



GMT and World Time: Watches for Globetrotters and Cosmopolitans

- [Antje Heepmann](#)
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Whether you're a frequent traveler, a businessperson with an international network, or a global player—for many people, a single watch on their wrist is no longer enough.

Of course, a smartphone can display multiple time zones at once. While GMT and world time watches have their limitations in this regard, they stand out for their style, elegance, and easy readability.

Timepieces capable of displaying multiple time zones can be broadly divided into two categories: GMT watches and world time watches. Both types are now available in a wide variety of styles and price ranges. Current examples include models from [Chronoswiss](#), [Cyrus](#), [Frederique Constant](#), [Laurent Ferrier](#), [Nomos Glashütte](#), [Poljot International](#), and [Seiko](#).

While GMT watches display an additional time zone using a second hour hand, world time watches allow for the simultaneous display of multiple time zones using rotating city and 24-hour rings.



GMT watches

The abbreviation GMT stands for Greenwich Mean Time and dates back to the establishment of the Prime Meridian at the International Meridian Conference in 1884. The London borough of Greenwich was defined as the reference point from which all other time zones are determined. Today, GMT is often used interchangeably with Coordinated Universal Time (UTC) in everyday language, even though UTC is the modern standard.

With the advent of international aviation—particularly during the jet age of the 1950s—there arose a need for watches capable of displaying multiple time zones simultaneously. GMT wristwatches were developed to help pilots keep track of different local times.

Typically, GMT watches feature an additional hour hand that can be set independently of the main time. This hand displays a second time zone in 24-hour format, usually in combination with a correspondingly scaled bezel, which is often designed in two colors to better distinguish between

day and night. This generally allows for the simultaneous display of two time zones, and in some models, even three.

World Timer

World time watches—often referred to as world timers—go one step further: they allow for the simultaneous display of multiple time zones around the globe. Traditionally, this is achieved using a city ring, on which major cities are assigned to their respective time zones, as well as a rotating 24-hour scale to distinguish between day and night.

Depending on the design, either the city disc or the 24-hour ring rotates, while the reference time remains fixed. The watch can be operated using the crown or—on more complex models—using additional pushers.

While traditional world time watches are designed around a system of 24 reference time zones, some modern versions also account for regions with half-hour or quarter-hour time differences. High-end models can therefore display significantly more than 24 time zones.

The Elegance of the Times

Whether it's a GMT watch or a world time watch, both designs offer elegant solutions for people who navigate a globally connected world. While GMT watches stand out for their clarity and practicality for everyday use, world time watches impress with their technical sophistication and the ability to display the time around the globe at a glance.

Cyrus: Dominion Lapis Blue GMT

For the first time in the Cyrus collection, the “Dominion Lapis Blue GMT” replaces the traditional Arabic numerals for local time with elongated, rhodium-plated hour markers in a new design. Home time is indicated by a small hand with a luminous, triangular tip that moves along a matte white arc, interrupted by the small seconds at 6 o’clock. cyrus-watches.ch



Case: Titanium, 42 x 16.73 mm **Water resistance:** 10 bar **Movement:** CYR708, automatic winding **Functions:** Hours, minutes, seconds, retrograde second time zone **Dial:** Lapis lazuli **Strap:** Alligator leather **Special feature:** Limited to 28 pieces **MSRP:** CHF 28,000 (plus VAT)