ToolGPA

NOVEMBER 2026

Arq Backup

The Insider's Guide

Encrypted Mac and Windows backup to storage you choose



Every plan, grade, refund rule and rival among file storage and sync services, read from Arq Backup's own pages.

Made by Haystack Software LLC · checked Nov 13, 2026 · toolgpa.com

2.4
GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Arq Backup's own pages, its app-store listings and our grades. Every fact in it is on Arq Backup's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.4

GPA, above 44 of the 91 other file storage and sync services we grade

Arq is backup software for Mac and Windows computers. It copies files to a cloud account you already hold, an SFTP server, a NAS or an external drive, with encryption applied before the data leaves the machine. A separate Arq Premium subscription bundles the app with cloud storage the vendor manages.

To get you started, here are **9 things to know about Arq Backup**, taken from its own pages and our grades.

1 **Best for backing up a Mac or PC to storage you choose**

Arq Backup encrypts your files on your own computer and sends them to cloud or NAS storage you pick, for a one-time $59.99.

2 **What it costs**

Paid plans start at $59.99 per computer, one-time.

3 **You can try it first**

30-day free trial

4 **It runs on 2 platforms**

macOS and Windows.

5 **Your own destinations**

Back up to a cloud account you already have, an SFTP server, a NAS or an external drive, or several of these at once.

6 **Client-side encryption**

The vendor says backups are encrypted so only the owner can read them, and stored in an open, documented format.

7 **Versioned history**

Keeps multiple versions of files so you can restore an earlier copy after corruption, deletion or ransomware.

8 **A 2.4 GPA, above 44 of 91**

That is against the other file storage and sync services we grade, on value, the free plan, features, ease of use and platforms.

9 **Keep it**

To replace Arq Backup you would be making files kept in step across devices without losing one. That is not a weekend's work, with an AI app builder or without one.

Arq Backup at a glance

PRICING Free trial, from $59.99 per computer, one-time	FREE PLAN No
FREE TRIAL 30-day free trial	RUNS ON macOS, Windows
MADE BY Haystack Software LLC, since 2009	CATEGORY File Storage & Sync
OUR GRADE 2.4 GPA, fair	

The report card

Best for backing up a Mac or PC to storage you choose

Arq Backup encrypts your files on your own computer and sends them to cloud or NAS storage you pick, for a one-time $59.99. The price does not cover storage, updates stop after a year unless you pay $25 more, and it runs on Mac and Windows only.

TOOLGPA REPORT CARD

Arq Backup

Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	$59.99 once is under a year of the category's $7 middle subscription ($84). Storage is on top, and updates after the first year are $25 per computer.
Free plan and trial	C	30-day free trial that you download, with no card shown. No free plan after it.
Features	C	Backup does the job fully, with client-side encryption, versioned history, schedules and bandwidth limits, and it is a narrower job than storage. It does not sync or share files.
Ease of use	C	You pick and connect each destination, such as S3, Backblaze B2, SFTP or a NAS. No store rating is on record.
Platforms and integrations	C	Mac and Windows programs only, with no Linux, iOS or Android apps.

Grade point average — Fair, out of 4.0 **2.4**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Arq Backup is for

- ✓ Fits if you already pay for cloud storage and want a one-time backup program
- ✓ Works for backing up to a NAS plus a cloud account at once

Who it is not for

- ✗ Skip it if you want storage included, as Arq 7 is the app only and your provider bills extra
- ✗ Not for you if you use Linux, as the vendor lists Mac and Windows only
- ✗ Pricey if you keep updating, at $25 per computer for each year after the first
- ✗ Watch out: Arq Premium adds 1 TB for $69.99 a year, then $0.00699 per GB a month above that

Good to know

Good for

- ✓ Mac and Windows users who already pay for cloud storage elsewhere
- ✓ People who want a one-time purchase instead of a backup subscription
- ✓ Backing up to several places, such as a NAS plus a cloud account

Worth knowing

- ⓘ No Linux, iOS or Android apps; the vendor lists Mac and Windows only.
- ⓘ Arq 7 does not include storage, so cloud fees from your provider are extra.
- ⓘ Updates are included for one year; after that, further years cost $25 per computer.
- ⓘ Arq Premium storage above 1 TB is billed at $0.00699 per GB per month.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$59.99 one-time

To start

Arq Backup is a paid product with a free trial, starting at $59.99 per computer, one-time.

ARQ 7

$59.99

per computer, one-time

App only; you supply the storage. Includes one year of updates, then $25 per computer per year if you want more.

ARQ PREMIUM

$69.99

per year

Arq 7 on up to 5 computers plus 1 TB of vendor-managed storage and web access to backups.

Trying it first

30-day free trial

Read from arqbackup.com on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

2

Places it runs: macOS and Windows

Encrypted Mac and Windows backup to storage you choose. Here is what it does, as its own site describes it, and what it covers: end-to-end encrypted, one-time purchase, file sync.

> **Mac and Windows programs only, with no Linux, iOS or Android apps.**
>
> From our grade for platforms and integrations

Your own destinations

Back up to a cloud account you already have, an SFTP server, a NAS or an external drive, or several of these at once.

Client-side encryption

The vendor says backups are encrypted so only the owner can read them, and stored in an open, documented format.

Versioned history

Keeps multiple versions of files so you can restore an earlier copy after corruption, deletion or ransomware.

Efficient backups

Uses compression, de-duplication and block-level incremental backup, with APFS snapshot support on Mac.

Schedule and limits

Run hourly or daily, skip certain Wi-Fi networks or battery power, cap bandwidth, and set exclusion rules.

Open-source restore tool

A separate open-source tool, arq_restore, lets advanced users read backed-up data directly.

Where it runs

macOS · Windows

What it works with

Amazon S3 · Backblaze B2 · SFTP · NAS

Arq Backup is made by Haystack Software LLC, and has been around since 2009.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

44/91

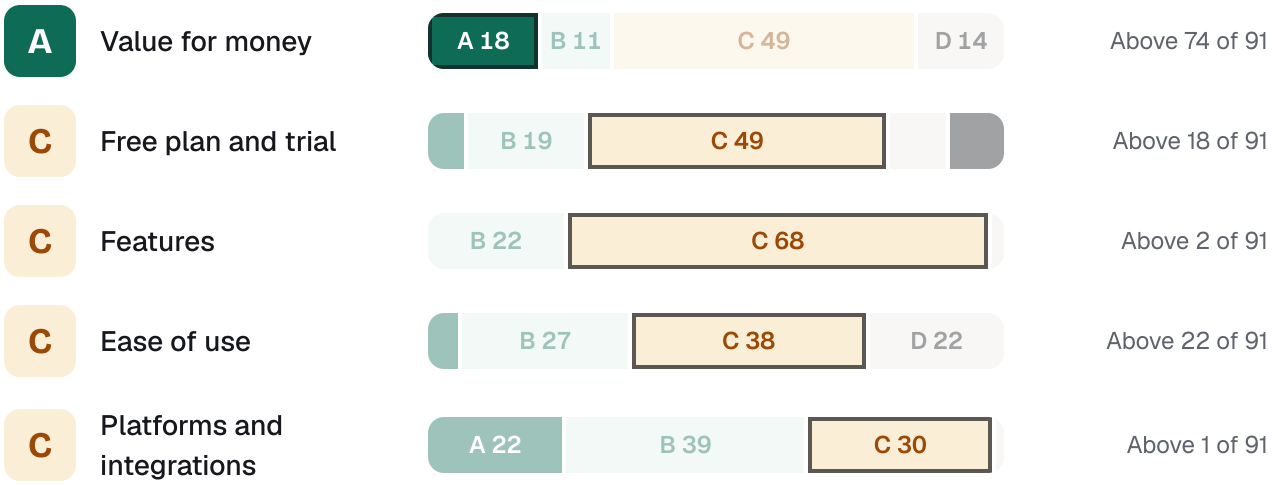
Other file storage and sync services it is graded above

Arq Backup's GPA of 2.4 is higher than 44 of the 91 other file storage and sync services we grade, and level with 17.

It stands best on value for money (A, above 74 of 91) and worst on platforms and integrations (C, above 1).

Each grade against the category

Every bar is all 92 file storage and sync services we grade, cut by the letter each got. Arq Backup's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

To replace Arq Backup you would be making files kept in step across devices without losing one. That is not a weekend's work, with an AI app builder or without one.

It costs $59.99, paid once.

What you could not

- ✕ Files kept in step across devices without losing one.
- ✕ A real app for macOS and Windows. Something home-made would be a web page.
- ✕ End-to-end encryption done properly.

What this rests on. Arq Backup's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



IDrive, Backblaze B2, Carbonite, Jungle Disk and Zoolz

The 5 tools Arq Backup is most often weighed against, with where each one differs from it.

3.2 GPA

IDrive

Free plan · from $0.25/mo

Cloud backup for many devices in one account, with a sync folder.

- IDrive has a free plan. Arq Backup does not, though it has a free trial.
- Only IDrive lists a web app.
- Only IDrive lists Linux, iOS and Android apps.

Arq Backup and IDrive compared in full

2.0 GPA

Backblaze B2

Free plan · from $6.95/mo

S3-compatible object storage billed per terabyte.

- Backblaze B2 has a free plan. Arq Backup does not, though it has a free trial.
- Only Arq Backup lists macOS and Windows apps.
- Only Backblaze B2 lists a web app.

Arq Backup and Backblaze B2 compared in full

Carbonite

2.2 GPA

Free trial · from $71.99/yr

Automatic cloud backup for home computers and small businesses.

- Only Carbonite lists a web app.
- Only Carbonite lists iOS and Android apps.
- Arq Backup is end-to-end encrypted, according to its own site.

Arq Backup and Carbonite compared in full

Jungle Disk

1.6 GPA

Paid

Endpoint backup and cloud network drive for small businesses.

- Only Jungle Disk lists a Linux app.
- Arq Backup is end-to-end encrypted, according to its own site.
- Arq Backup can be bought with a one-time purchase.

Arq Backup and Jungle Disk compared in full

Zoolz

2.0 GPA

Free trial · from $7.99/mo

Cloud backup for businesses, sold by storage tier.

- Only Zoolz lists a web app.
- Arq Backup is end-to-end encrypted, according to its own site.
- Arq Backup can be bought with a one-time purchase.

Arq Backup and Zoolz compared in full

Quick answers

The questions people ask about it, each answered in a line or two

12

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Arq Backup free?

No, Arq Backup is a paid product, but you can try it first. 30-day free trial.

How much does Arq Backup cost?

Arq Backup lists 2 plans. Arq 7: $59.99 per computer, one-time.

What platforms does Arq Backup work on?

Arq Backup is available on macOS and Windows.

Does Arq Backup have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Arq Backup is listed for macOS and Windows.

Does Arq Backup have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Arq Backup is listed for macOS and Windows.

Is Arq Backup open source?

Arq Backup is not described as open source on its own site, as read on Nov 13, 2026.

Is Arq Backup end-to-end encrypted?

Arq Backup describes itself as end-to-end encrypted on its own site. Nobody here has audited that.

What does Arq Backup integrate with?

Arq Backup's listing names Amazon S3, Backblaze B2, SFTP and NAS. A listing names up to eight integrations, so it may connect to more.

Who makes Arq Backup?

Arq Backup is made by Haystack Software LLC. It dates from 2009.

What are the alternatives to Arq Backup?

The closest alternatives to Arq Backup in our directory are IDrive, Backblaze B2, Carbonite, Jungle Disk and Zoolz.

How does Arq Backup compare with other file storage and sync services?

Arq Backup's GPA of 2.4 is higher than 44 of the 91 other file storage and sync services we grade, and level with 17.

Could I make my own version of Arq Backup?

To replace Arq Backup you would be making files kept in step across devices without losing one.

Where this guide comes from

The prices, plans, platforms and features were read from Arq Backup's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Haystack Software LLC's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Haystack Software LLC. Prices change, so check arqbackup.com before you buy.

arqbackup.com/

arqbackup.com/pricing/

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Arq Backup, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/arq-backup

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Arq Backup: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/arq-backup
```

Know someone choosing between file storage and sync services?

Send them this guide:
toolgpa.com/tools/arq-backup/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded file storage and sync services after Arq Backup, each with an Insider's Guide of its own.

File Storage & Sync Insider's Guide

Every one of the 92 file storage and sync services we grade, compared

Google Drive Insider's Guide

Cloud storage tied to Google Docs, Gmail and Photos

3.6 GPA

Filen Insider's Guide

End-to-end encrypted cloud storage from Germany with open source apps

3.4 GPA

Microsoft OneDrive Insider's Guide

Microsoft's cloud storage, bundled with Microsoft 365 plans

3.4 GPA

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Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Arq Backup's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Arq Backup is a trademark of its owner, and this guide is not made, paid for or approved by Haystack Software LLC. Prices and plans change: check arqbackup.com before you buy.