Apple Watch Ultra 3 - Tech Specs

Year introduced: 2025

Material and Finish

Titanium case, Grade 5

Natural

Black

Size and Weight

Height: 49mm

Width: 44mm

Depth: 12mm

422x514 pixels

1,245 sq mm display area

Weight (natural): 61.6 grams

Weight (black): 61.8 grams

Fits 130–210mm wrists

Hardware and Buttons

Microphone

Speaker

Customisable Action button

Siren/Speaker

Antennas (GPS, cellular, satellite)

Side button

Digital Crown

Depth gauge/water temperature sensor/altimeter

Controls

Customisable Action button

Digital Crown with haptic feedback

Side button

Double tap and wrist flick gestures

Siri with on-device processing

Chip

S10 chip with 64-bit dual-core processor

4-core Neural Engine

64GB capacity

Sensors

Electrical heart sensor

Third-generation optical heart sensor

Blood oxygen sensor[1]

Temperature sensor[2]

Depth gauge

Water temperature sensor

Compass

Always-on altimeter

High-g accelerometer

High dynamic range gyroscope

Ambient light sensor

Health and Wellness

Blood Oxygen app[1]

ECG app[3]

Cycle Tracking app with retrospective ovulation estimates[4]

Heart Rate app

High and low heart rate notifications

Irregular rhythm notifications[5]

Medications app

Mindfulness app with state of mind tracking

Noise app

Sleep app including sleep stages

Sleep score

Sleep apnoea notifications[6]

Hypertension notifications[7]

Display

Always-On Retina display with wide-angle OLEDs and LTPO3

1Hz refresh

Active area (422x514 pixels, 326 pixels per inch)

Flat sapphire crystal display

Up to 3,000 nits peak brightness

1 nit minimum brightness

Night Mode for Apple Watch Ultra faces (Modular Ultra, Wayfinder, Orienteering)

Audio

Three-microphone array with beamforming and wind noise mitigation

Dual speakers

Media playback

Siren

Power and Battery Life

Multi-day battery life, up to 42 hours of normal use[8]

Up to 72 hours in Low Power Mode[8]

Built-in rechargeable lithium-ion battery

Fast-charge capable[9]

Up to 80% charge in about 45 minutes[9]

15 minutes for up to 12 hours of normal use[10]

5 minutes for up to 8 hours of sleep tracking[10]

Learn more about Power and Battery Life

Operating System

watchOS

watchOS is the world's most advanced wearable operating system, with apps and features designed to keep you active, healthy, safe and connected.

Workouts and Activity

Running

Custom workouts

Customisable Workout Views

Training Load / Workout Effort Tracking

Heart Rate Zones (customisable)

Post-workout heart rate

VO_2 max

Race Route

Pacer

Precision Start using Action button

Stride Length, Ground Contact Time, Cadence, Power and Vertical Oscillation

Automatic track detection

Multisport workout

Hiking

Compass with bearing, incline, elevation and coordinates

Custom waypoints

Automatically generated waypoints to cellular connectivity

Backtrack GPS data

Offline maps with custom route creation

Elevation alerts

Topographic maps for thousands of national and regional parks (US only)

Hundreds of curated hikes across all 63 US national parks

Siren

Cycling

Custom workouts

Customisable Workout Views

Training Load / Workout Effort Tracking

Average speed, elevation gained and distance

Bluetooth-compatible with power meters

Functional Threshold Power (with power meter connection)

Live Activity on iPhone

Heart Rate Zones (customisable)

Cadence (rpm), speed (mph), power (watts), power zones (with power meter connection)

Post-workout heart rate

Swimming

Custom workouts (pool swim) with haptics to cue the next interval

Customisable Workout Views (pool swim, open water swim)

Splits and auto sets

SWOLF score

Automatic stroke and count detection (including kickboard)

Water temperature

Average pace, total distance, heart rate and lengths

Diving

Recreational dive to 40m

Dive computer app (available on the App Store)[11]

Automatic launch at 1m

Current and maximum depth duration

GPS entry and exit points

Depth gauge

Water temperature sensor

More Workouts

Skiing
Snowboarding
Outdoor Rowing
Paddling
Golf
Walk
Elliptical

Rowing Machine
Stair Stepper
HIIT
Yoga
Functional Strength Training
Dance
Cooldown
Core Training
Pilates
Tai Chi
Wheelchair
Kickboxing
Multisport
and more

Safety

Satellite connectivity (Emergency SOS, Find My)[12]

Emergency SOS[13]

International emergency calling[14]

Siren

Torch

Crash Detection[13]

Fall Detection

Last Emergency Call Availability Waypoint

Noise monitoring

Backtrack

Durability

Water resistance 100m (swim, snorkel, scuba, high-speed water sports) under ISO standard 22810:2010[15]

Dust resistance IP6X under IEC 60529[16]

EN13319 recreational scuba diving to 40m (±1m accuracy)

Tested to MIL-STD 810H against subsections for altitude, high temperature, low temperature, temperature shock, immersion, freeze with thaw, ice and freezing rain, and shock and vibration

Connectivity

L1 and L5 precision dual-frequency GPS (GPS, GLONASS, Galileo, QZSS and BeiDou)

5G[17] and LTE[18]

Wi-Fi 4 (802.11n)

Support for 2.4GHz and 5GHz Wi-Fi networks

Bluetooth 5.3

Second-generation Ultra Wideband chip[19]

NFC: Apple Pay,[20] GymKit

Support for Apple Watch For Your Kids[21]

Accessibility

Built-in accessibility features supporting vision, mobility, hearing and cognitive disabilities.

Learn more about Accessibility

Features include:

VoiceOver

Zoom
On/Off Labels
Reduce Transparency
Increase Contrast
Colour Filters
Text Size
Bold Text
Reduce Motion
Hourly Chimes
AssistiveTouch
Button Click Speed
Touch Accommodations
Auto-Answer Calls
Type to Siri
RTT Support
Audio Volume Balance
Audio Transcription
Live Speech
Accessibility Shortcut
Mono Audio
Taptic Time
Personal Voice
Live Listen

Environmental Requirements

On-wrist operating temperature: –20° to 55° C (–4° to 130° F)

Operating temperature: 0° to 35° C (32° to 95° F)

Non-operating storage temperature: –20° to 45° C (–4° to 113° F)

Dive operating temperature: 0° to 40° C (32° to 104° F)

Relative humidity: 5% to 90% non-condensing

Operating altitude: –500 to 9,000 metres (–1,600 to 29,500 feet)

Apple Watch and the Environment

Apple Watch Ultra 3 is designed to reduce environmental impact:[22]

See the Apple Watch Ultra 3 Product Environmental Report (PDF)

Progress towards Apple 2030

Apple 2030 is our commitment to be carbon neutral for our entire carbon footprint. Our plan to decarbonise products is rigorous and focuses on transitioning to low-carbon electricity, designing with recycled and low-carbon materials, and prioritising lower-carbon ways of shipping products, like sea freight.

See Apple's commitment

Materials

Apple Watch Ultra 3 is made with 40% recycled content,[23] including:

100% recycled titanium in the case

100% recycled cobalt and 95% recycled lithium in the battery

100% recycled rare earth elements in all magnets

100% recycled gold plating and tin solder in all Apple-designed printed circuit boards

100% recycled tungsten in the Taptic Engine

80% recycled steel in the speaker and Taptic Engine

Energy

100% of manufacturing electricity for Apple Watch Ultra 3 is sourced from renewable energy[24]

100% of expected customer energy use matched with low-carbon electricity

Meets California Energy Commission's energy efficiency standards for battery charger systems[25]

Packaging

100% fibre-based packaging[26]

Waste

No established final assembly sites generate waste sent to landfill as part of Apple's Zero Waste Programme[27]

Smarter chemistry[28]

All of the materials used in Apple products, accessories and packaging are covered by the requirements of our [Regulated Substances Specification](#), which was one of the first in industry to restrict the use of key substances of concern. See the latest [Environmental Progress Report](#) to understand Apple's recent efforts in phasing out these chemistries.

Compatibility

iPhone 11 or later, including iPhone SE (2nd generation or later), with iOS 26 or later

In the Box

Apple Watch Ultra 3

Strap

Apple Watch Magnetic Fast Charger to USB-C Cable (1m)

1. The Blood Oxygen app is for wellness purposes only and not for medical use.

2. The temperature sensing feature is not intended for medical use. Temperature sensing is available only on Apple Watch Series 8 and later, Apple Watch SE 3 and all Apple Watch Ultra models.

3. The ECG app is available on Apple Watch Series 4 and later (excluding Apple Watch SE models) and can generate an ECG similar to a single-lead electrocardiogram. Intended for use by people 22 years old and over.

4. The Cycle Tracking app should not be used for birth control or to diagnose a health condition.

5. Irregular rhythm notification requires the latest version of watchOS and iOS. It is not intended for use by people under 22 years old or those who have been previously diagnosed with atrial fibrillation (AF).

6. Sleep apnoea notifications are available on Apple Watch Series 9 and later, Ultra 2 and later, and SE 3. The feature is intended to detect signs of moderate to severe sleep apnoea for people 18 years old or older without a diagnosis of sleep apnoea.

7. As of 9 September 2025, hypertension notifications are pending regulatory review and expected to be cleared this month, with availability on Apple Watch Series 9 and later and Apple Watch Ultra 2 and later. The feature is not intended for use by people under 22 years old, those who have been previously diagnosed with hypertension, or pregnant persons.

8. Multi-day battery life including sleep tracking is based on the following use: 600 time checks, 180 notifications, 30 minutes of app use, a 60-minute workout with music playback from Apple Watch via Bluetooth, and 6 hours of sleep tracking over the course of 42 hours; Apple Watch Ultra 3 usage includes a total of 8 hours of cellular connection and 34 hours of connection to iPhone via Bluetooth over the course of 42 hours. Battery life in Low Power Mode including sleep tracking is based on the following use: 900 time checks, 270 notifications, 45 minutes of app use, two 60-minute workouts with music playback from Apple Watch via Bluetooth and 18 hours of sleep tracking over the course of 72 hours; Apple Watch Ultra 3 usage includes on-demand cellular connection and 60 hours of connection to iPhone via Bluetooth over the course of 72 hours. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch Ultra 3 paired with an iPhone; all devices tested with pre-release software. Battery life varies by use, configuration, mobile network, signal strength and many other factors; actual results will vary.

9. Charge times are from 0–80% and 0–100% using the included Apple Watch Magnetic Fast Charger to USB-C Cable. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch Ultra 3 paired with an iPhone; all devices tested with pre-release software, Apple Watch Magnetic Fast Charger to USB-C Cable (Model A2515), and Apple 20W USB-C Power Adapter (Model A2305). Charge time varies with adapter, region, settings, initial battery levels, usage and environmental factors; actual results will vary.

10. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch Ultra 3 paired with an iPhone; all devices tested with pre-release software, Apple Watch Magnetic Fast Charger to USB-C Cable (Model A2515) and Apple 20W USB-C Power Adapter (Model A2305). Charge time varies with adapter, region, settings, initial battery levels, usage and environmental factors; actual results will vary.

11. A subscription is required for Oceanic+. Available on the App Store. Apple Watch Series 11 supports snorkelling to 6 metres; Apple Watch Ultra 3 supports recreational scuba diving to 40 metres. Always follow diving protocols and dive with a companion and have a secondary device.

12. Emergency SOS and Find My via satellite are included free for two years with the activation of Apple Watch Ultra 3. Connection and response times vary based on location, site conditions and other factors. Find My via satellite requires a mobile plan. Satellite connectivity provided by Globalstar and its affiliates. See [support.apple.com/en-gb/123924](#) for more information.

13. Emergency SOS requires a satellite connection, cellular connection or Wi-Fi calling with an internet connection from your Apple Watch or nearby iPhone. You can use cellular models of Apple Watch to make an emergency call in many locations, provided that mobile service is available. Some mobile networks may not accept an emergency call from your Apple Watch if your Apple Watch isn't activated, if it isn't compatible with or configured to operate on a particular mobile network, if it isn't set up for mobile service, or if the mobile network does not support emergency calling over IMS. See [support.apple.com/en-gb/108374](#) and [apple.com/uk/watch/cellular](#) for more information.

14. Requires Apple Watch Series 7, Apple Watch SE, Apple Watch Ultra or later. For a list of supported countries and regions, see apple.com/uk/watchos/feature-availability.

15. Apple Watch Ultra 3 has a water resistance rating of 100 metres under ISO standard 22810:2010. It may be used for recreational scuba diving (with compatible third-party app from the App Store) to 40 metres and high-speed water sports. Apple Watch Ultra 3 should not be used for diving below 40 metres. Water resistance is not a permanent condition and can diminish over time. For additional information, see support.apple.com/en-gb/109522.

16. Apple Watch Ultra 3 is rated IP6X dust resistant.

17. Data plan required. 5G is available in selected markets and through selected network providers. Speeds vary based on site conditions and network. For details on 5G support, contact your provider and see apple.com/uk/watch/cellular.

18. Wireless service plan required for cellular service. Contact your service provider for more details. Connection may vary based on network availability. Check apple.com/uk/watch/cellular for participating network providers and eligibility. See support.apple.com/en-gb/HT207578 for additional setup instructions.

19. Ultra Wideband availability varies by region.

20. To use Apple Pay you need a supported card from a participating card issuer. To check if your card is compatible with Apple Pay, contact your card issuer. Apple Pay is not available in all markets. View Apple Pay countries and regions.

21. Not all features will be available if the Apple Watch is set up through Apple Watch For Your Kids. Check support.apple.com/en-gb/109036 for details. Wireless service plan required for cellular service. Check apple.com/uk/watch/cellular for participating network providers and eligibility.

22. Data accurate as of product launch.

23. Product recycled or renewable content is the mass of certified recycled material relative to the overall mass of the device, not including packaging or in-box accessories.

24. Our manufacturing electricity is sourced from clean electricity, including a mix of supplier and Apple clean-energy projects.

25. Apple Watch Ultra 3 meets California Energy Commission's Energy Efficiency Standards for Small Battery Charger Systems as outlined in the California Code of Regulations.

26. Based on retail packaging as shipped by Apple. Breakdown of US retail packaging by weight. Adhesives, inks and coatings are excluded from our calculations of plastic content and packaging weight.

27. All established final assembly supplier sites — those that have been Apple suppliers for more than one year — for Apple Watch Ultra 3 are third-party verified as Zero Waste by UL LLC (UL 2799 Standard). UL requires at least 90% diversion through methods other than waste to energy to achieve Zero Waste to Landfill (Silver 90–94%, Gold 95–99% and Platinum 100%) designations.

28. Apple's Regulated Substances Specification describes Apple's restrictions on the use of certain chemical substances in materials in Apple products, accessories, manufacturing processes and packaging used for shipping products to Apple's end customers. Restrictions are derived from international laws or directives, regulatory agencies, eco-label requirements, environmental standards and Apple policies. Every Apple product is free of PVC and phthalates except for AC power leads in India, Thailand (for two-pin AC power leads) and South Korea, where we continue to seek government approval for our PVC and phthalates replacement. Apple products comply with the European Union Directive 2011/65/EU and its amendments, including exemptions for the use of lead such as high-temperature solder. Apple is working to phase out the use of these exempted substances for new products where technically possible.

Apple Watch Ultra 3, Apple Watch Series 11 and Apple Watch SE 3 require iPhone 11 or later with iOS 26 or later.

Features are subject to change. Some features, applications and services may not be available in all regions or all languages. View complete list.

Helpful?   Yes   No

Support   Apple Watch Ultra 3 - Tech Specs