

# What does the Bareos VMware Backup Plugin do?



The Bareos VMware Backup Plugin triggers a snapshot of a running or suspended virtual machine and makes a backup of this snapshot.

The snapshot is removed after the backup. The plugin addresses the VMware vSphere API to create the snapshot and makes use of CBT (Changed Block Tracking) to do space efficient full and incremental backups

The virtual disk images can be restored into the same virtual machine or to a VMDK file.

For details, see the [documentation](#).

Last update on 2016-04-06 by Maik Außendorf.