



## Listen to the full episode here:

## 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!**

Thanks for tuning in to this week's episode of the Snowys Camping Show Podcast. Don't forget to subscribe to us on YouTube, Spotify, iTunes, Amazon Music, iHeartRadio, Pocket Casts, Podcast Addict, or Stitcher so you never miss an upload.

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!