

Title:

Hiking - Some Tips For Buying A Good Pair Of Hiking Boots

Word Count:

596

Summary:

You won't need too much kit to start hiking but one essential piece of equipment will be a good pair of hiking boots.

Keywords:

hiking, hillwalking, walking, trekking, hiking boots, asolo, vasque

Article Body:

Although hiking doesn't necessarily require a great deal of equipment one item that is crucial is a good pair of hiking boots.

Hiking over any distance puts a great deal of stress on your feet and ankles, which is transmitted through the joints to the rest of the body.

A good pair of boots will provide both the stiffness and springiness that your foot and ankle need to support the body over long distances.

Many boots today are made from a variety of specialized materials but, perhaps surprisingly, leather is still the most common material used.

When we talk about comfort it's easy to substitute the word luxury these days but, when it comes to hiking boots, there is no such thing as a free lunch.

Buy a pair of hiking boots that feel right for your feet and that doesn't simply mean buying the most expensive pair you can find.

Bear in mind too that hiking boots are not shoes. They should feel stiff and have little give to them.

You'll be scrambling over wet rocks, slippery gravel, flaking hills and muddy trails and, while it may seem uncomfortable, this is what you need.

Modern well-designed hiking boots will utilize various materials and geometries to minimize slippage and provide the support you need.

There are of course other things that you should look out for, such as gusseted tongues that keep dirt and rocks out of your shoes.

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