

## Practical Hiking Shoes Tips From Buying To Lacing

Hiking footwear is probably the most important apparel that a hiker will need. Without the proper footwear, a person might be exposed to the risk of injury and getting tired faster.

First is to buy their shoes at the right time. While some do it in weekend mornings to have more time to choose from store to store, experts says that the best time to buy hiking shoes is when the feet are tired. Human feet expand when tired, and buying shoes after a tiring day will allow hikers to feel how comfortable the shoe will be when their feet swell while hiking.

Aside from types, hikers should also consider insole. Flat insoles are mere replacement of those that were included in the shoe, while customized insoles provide better flexibility and contour fit.

Hikers should also have a comfortable insole. Various types can be found in the market, and among them are gel-filled insoles. They were designed to provide better cushioning around the foot and heel, and offer greater shock absorption.

Hiking shoes lacing technique should not be overshadowed by other factors. Lacing affects comfort and pressure on the feet. One lacing technique for shoes with odd number of eyelet pairs is the straight bar lacing.

Hike lacing distributes pressure evenly on the entire shoe, and keeps the tie in one side. To have a hike lacing, shoelace should be run straight from the inside of the bottom eyelets so that the ends will be on the outside. One end is to be run outside to the next higher hole, and insert on its pair across the other side. The other end will be vertically run on the outside to the next unoccupied eyelet, and run across its pair on the other side. Both ends will continue the process, until the ends reach the topmost eyelet and are on the same side. This lacing is suitable for even-numbered eyelet pairs, but workarounds can be done for odd number of pairs.

This lacing is easy to tighten and loosen. The angled lacing will pull the shoe inward to modify shoe alignment and fit. It also holds shoes firmly, and such features are advantageous for hiking.

Finally, hiking shoes lock lacing should be done. Locks are encouraged by stores to prevent slips and twisting caused by stress. Basic lace lock technique is the low lock. To do this, the shoe will be laced until the third pair of eyelets from the top. Both ends will be run diagonally to the topmost hole so that their tips are on the outside. Then, they will be vertically run on the lower hole, and will be crossed over so that they will be tucked on the vertical run of the other side. Lock lacing tightens the lace and prevents minor slips, but harder to loosen. If the user frequently encounters heel slippage, chances are their shoes are not suitable for hiking.

## About the Author

When you are choosing a new pair of [new hiking shoes](#), be sure to try them on in the store before buying them. If the [women's hiking shoes](#) are comfortable right from the first time you try them on, then you will have a much easier time breaking them in.

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