

A hiking stick is invaluable for keeping your balance when crossing streams, traversing scree, carrying heavy loads, even for resting while hiking. It will take pressure off your back and hips while going uphill, and reduce shock on the knees while going downhill. It also helps impart a good walking rhythm.

This telescoping hiking stick has three sections for compact storage. It can be adjusted to the user's preference as well as to the hiking terrain. For hiking on flat terrain, for example, you could adjust the length so that your forearm is parallel to the ground while gripping the top of the stick. A short stick is useful when going uphill, and a long stick is beneficial for going downhill.

Features

- Telescopes from 29³/₄" to 63"
- Spring-loaded anti-shock mechanism
- Camera mount under knob
- Thermometer (Fahrenheit) and compass on wrist strap
- Made from strong but lightweight aircraft aluminum
- Rubber tip can be removed to reveal a carbide tip for sure grip on slippery surfaces
- Removable 2¹/₂" diameter snow basket to assist in deep snow

Adjusting the Hiking Stick

You can adjust one section of the hiking stick at a time. To unlock the shaft, grasp one section (near the join) with one hand and the one next to it with the other, then twist the lower section in the direction of the "unlock" arrow indicated on the section immediately above it. Draw the pole out to the desired extension, being sure not to go past the "STOP" line marked on the shaft; otherwise, the unit will come apart. In the event that one section does come out, simply push it back in. To lock the extension, twist the lower section in the direction of the "lock" arrow indicated on the section immediately above it until tight. The middle section may click when locked.

Anti-Shock Mechanism

The anti-shock mechanism, located between the top and middle sections, is automatically activated at any extension. This feature is especially useful for going down slopes, as it takes some of the strain off of the knees. To turn it off, push the middle section in a little and back it off slightly in the direction of the “unlock” arrow on the top section, until you hear a click.

Camera Mount

A camera mount with 1/4-20 thread is located under the knob so that you can use the hiking stick as a monopod to support a still camera or video camera.

To convert the stick into a monopod, hold the upper shaft of the hiking stick, rather than the foam handgrip, and unscrew the knob, then slip it into your pocket for safekeeping.

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