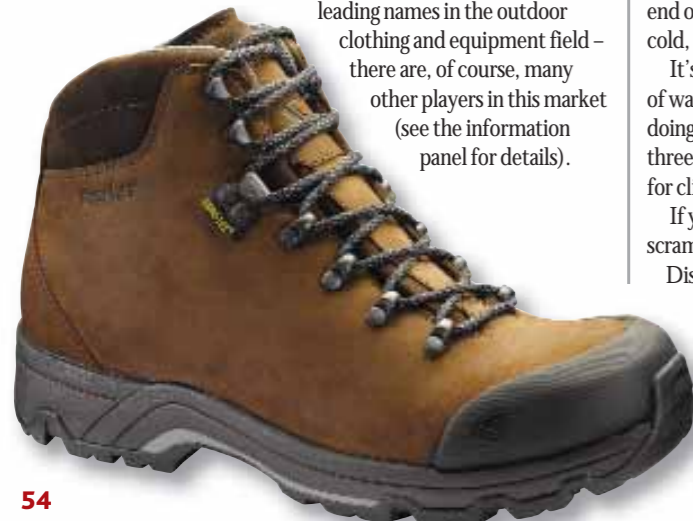


# WALK THIS WAY



Mark Sutcliffe's selection of walking kit from some of the leading brands will see you stride out with confidence on your next caravan break

**M**ost caravanners enjoy a gentle stroll around the site every now and then, but if you want to broaden your walking horizons, you'll need the right gear. We've selected gear from some of the leading names in the outdoor clothing and equipment field – there are, of course, many other players in this market (see the information panel for details).



**BOOTS**  
A comfortable pair of properly-fitted walking boots or shoes is the most important bit of kit you'll buy. Choosing the right footwear will have an important bearing on how much you enjoy your walking. Skimp on this purchase and, at the end of a long day, you could end up with cold, damp feet and painful blisters. It's important to work out what sort of walking you're most likely to be doing before splashing out on the latest three-season continental boots designed for climbing the Alps. If you are planning to do some serious scrambling around in places like the Lake District, Scotland or Snowdonia, then you will need some rugged, durable boots with tough, grippy soles and a good degree of ankle support. If, however, you're intending to stay at low level, sticking to well-established footpaths,

bridleways and tracks, it may be that you don't need boots at all. Increasingly, hikers are abandoning the heavy leather boots in favour of lighter suede and nylon affairs which, in some cases, don't even come up beyond the ankle. The latest lightweight footwear featuring high-tech, man-made materials is often comfier than leather – certainly in the short term – as it needs no wearing-in. But for all-round durability and longevity, leather boots still take an awful lot of beating. Softer treatments now make them comfier than ever – although most will still need a little wearing-in. If looked after properly and cleaned regularly, they should last for years.

**Brasher Fellmaster GTX**  
Price: £130  
This is a classic leather boot (left) with contemporary tweaks such as a matt oiled nubuck finish, a low-cut memory foam

ankle collar and smaller rubber bumper to protect the toe from scuffs. Supple and comfortable from the first step, a Gore-Tex lining keeps water out while allowing the feet to breathe.

**Salomon Exit 2 Peak**  
Price: £69.99  
One of the most comfortable pieces of footwear we've ever come across, the Exit Peak is a well-judged compromise between trainer and walking shoe. They're as comfortable as carpet slippers and excellent for low-level work, but perhaps not as well suited to steep, rocky terrain.

## ACCESSORIES

Once you've been fitted out with a decent pair of boots, here are some additional items you might want to put on your shopping list.



**SOCKS**  
The best walking socks have reinforced areas with extra padding on the main contact points on the sole, but are thinner around the top of the foot to improve ventilation. They should also wick moisture away from your skin and the most expensive types also have built-in odour control.

**Bridgedale WoolFusion Trekkers**  
Price: £14.99  
These supremely-comfortable socks (above) come in men's and women's fittings with a choice of cool colours and feature all the technical attributes you'll need for year-round walking. Knitted in the UK, the balance of ventilation and padding is just about perfect and, unlike cheap imitations, they will last for years.

**BASE LAYERS**  
For serious walking, a good base layer is almost as important as a pair of boots. Using high-tech materials, these outstanding undies keep you cool in summer and warm and dry in winter. They'll wick moisture

away from your skin and make walking in the foulest conditions much more bearable.

**ODLO Evolution Light Trend Singlet and Pants**  
Price: singlet £35, pants £30  
This colourful combination is ideal whatever the weather. Wonderfully comfortable thanks to flat seams and soft hems, the hi-tech super-stretchy material is also extremely supportive. Fully breathable, the material will rapidly wick moisture away from the skin, keeping you feeling cool and fresh throughout the day.



**WATERPROOFS**  
A good set of waterproofs is a must for year-round walking: look for lightness, durability and breathability and expect to pay over £100 for a decent top and up to £100 for overtrousers. Lightweight, quick-drying trousers are another sound investment – some walking trousers are even designed to repel water, so you don't need to take a pair of overtrousers with you.

**Sprayway Nyx Jacket**  
Price: £130  
A feature-laden jacket, the Nyx sports the sort of detail you'd expect to find on a much pricier garment. Available in men's and women's sizes and cuts, this two-layer Gore-Tex jacket (right) is 100% waterproof and breathable, so it will keep you dry and vent condensation if you enjoy a brisk walk with the dog while on site.

**Sprayway All Day Rainpant**  
Price: £70  
The All Day (far right) really is comfortable enough to wear, er, all day. Ideal for summer trekking, these trousers are lightweight and easily packed. In winter conditions, paired with a good full-length base layer, they will make a fantastic combination for wet days in the hills.



**RUCKSACKS**  
As well as carrying your sandwiches, rucksacks are pretty much essential for anything more than a half-day hike, as they allow you to take the extra kit you'll need for a day on the fells. To be properly equipped, you'll need to take food, drink, extra clothes, waterproofs, a map, compass, torch and a first aid kit.

**Berghaus Freeflow 30+6**  
Price: £75  
This superbly well-thought-out day sack (above) from Berghaus features the company's Freeflow ventilation system which maintains a wide gap between your back and the pack while still offering a comfortable and firm fit. Packed with features such as thickly-padded straps, bellows pockets along the side and an integrated rain cover in a separate pocket at the bottom of the sack, this is ideal for day hiking.



“ If you want to broaden your walking horizons, you'll need the right gear ”

INFORMATION

COMPANIES FEATURED

- Berghaus – 0845 607 2477, berghaus.com
- Brasher – 0191 516 5780, brasher.co.uk
- Bridgedale – 0116 234 4600, bridgedale.com
- ODLO – 0845 603 7289, odlo.com
- Salomon – salomon.com
- Sprayway – 0161 366 5020, sprayway.com
- Stanley – 0116 234 4644, stanley-pmi.com

OTHER BRANDS

- Blacks – 0800 056 0127, blacks.co.uk
- Craghoppers – 0844 811 1022, craghoppers.com
- Karrimor – 0870 838 7300, karrimor.com
- Peter Storm – peterstorm.com
- Regatta – 0843 309 0199, regatta.com
- The North Face – 0800 328 0012, thenorthface.com
- Thermos – 0113 276 3450, thermos.co.uk



FLASKS

Hydration is essential while walking and you should get through at least a litre of fluids on a half-day hike. Hot drinks are also a good idea in winter, but don't forget that vacuum flasks can be used to keep things cool in summer, too.

Stanley Nineteen 13 One-handed Water Bottle

Price: £10.99

This stylish stainless steel flask incorporates a slick design that allows you to hold the bottle and simultaneously release the lid to drink with one hand. Ideal for hydration on the go, this beautifully-made bottle is leakproof – so there's no risk of spilling any fluids over the contents of your rucksack.

Stanley Classic Vacuum Food Jar

Price: £15  
This rugged flask keeps its contents hot or cold for 12 hours, and the wide mouth opening allows you to take anything from tea and coffee to a warming, chunky soup on your hike. With a durable and rust-proof finish, it's leak proof, and the 0.35L insulated lid doubles as a bowl. ■

