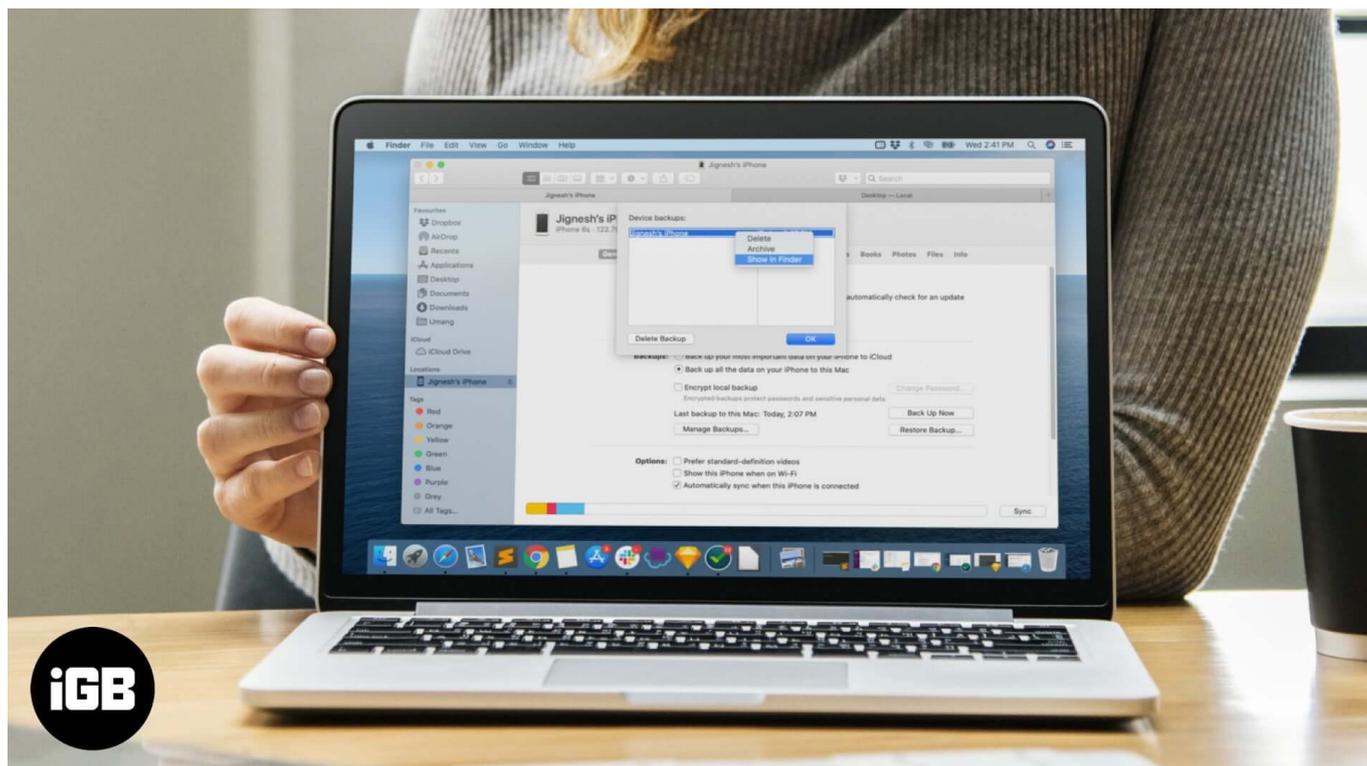**iGEEKSBLOG**

You've probably backed up your devices multiple times, but have you ever wondered where your iPhone or iPad backups are stored on a Mac or computer? While you do not need to find these files to [delete your backups](#) or [restore your iOS device](#), it is still useful to know where they are stored. So, if you want to locate your iPhone or iPad backup, let's move!
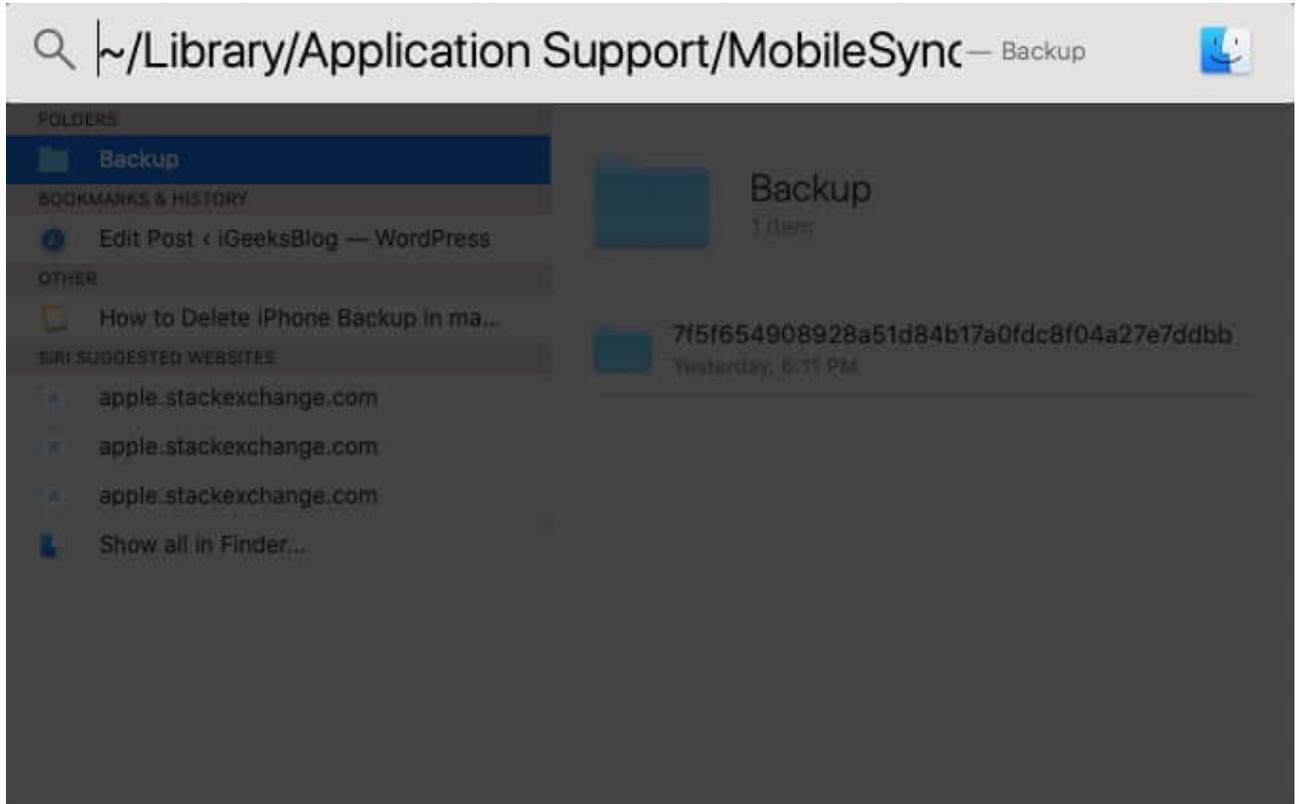
Table of Contents
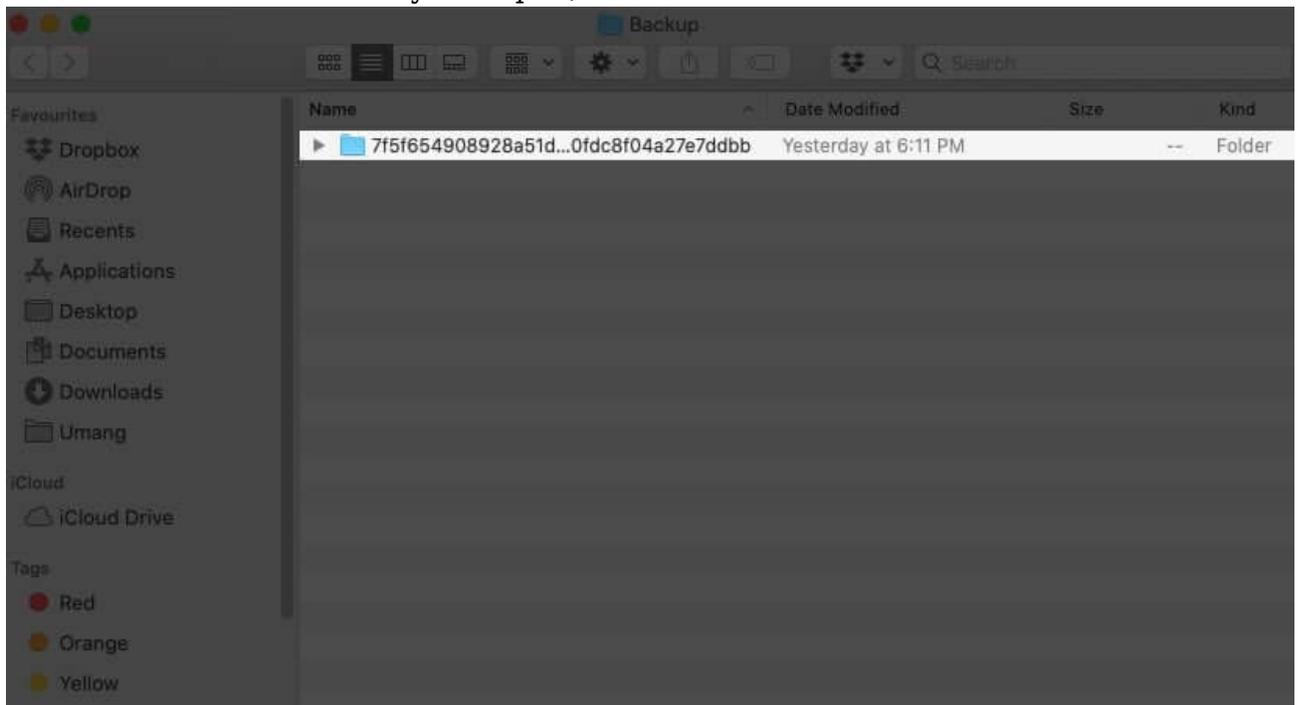
Where are iPhone backups stored on Mac?

All your iPhone or iPad backups are stored in one designated location on your Mac. Here's how you can access it:

1. Open **Finder** and hit **Command+Shift+G** on the keyboard or magnifier icon in the menu bar
2. In the text input field, copy and paste this:
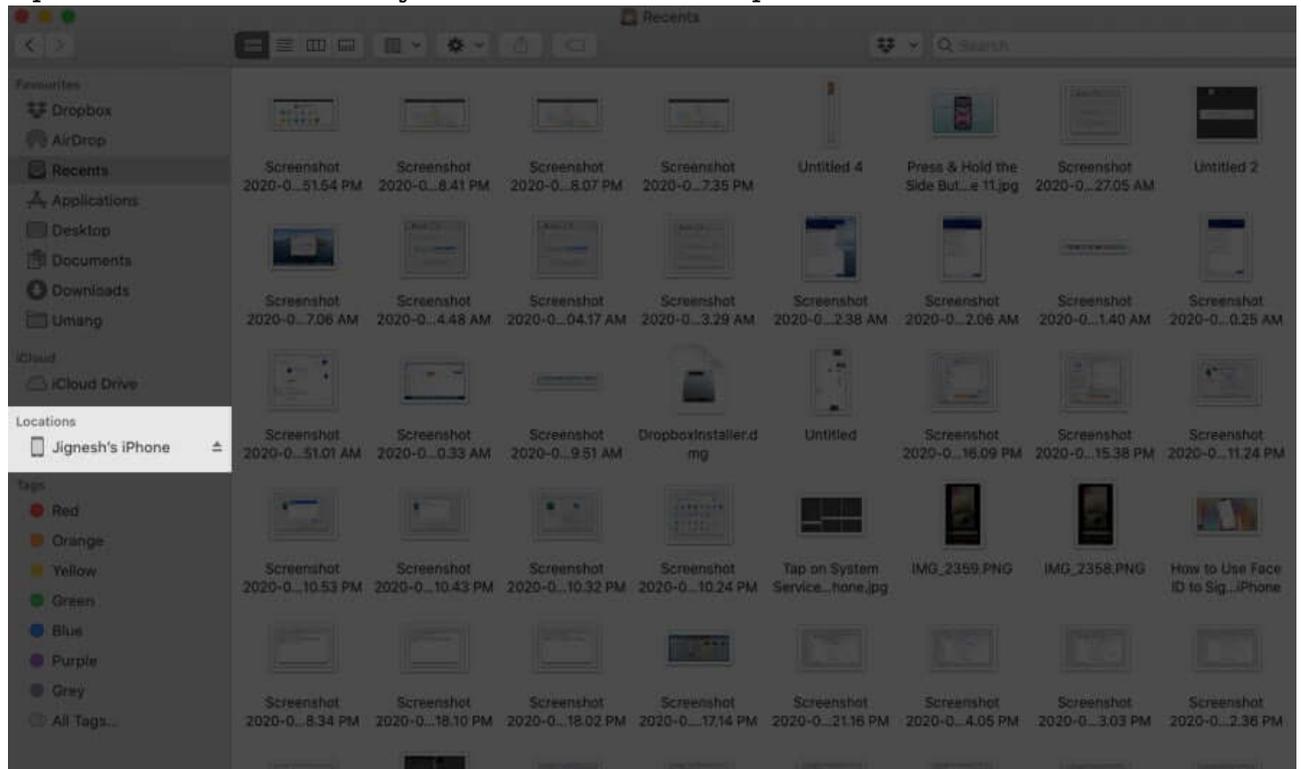
~/Library/Application Support/MobileSync/Backup/

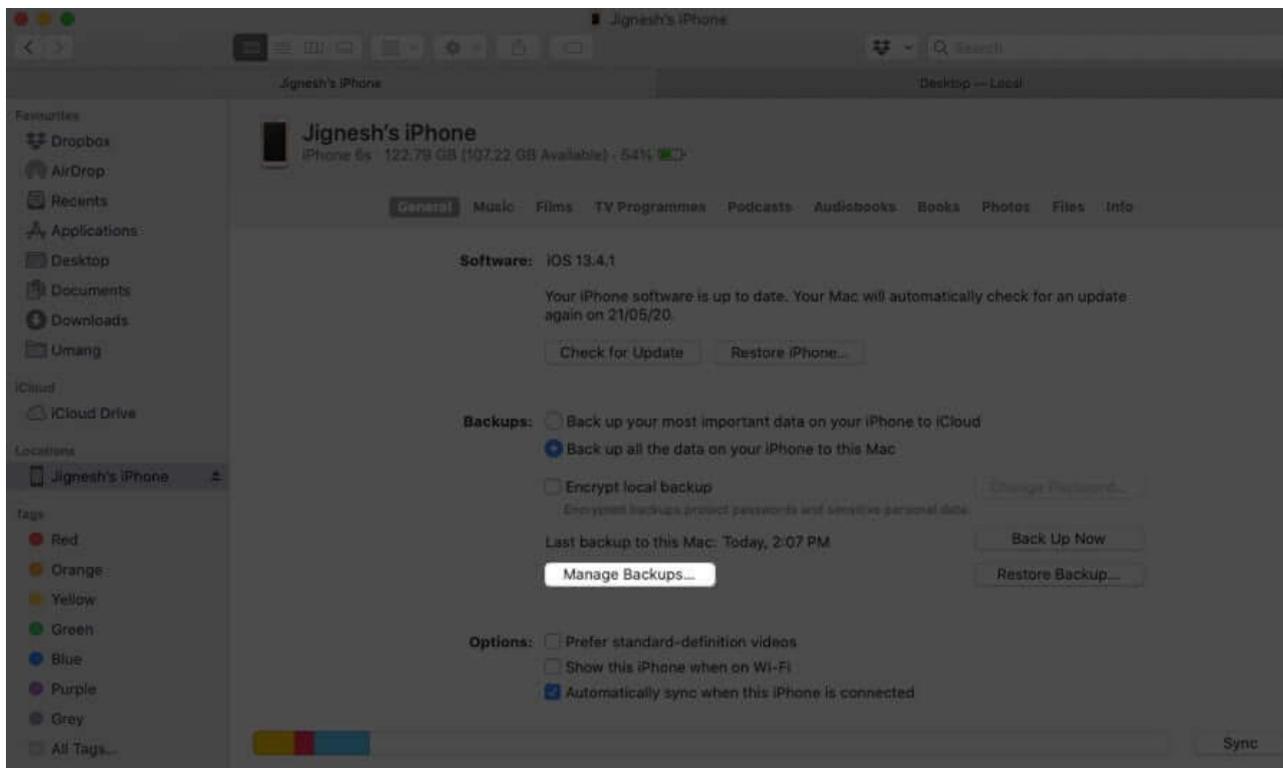3. Hit Return and the directory will open, as shown below:

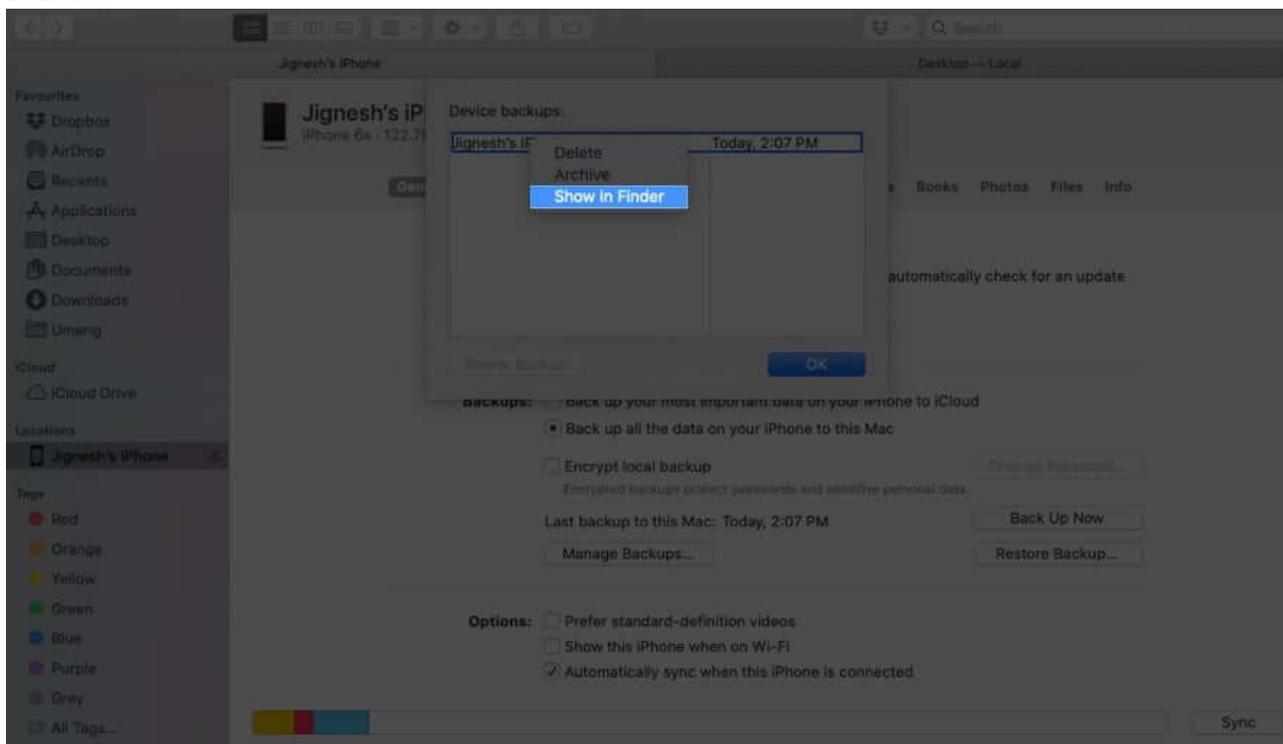# Find a Specific iPhone Backup Location in macOS

1. **Connect** your iPhone or iPad using a cable
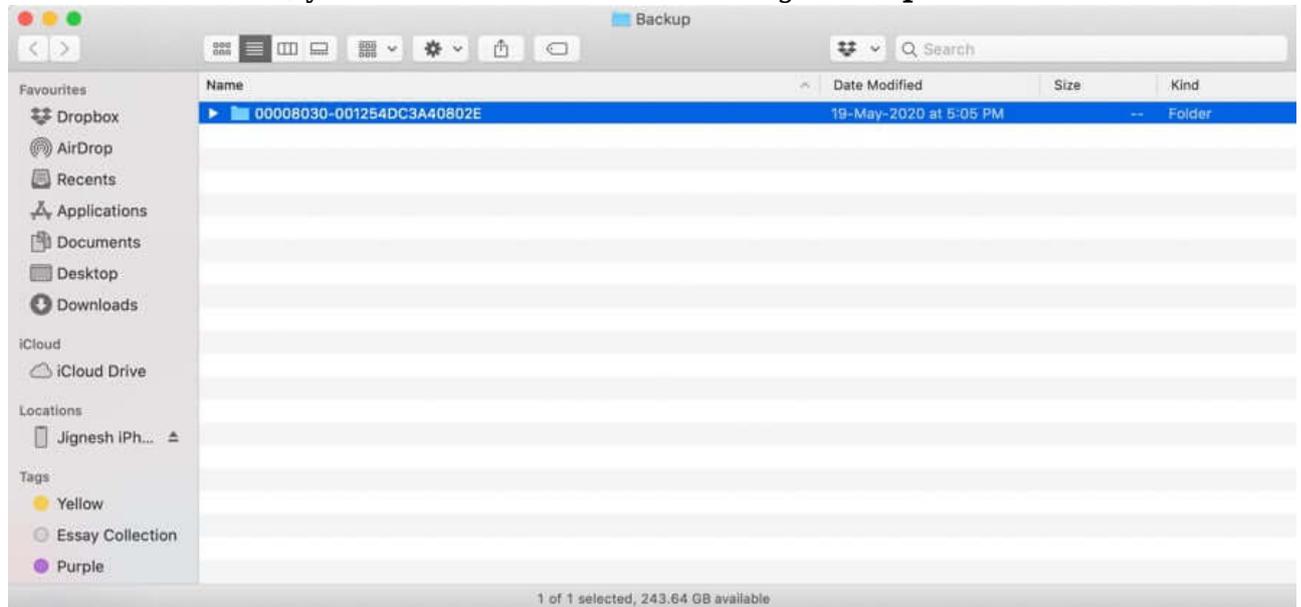2. Open **Finder** and click on **your device** on the left pane of the window.

3. Click on **Manage Backups** to see a list of all your backups.

4. To find the location of a specific backup, right-click on it and then select **Show in Finder.**

5. On the next screen, you will see the folder containing **backup files.**

Locate a Particular iPhone Backup in macOS

1. **Content** your device with the Mac
2. Open iTunes, click **Preferences** and then select **Devices**
3. From here, you can right-click on the **backup** that you want, then choose **Show in Finder.**
4. Click **OK** once you are done

Where are iPhone backups stored on Windows PC?

Different versions of Windows save iPhone and iPad backups in different locations, irrespective of which iTunes version you are using.

On **Windows 10 or Windows 8** system, iPhone or iPad backup location would be:

UsersYOURUSERNAMEAppDataRoamingApple ComputerMobileSyncBackup

On your computer running **Windows 7 and Windows Vista,** you can locate the backup at the following path:

C:Users<username>AppDataRoamingApple ComputerMobileSyncBackup

On your **Windows XP** machine, the backup would be at:

```
C:Documents and SettingsuserApplication DataApple
ComputerMobileSyncBackup
```

Alternatevely,

You can also follow the below steps to access iPhone backup on a Windows PC :

Find the Search bar:

- On **Windows 10,** the Search bar is beside the Start button
- On **Windows 8,** click on the search icon (magnifying glass) in the top-right corner
- On **Windows 7 and earlier,** click the Start button

In the Search bar, enter: **%appdata%** OR if you downloaded iTunes from the Microsoft Store, enter: **%USERPROFILE%**

Hit Return and then navigate to the folders **"Apple"** or **"Apple Computer"** → **MobileSync** → **Backup**.

Note: Windows usually treats the Application Data and AppData directories and their contents (including iPhone backup) as **"Hidden"** files. Therefore, to see the documents, you need to **enable "Show Hidden Files"** within Windows Explorer.

Summing Up

While there may be several reasons to locate backups on your computer, it is advisable not to meddle with these files in any way. Do not try to move, rename, or edit them, as this may corrupt your backups and cause data loss.

Lastly, did you know you can also [extract text messages](#) from your iPhone backup? If you're looking for any other information about iPhone backups, please let us know in the comments below.

You may also like to read:

- [Change iPhone Backup Location on Mac and Windows](#)
- [How to Show Battery Percentage on Mac](#)
- [AnyTrans App: Fully Back Up and Manage Your iPhone](#)