

TREKKING POLE USER GUIDE

Classic Canes poles can be adjusted and locked into a wide range of lengths, to suit people of different heights and for use on different types of terrain.

The poles help to reduce the load borne by the walker's legs. A single pole used in the manner of a traditional walking stick gives support and balance on easy terrain, while a pair of poles is recommended for more difficult walks.

Inside each adjustment point on the stick there is an 'expander'. Here, an internal split dowel expands and locks the poles into position when twisted **clockwise**. When twisted **anti-clockwise**, the dowel unlocks and the pole can be shortened or lengthened to the appropriate height. A half turn is all that is required to loosen the extending mechanism.

The lowest section should be fully extended to the "STOP MAX" mark, and the pole then adjusted to the required height using the middle section.

CAUTION: Do not extend the poles beyond the "STOP MAX" mark.

How long to make your poles

As the poles are fully height-adjustable, it is possible for every walker to find their ideal walking position. As a general guide, most walkers find the following g arrangements most suitable for different types of terrain:

Walking on the flat:

The poles should be adjusted so that the walker's forearms are bent at an angle of 90 degrees to their body when stationary.

Walking uphill:

The poles should be shortened so that they can be placed easily and comfortably in front of the body to allow for extra support and ease of movement.

Walking downhill:

The poles should be lengthened so that the walker's posture remains upright rather than bent forward.



Walking on a transverse gradient:

When walking across the side of a hill, lengthen the pole on the downhill side and shorten the pole on the uphill side. This will help to maintain balance and provide support.

Always check that your poles are completely locked before use.

How to care for your pole

Classic Canes poles have been designed to provide many years of reliable service. However, they do require a little care and attention to perform at their best.

Each section should be cleaned regularly to rid it of dust, dirt and oxidation. If the pole has been used in wet conditions it is important to dry it thoroughly afterwards.

In the event of the shaft sections being unscrewed too far, the locking expander dowel may be left "floating" in the upper shaft section. It can be retrieved by gently pushing the lower shaft completely into the upper shaft. Twisting the lower shaft **clockwise** for a couple of turns will then reunite the screw threads with the expander.