETER

TIME, ALARM, AND DATE FUNCTIONS

28 CITY / WORLD TIME AND DST

24 HOUR STOPWATCH

PROGRAMMABLE 100 HOUR COUNTDOWN

ADJUSTABLE LCD CONTRAST

EL BACKLIGHT

MODIFIED OKTOLOCK SYSTEM

USER ACCESSIBLE BATTERY HATCH

10 ATM / 100 METERS

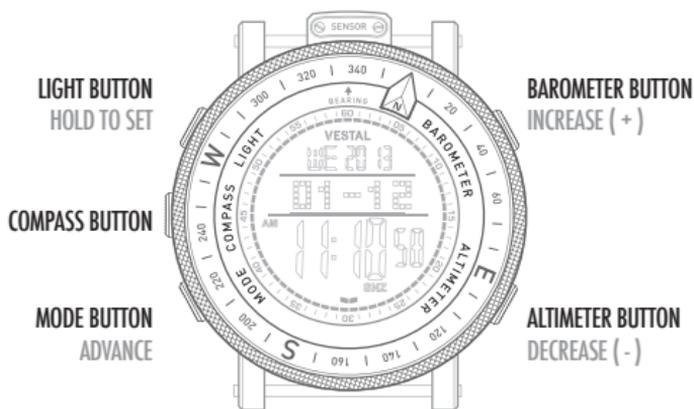
CUSTOM PACKAGING

CUSTOM TITANIUM SURVIVAL WHISTLE

## TABLE OF CONTENTS

6.....	<b>Diagram of buttons and functions</b>
7.....	<b>Time Setting</b>
9.....	<b>Alarm Setting</b>
11.....	<b>Stopwatch</b>
12.....	<b>Countdown Timer</b>
13.....	<b>Worldtime</b>
14.....	<b>Barometer</b>
17.....	<b>Altimeter</b>
20.....	<b>Compass</b>
22.....	<b>Notes</b>
28.....	<b>Warranty Information</b>

## DIAGRAM OF BUTTONS AND FUNCTIONS



**Light button:** In all modes and functions press and hold the light button to set the mode.

**Compass button:** Accesses the COMPASS from TIME mode.

**Mode button:** Changes modes from TIME mode.

**Barometer Button:** Accesses the BAROMETER from TIME mode, hold to change units in BAROMETER mode and increase value during setting.

**Altimeter Button:** Accesses the ALTIMETER from TIME mode, hold to change units in ALTIMETER mode and decrease value during setting.

## TIME SETTING

1- In TIME mode, press and hold Light button for 5 seconds to enter TIME setting mode. Press the light button at any time during the setting process to exit.

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2- Select your nearest city by using the Barometer and Altimeter buttons to cycle through the list of cities, this will affect the World Time function. Press Mode button to advance to the next setting.

3- Day Light Savings (DST): Use the Barometer and Altimeter buttons to select whether DST is on or off. Press Mode to advance to next setting.

4- Seconds: Set the seconds to Zero with either the Barometer or Altimeter buttons. Press Mode to advance.

5- Hours: Use the Barometer to add hours and Altimeter to subtract hours. Press Mode to advance.

6- Minutes: Use the Barometer to add hours and Altimeter to subtract hours. Press Mode to advance.

7- Year: Use the Barometer to add and Altimeter to subtract. Press Mode to advance.

8- Month: Use the Barometer to add and Altimeter to subtract.

## **TIME SETTING** *continued*

9- Day: Use the Barometer to add and Altimeter to subtract. Press Mode to advance.

10- 12H or 24H clock: Use the Barometer and Altimeter buttons to select 12H clock or 24H clock. Press Mode to advance.

11- LIGHT (LCD contrast): use the Barometer button to decrease the contrast and use the Altimeter button to increase the contrast.

12-Press the Light button to exit or press Mode to restart at step 2.

\* If no buttons are pressed after 60 seconds, the Guide will automatically exit the setting mode.

## ALARM SETTING

When viewing TIME mode, press Mode button once to enter the ALARM mode.

Once in ALARM mode SIG will be displayed. You can select whether or not you would like the hourly chime to be on or off. Press the Barometer button to activate/deactivate the function. “Chime” will appear if the function is active

Press Altimeter to cycle through 5 alarms. The first alarm “ALA” is a daily alarm. The next four alarms (A2A, A3A, A4A, A5A) can be set for specific dates.

\*The first alarm titled “Alarm” will repeat daily if activated.

Press and hold the Light button for 2 seconds to enter the setting mode.

- Hours: Select using the Barometer/Altimeter buttons to increase or decrease the hours. \*if in 12H mode, AM/PM will be displayed to the left of the hours.
- Press Mode to advance.
- Minutes: Select using the Barometer/Altimeter buttons to increase or decrease the minutes.
- Press Light button to exit.
- To activate the alarm, press the Barometer button once to activate (bell icon will appear), press it twice to activate the SNZ feature (bell and SNZ icon will appear), or press it three times to turn it off.

## ALARM SETTING

The next four alarms (A2A, A3A, A4A, A5A) can be set for specific dates if activated. Press and hold the Light button for 2 seconds to enter the setting mode.

- Month: Select using the Barometer/Altimeter buttons to increase or decrease the month.
- Press Mode to advance.
- Day: select using the Barometer/Altimeter buttons to increase or decrease the days.
- Hours: Select using the Barometer/Altimeter buttons to increase or decrease the hours. \*if in 12H mode, AM/PM will be displayed to the left of the hours.
- Press Mode to advance
- Minutes: Select using the Barometer/Altitude buttons to increase or decrease the minutes.
- Press Light to exit.
- To activate the alarm, press the Barometer button once to activate (bell icon will appear), press it twice to deactivate. On alarms A2A, A3A, A4A, A5A the SNZ feature is not available.
- Use the Altimeter button to advance to the next alarm A2A-A3A - A4A - A5A

\*Note: If you want an alarm to ring daily during a specific month: set the month and leave the day blank “---“

\*Note: If you want an alarm to ring on a specific day of the month every month: leave the month blank “---“ but set the day.

## STOPWATCH

STOPWATCH can time up to 23 hours, 59 minutes, 59 seconds. It can record up to 99 laps.

To use:

- Enter the STOPWATCH mode by pressing the Mode button 2 times
- Use the Barometer button to start and stop the timer.
- To record laps, press the Altimeter button while the timer is running
- To access the lap data, stop the timer, press and hold the Light button for 2 seconds. To view the lap data, use the Barometer and Altimeter buttons to cycle through your recorded laps, up to 99.
- Press and hold the Light button for 2 seconds to exit the lap view mode.
- Press the Altimeter button to reset the stopwatch.

## COUNTDOWN TIMER

The TIMER can count down from 99 hours, 59 minutes, 59 seconds.

Alarm will sound for 30 seconds at the end of the countdown. 2 modes available, countdown/repeat & countdown/countup

- Enter the TIMER mode by pressing the Mode button 3 times.
- Set the time you would like to count down from by pressing and holding the Light button.
- Hours: Use the Barometer and Altimeter buttons to select the number of hours.
- Press Mode to advance.
- Minutes: Use the Barometer and Altimeter buttons to select the number of minutes.
- Press Mode to advance.
- Seconds: Use the Barometer and Altimeter buttons to select the number of seconds.
- Press Mode to advance.
- Select the TIMER mode you would like (countdown/repeat or countdown/countup) using the Barometer or Altimeter buttons.
- Press the Light button to exit.
- To start/stop the countdown, use the Barometer button.
- To reset the countdown, press the Altimeter button.

## WORLDTIME

Select from 28 cities around the Globe.

- Enter the WORLDTIME mode by pressing the Mode button 4 times.
- Select from 28 cities with the Barometer and Altimeter buttons.
- Turn DST on or off per city by holding the light button for 5 seconds when you are viewing the desired city.

City code	City	GMT Differential	Other major cities in same time zone
LOH	London	+00.0	Dublin,Lisbon Casablanca,Dakar,Abidjan
PAR	Paris	+01.0	Milan Rome,Madrid,Amsterdam,Algiers,Hamburg, Frankfurt,Vietna,Stockholm,Berlin.
CAI	Cairo	+02.0	Athens Helsinki,Istanbul,Beirut Damascus Cape town
JRS	Jerusalem		
JED	Jeddah	+03.0	Kuwait,Riyad,Aden Addis Ababa Nairobi Moscow Shiraz
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai Kolkata
DAC	Dhaka	+06.0	Columbo
BGN	Yangon	+06.5	Yangon
BKK	Bangkok	+07.0	Jakarta,Phnom Penh,Hanoi Vientiane
HKG	Hong Kong	+08.0	Singapore Kuala Lumpur Beijing Taipei Manila Perth Ulaanbaatar
TYO	Tokyo	+09.0	Seoul Pyongyang (SEL)
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne Guam Rabaul
NOU	Noumea	+11.0	Pt Vila
WLG	Wellington	+12.0	Christchurch Nadi Nauru Is
PPG	Pago Pago	-11.0	Pago Pago
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angeles	-08.0	San Francisco,Las Vegas,Vancouver,Seattle/Tacoma,Dawson City
DEN	Denver	-07.0	El Paso,Edmonton
CHI	Chicago	-06.0	Houston,Dallas Ft.worth,New Orleans,Mexico City,Winnipeg
NYC	New York	-05.0	Montreal,Detroit,Miami,Boston,Punam PPa City,Havana,Lima,Bogota
CCS	Caracas	-04.0	La Paz,Santiago,Pt Of Spain
RIO	Rio De Janeiro	-03.0	里約熱內盧/Sao Paulo, Buenos Aires,Brasilia,Montevideo

## **BAROMETER**

To enter BAROMETER mode (air pressure measurement), press the Barometer button when in TIME mode. Once in BAROMETER mode, you will see the Weather Forecast icon, the Temperature, and the Air Pressure.

**\*NOTE:** The Guide is shipped with a Factory default mode and needs to be adjusted in order to display your air pressure accurately. For an accurate Altimeter reading, the Air pressure must be accurate as well.

To adjust the display of the BAROMETER units:

- To alternate between °C - hpa/mb> °C – Inhg> °F - hpa/mb> °F – Inhg, press and hold the Barometer button until you reach your preferred combination of Temperature and Air Pressure units.

To Calibrate the BAROMETER:

There are 3 different modes to calibrate the barometer; TEMP (Temperature Adjust), FDEF (Factory Default Mode) and AIRP (Air Pressure Input).

**\*Note:** Set the FDEF mode to NO (off) before you proceed with other adjustments.

### **TEMPERATURE ADJUST:**

- Press and hold the Light button
- TEMP: This mode will allow you to adjust the temperature.
- Press the Barometer or Altimeter buttons to begin adjusting the temperature.

## **BAROMETER** *continued*

- Press Mode to jump to the degrees display.
- Use the Barometer and Altimeter buttons to increase and decrease the selected number.
- Press Mode to advance.
- Repeat until you have your Temperature inputted.
- Press the light button to exit.

## **FACTORY DEFAULT ADJUST:**

- Press and hold the Light button
- Press Mode button 1 time.
- FDEF: this is the factory default setting
- Press Barometer or Altimeter buttons to adjust
- Select either YES or NO
- NOTE: Vestal suggests selecting NO to turn this setting off.
- Press the Light button to exit.

## **AIR PRESSURE INPUT:**

- Look up your local weather to find out the current Air Pressure in your location.
- Press and hold the Light button.
- Press Mode button 2 times.
- AIRP: This is the Air Pressure input mode.
- Press Barometer or Altimeter button to start inputting your location's air pressure.
- Use the Barometer or Altimeter buttons to increase or decrease the selected number.
- Press Mode to advance.

## **BAROMETER** *continued*

- Repeat until you have your Air Pressure inputted.
- Press the Light button to exit.
  
- Press MODE button to return to TIME mode.

## **ALTIMETER**

To enter ALTIMETER mode (height measurement) press the Altimeter button when in TIME mode. Once in ALTIMETER mode, you will see the Altitude and the Temperature.

\*NOTE: the Watch is shipped set with a Factory default mode and needs to be adjusted in order to display your Altitude accurately. For an accurate Altitude reading the Air pressure must be accurate as well.

To adjust the display of the ALTIMETER units:

- To alternate between °C - Meters > °C – Feet > °F – Meters > °F – Feet, press and hold the Altimeter button until you reach your preferred combination of Temperature and Altitude units.

To calibrate the ALTIMETER:

There are 5 different modes to calibrate the ALTIMETER: TEMP (Temperature Adjust), ZERO (Relative Height), ALTI (Location Height), SEAP (Sea Level Air Pressure), and FDEF (Factory Default Height). You may have to use the ALTI and SEAP together to obtain the correct measurement.

\*Note: set the FDEF mode to NO (off) before you proceed with other adjustments.

### **TEMPERATURE ADJUST:**

- Press and hold the Light button.
- TEMP: This mode will allow you to adjust the temperature.
- Press the Barometer or Altimeter buttons to begin adjusting the temperature.

## **ALTIMETER** *continued*

- Press Mode button to jump to the degrees display.
- Use the Barometer and Altimeter buttons to increase and decrease the selected number.
- Press Mode to advance.
- Repeat until the correct temperature is displayed.
- Press the Light button to exit.
- NOTE: Vestal suggests not adjusting this at first.

### **RELATIVE HEIGHT:**

- Press and hold the Light button.
- Press Mode button 1 time.
- ZERO: Relative height (sets your Altitude to zero. Allows you to see the height you have gained or loss from a certain location).
- Press Barometer or Altimeter buttons to adjust.
- Select either YES or NO.
- Press the Light button to exit.

### **ALTITUDE INPUT:**

- Press and hold the Light button.
- Press Mode button 2 times.
- ALTI: This mode will allow you to adjust your current Altitude.
- Press the Barometer or Altimeter buttons to begin adjusting the temperature.
- Press Mode to jump to the Altitude input.

## **ALTIMETER** continued

- Use the Barometer and Altimeter buttons to increase and decrease the selected number.
- Press Mode to advance.
- Repeat until the correct Altitude is displayed.
- Press the Light button to exit.

## **AIR PRESSURE INPUT:**

- Look up your local weather to find out the current Air Pressure in your location.
- Press and hold the Light button.
- Press Mode button 3 times.
- AIRP: This is the Air pressure Input Mode.
- Press Barometer or Altimeter button to start inputting your location's air pressure.
- Use the Barometer or Altimeter buttons to increase or decrease the selected number.
- Press Mode to advance.
- Repeat until you have your Air Pressure Inputted.
- Press the Light button to exit.

## **FACTORY DEFAULT ADJUST:**

- Press and hold the Light button.
- Press mode button 4 times.
- FDEF: This is the factory default setting.
- Press Barometer or Altimeter buttons to adjust.
- Select either YES or NO.
- Press the Light button to exit.
- NOTE: Vestal suggests selecting NO to turn this setting off.

## COMPASS

To enter COMPASS mode (direction measurement), press the Compass button when in TIME mode. Once in COMPASS mode, you will see the direction, time, and the direction in degrees. This compass points to magnetic north and may need to be adjusted for declination to point to true north.

If the compass is incorrect you must go outside, away from power lines or other magnetic objects, and calibrate it. There are two different modes for calibration; DEC (digital correction mode), and IDLE (auto correction mode)

- Press and hold the Light button.
- DEC: Digital Correction allows you to adjust the compass for declination.
- Use the Barometer or Altimeter buttons to choose East or West
- Press Mode to advance.
- Use the Barometer or Altimeter buttons to increase or decrease the degrees of adjustment. (45° is the max for digital adjustment)
- Press the Light button to exit.
- Example: If you find the direction which is measured is not correct, please use another compass to measure out the northern direction first. Then use “12 hour” of the watch to align the northern direction, press D key to measure compass, if the arrow point direction is 5° of west (“W”), you should input “E” (east), then input 5° in eastern direction according to above operation method. To measure compass after, press A key to confirm while the arrow will point at northern direction, which

## COMPASS

means correction is complete. If you do not find any other compass to measure out northern direction, please use “IDLE” auto. Correction mode as following, but please notice the value must be set as “00” when you select “W” or “E” in the “DEC” digital correction mode.

- Press and hold the Light button
- IDLE: Auto Correction Mode
- Press the Barometer or Altimeter button to enter the Auto Correction Mode.
- Hold the Guide watch level and rotate 2 times in the same direction (clockwise or counter clockwise)
  
- The Guide will automatically exit back to the COMPASS mode. Or you can press the MODE button to return to TIME.

## NOTES

After entering the compass measurement mode, the measurement will stop after 30 seconds. In the last 30 seconds, it will lock up and exit this mode, and then return back to time mode.

After entering air pressure, temperature and weather forecasting measurement mode, it will measure once every second. And it will return back to time mode if without keystroke operation for 1 minute.

Entering height and temperature measurement mode, it will measure data once every 5 seconds within first 3 minutes, and measure once every 2 minutes after the first 3 minutes. It will not exit this mode.

In correction mode, press B key to exit. If displaying “ERROR”, which means correction error. If displaying “DONE”, which means that the correction is correct.

In setting mode, the set item will blink every 1HZ. It will exit the setting mode if no keystroke operation within 1 minute.

When above the measurement range, HI will display. When under the measurement range, Lo will display.

Weather forecast measurement method: estimate the weather every hour (estimate the weather according to the air pressure diversification within the former 4 hours). If air pressure value

goes up gradually, it indicates that the weather will turn better. If the air pressure value goes down gradually, it indicates that the weather will turn bad. There are 4 kinds of weather status (from good to bad): Fine, Cloudy, Overcast Sky, Rain.

#### Notice for Digital compass

This watch has a magnetic direction sensor, which can detect geomagnetism. That means that the north indicated by this watch is the magnetic north pole, it is a little different from the real North Pole. The magnetic north pole is located in the north of Canada, and the magnetic South Pole is located in the south of Australia. Please note that, when measure using magnetic compass, the more close to the magnetic pole of the earth, the bigger difference between the magnetic north pole and real North Pole. In addition, some maps marked with real North Pole (not the magnetic north pole). Thus when using those kind of maps with this watch, proper adjustment is needed.

#### Location measurement

When measure direction near a strong magnetic field, a huge error will be created. Thus the following objects shall be avoided when measuring direction: eternal magnet (magnetic necklace), metal block (iron door, metal store ark, etc.), high voltage electrical wire, antenna, home electrical appliance (TV set, personal computer, washing machine, refrigerator, etc.). When in the train, ship or plane, etc. the direction can not be measured correctly. When in doors, especially in a building made up of many metals, the direction cannot be measured correctly. This is because the metal structure within the building

will absorb the magnetic force from the electrical appliance.

#### Preservation

If this watch is magnetized, the definition of the direction sensor will be reduced. Thus please don't put this watch in a place near a magnet or any object which gives off strong magnetic force. These objects include: eternal magnet (magnetic necklace, etc.) and home electrical appliance (TV set, computer, washing machine, refrigerator, etc.). If you doubt that your watch may have been magnetized, please conduct digital correction and manual correction in the "Direction sensor correction".

The reason why the direction measured is incorrect:

If the direction is incorrect, please conduct direction correction. If measure direction near strong magnetic field, such as home electrical appliance, large iron bridge, steel pillar, overhead cable, etc. or measured the direction in a train or ship, it will result in error. Please move away from the large metal object and measure the direction once again. Please note that the digital compass can not be used in train or ship.

Why different results will be produced when measure direction in a same place? The magnetic force from high voltage cable nearby can give interference to the geomagnetic detection of this watch. Please move away from high voltage cable and do detection once again.

Why problem occurs when measure direction indoor?  
TV set, personal computer, speaker or other objects will interfere in the geomagnetic detection by this watch. Please keep away from interferential objects or do detection outdoor. It will be difficult to perform the direction detection inside a building made of reinforced concrete. Please note that the direction detection cannot be conducted in train or plane.

The work principle of hypsometer:  
With the height increasing, usually air pressure and temperature will reduce. This watch measures the height according to the international standard air pressure (ISA) made by International Civil Aviation Organization (ICAO). This value defines the relation between height, air pressure and temperature.

Note that the veracity of the value measured will be affected in the following situations:

- When air pressure changed with the weather change;
- When temperature changed extremely;
- When this watch is bumped strongly.

There are four kinds of methods to denote height:

1. relative height
2. location height
3. height above sea level
4. Factory default height.

Notes when measure height and temperature at the same time:  
Though the height and air temperature can be measured at

the same time, please note that the condition needed in each measurement is different to get the best result. When measure air temperature, you'd better take your watch from your wrist to minimize the affection to the measurement result by your body heat. However, when measure height, you'd better wear your watch on your wrist. This can improve the accuracy of the measurement by keeping constant watch temperature.

The following actions need to be take first before measuring height or temperature:

When height measurement is priority, please wear your watch on your wrist or put it in a place where your watch temperature can be kept constant. When air temperature measurement is priority, please take your watch off from your wrist and hang it on your handbag or any place not exposed to direct sunshine. Please note that when take your watch from your wrist, the measurement value of air pressure sensor will be affected temporarily. The air pressure sensor in this watch can be used to measure the change of air pressure for your reference to forecast weather. This sensor is not a precise device for official weather forecast. The sudden change of air temperature can affect the measurement result of the sensor. Air temperature measurement can be affected by body temperature (when you wear your watch), direct sunlight and humidity. To get a more exact air temperature measurement, please take your watch from your wrist, put it in a place that is not exposed to direct sunlight or drafty conditions, and wipe the watch case dry. It will take 20 to 30 minutes for the watch case to reach actual environmental temperature.

The work principle of barometer:

The air pressure reflects the change of atmosphere. Through observing the atmosphere change, you can forecast the weather in a rational veracity range. Atmosphere pressure going up indicates fine weather, but atmosphere pressure going down indicates the weather is turning into bad.

The atmosphere pressure value published in newspaper or reported in television weather forecast programmer is the measurement value after being modified to the value at sea level (elevation is 0 m).

Importance:

In order to restart to correct digital compass automatically, the watch must be turned two circles ( put the watch horizontal, turn clockwise or counter clockwise) when using the compass function the first time after you replace the battery. The value of air pressure, height, temperature will be set factory default value automatically. Please do not correct the related value at will when there is no high-precision air pressure, temperature or compass as the correction reference point. Please confirm to use (PDEF) factory default value according to operating manual if operating wrong cause the value of air pressure or height is wrong when in use.

## WARRANTY INFORMATION

Your VESTAL watch limited warranty covers defects in materials and workmanship for a period of three years from the date of purchase. Battery life and damage resulting from improper use, accidents, and normal wear and tear is not covered. Water damage is not covered unless the watch is marked 10 ATM water-resistant or more. VESTAL's warranty is void if the product is disassembled in any manner by any party other than a certified jeweler or watch repairman. If the watch is defective, please email [warranty@vestalwatch.com](mailto:warranty@vestalwatch.com) with a picture of your item(s) for a Return Authorization (RA) number. Watches sent back to us without a Return Authorization (RA) number will not receive service and will be returned to shipper. See below for return address.

## RETURN ADDRESS

Vestal Watch

Attn: RA # \_\_\_\_\_

730 W. 17th Street

Costa Mesa, CA 92627



**VESTAL** 

vestalwatch.com | @vestalwatch