

# Mountain Adventure - Footcare for Walkers

## There is no such thing as the Ideal Boot!!



On the whole you get what you pay for as far as quality and durability are concerned. The boot should be high enough to support the ankle with firm toe and heel counters to provide additional protection and support.

Although good socks and a 'quality' pair of boots will contribute greatly to walking comfort, the footbeds supplied in nearly all footwear do not support the foot sufficiently to reduce fatigue, pronation, supination etc. as we all have different shaped feet.

Customised footbeds will help to spread your body weight more evenly through your feet, re align your gait and posture, reduce over pronation or supination and reduce fatigue thus making your feet more comfortable and efficient.



Normal Foot

Customised footbeds act as a support for the arches allowing flex but absorbing a lot of the shock, giving more stability, balance and comfort

Flat feet can cause muscle cramps, trapped nerves, poor blood circulation and poor shock absorption. Customised footbeds will help the alignment of the body for better balance and comfort



Flat Foot



High Arch

This foot shape creates the most problems and a customised footbed will help the foot to relax



Combined with the use of Pacerpole trekking poles you will have the best of both worlds:

- Best foot posture/support
- Best ascent/descent aid

For an expert fitting contact Andy at [Anything Technical](#) in Kendal.