

Warning: make sure the loose ends after a walk have not found their way through the loops before pulling them to undo the knot. If you do pull the knot undone with one or both of them passing through a loop then you will end up with a very nail-breaking job to undo the resulting knot.

Note: I have found in my demonstrations of this bow that some people tie a bow in a different way up to stage (4). If this applies to you, then follow the instructions from (5) onwards and if you end up in knots (excuse the pun) then I suggest you start from (1) using Horry's and my way of starting a 'normal' bow knot.

I have tried it with the other ways of tying a bow and it does still work perfectly but you end up with it not looking quite like (9).

After a few practices you will find your fingers going to the right positions and that the tightness of the laces is held. The first few times you may find that the laces up the boot loosen too much and you have to start again. Practice and therefore speed will soon overcome this problem. It is worth the effort.

Get Walking Boots that Fit!

In my years of guiding, I have seen too many people suffering from poorly fitting boots. This, coupled with boots that undo, spoil the enjoyment of walking and create blisters.

How to get boots that fit you

Quality walking boots have an insole plate that you can remove. It is shaped to support your foot, making walking more enjoyable. It is important that you can remove it to let the boots dry thoroughly and to replace when it loses its shape.

At the shop initially find a boot you like. Remove the walking boot insole. Wearing two pairs of socks, as in the picture (a wicking pair and a walking pair with no seams) put your foot on the insole on the floor. Your foot should be the same width as the sole along its length. These insoles are shaped so put your heel so it fits snugly into the back of the insole. The insole plate should extend past your big toe by the width of your thumb placed across the front



of your foot (see picture). This ensures there is room for your toes to move.

If the insole plate is the same width as your foot and is the length of your foot plus the width of your thumb, then replace the insole into the boot and put it on. Do up the laces firmly particularly over the bridge of your foot and walk. Stand on tip-toe and your toes should not touch the end of the boot.

Get all that right and those walking boots will not give you blisters through rubbing. Make sure you do the laces up using my **Easy-Release Locking Bow** for trouble-free walking.

Still getting tired or aching feet?

The insoles fitted to walking boots vary considerably, from quality ones that really support your foot, to ones that are flimsy and almost flat. It is worth spending out and getting quality insoles which give your foot full support and shock absorption.

I visited a podiatrist, or foot doctor, as I have high arches. He was able to sell me insoles that gave extra support under the middle of my foot. They are very firm with gel so they form themselves to my foot and shock absorb as well. I can now do a 9 mile walk with no foot discomfort. My feet are cool and a normal pink at the end of a walk.

There are many makes of insoles for walking boots. A good outdoor shop should carry a selection. You don't have to simply take the ones the boots come with if they don't hold your foot well. It is worth the £30 or so extra for the guaranteed comfort and pleasure it adds to walking.

Looking for Boots
that are
Comfortable and
Never Undo
while Walking

Some Friendly Advice
from a Fellow Walker



www.westcountrywalks.co.uk

The Easy-Release Locking Bow

This knot was shown to me on a walk I was leading, by a man called Horry. They all used it and I now always use it and never get loosening boots. The end of a granny-knot over a bow which does not hold!



1. Having laced your boots to the right tension to hold your foot firmly, start your bow in the normal fashion.



2. Make the first loop in the usual way with the left end of the lace.



3. Bring the right lace end under and around the first loop just made...



4. ...and tuck this same lace through the hole just created to form the 'standard' bow.



5. Now the variation - do not tighten the bow but instead slightly loosen it so that you can insert your left index finger under the bow knot, between it & the start of the bow at (1).



6. Gently hold the bow knot already created between your left index finger and thumb to stop it loosening and with your right hand get hold of the right loop squeezing it together ready to...



7. ...take it over the one loose end of the lace and through where you have your left index finger, helping it through with that finger so that your right hand can get hold of the end of the loop now passed through.



8. Now tighten the bow by pulling the two loops, as with a normal bow, if necessary tidying the finished bow...



9. ...so that it ends up looking like this. To undo simply pull the two loose ends in the normal way.