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"A Pair of Good Hiking Shoes---Your Terrific Journey Partner"

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A Pair of Good Hiking Shoes---Your Terrific Journey Partner (4) There are three types of , light weight, mid weight and heavy weight. Light weight shoes not only mean its weight but it's used for normal hiking. They look like walking shoes that are made of material like Cordura or some soft leather. Don't choose low shoes for they can't protect your ankle. If you need to bear some things in back then when you legs are tired, you are easily get hurt. For its light weight, you can go hiking without run-in period. If you just want to have a day hike without so many things then choose this light weight shoes is good idea. When you need to bear heavy things in back you need a mid weight hiking shoes. They are very popular now. The key point is that its function of all sides. They are not as heavy as heavy weight hiking shoes, which could satisfy most of people's requirements. The insole of it is stable than that of light weight hiking shoes, in addition, it could protect ankles very well. The general weight of these shoes is 2 to 3 grams which fit for expedition activities. Mostly, the run-in period of these shoes are one to two weeks to walk more than dozens of miles. Therefore, you'd better wear them well before expedition walking.

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