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**In this episode, Ben and Lauren (flick) lock, rock, and roll!**

From twist-locking and compact folding, to 'flex tips', good grip, and snow baskets – trekking poles provide a no-pressure solution to taking on the rocky trails and slopes to the summit. Take comfort into your own hands from your palms to the path, and watch or listen here!



*From twist-locking to compact folding, Ben and Lauren unpack everything trekking and hiking poles. Image: Leki*

## **Shortcuts:**

- 00:00 - Intro
- 01:38 - Hiking Poles: Why Should We Use Them?
- 04:03 - Muscle Engagement and Weight Distribution
- 05:28 - Stability and Balance
- 07:49 - Speed
- 08:45 - Traction
- 09:32 - Depth Gauge
- 10:36 - Types of Poles
- 11:38 - One or Two?



11:59 – Features, Materials, Mechanisms, and Accessories  
13:51 – Telescopic or Folding Poles?  
16:35 – Carbon, Aluminium, or Alloy?  
20:47 – Adjustable or Fixed?  
23:32 – Height Adjustment and Sizing  
25:14 – Twist-Lock or Flick-Lock?  
31:30 – Variations to Features and Mechanisms  
32:25 – Handles and Grips  
36:20 – Wrist Straps  
38:59 – Men’s and Women’s-Specific Poles  
40:50 – Leki Wanderfreund Makalu Pole  
42:38 – Anti-Shock Feature  
46:08 – Accessories and Replacements  
50:07 – Summary

## Mentioned in this Episode:

### Products:

[Hiking Poles](#)

[Leki Wanderfreund Makalu Single Pole](#)

### Brands:

[Black Diamond](#)

[Leki](#)

[Elemental](#)

### Blogs:

[Hike Faster, Easier, and Safer with Hiking and Trekking Poles](#)

## Thanks for listening, tune in again for next fortnight’s episode!

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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we’d love to hear from you.

Catch you out there!