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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!