



“First of all, THESE ARE GREAT!

I took similar trails over the course of the last few weeks in two pair of boots. Here are the results.

I'm not sure if you are familiar with hiking trails in the Smoky Mountains but most are pretty rough; lots of roots, lots of rocks. These are not just nice soft dirt trails.

I have been hiking in La Sportiva Nucleo High GTX® Hiking Boots since April. My boyfriend and I both have these. He is an expert hiker with 30 years of experience. I love these boots for comfort and grip on the trail.

However, I've been having trouble with the ball of my right foot, which led me to research insoles, finding your company. I have tried 3 other insoles – two different SuperFeet® Models and one that is called Sole. First was Superfeet Green, the Sole Performance and then Superfeet Trailblazer.



I normally hike 18-20 miles but have shortened those a bit with shorter daylight hours. My last hike prior to finding your insoles was only 8 miles; just a short one, as I was traveling that day. My right foot was bothering me after about mile 4. By mile 6, I was suffering and at mile 8 I was glad to be in the car. I had 3 weeks off because of the holiday and then did another short hike in these boots, with the Superfeet Trailblazer. By mile 5, I was really struggling with my foot.

This weekend I went out with your insoles and did a 13-mile hike. Not once did my foot hurt; it was AMAZING! There was so much insulation from the trail I was amazed. I specifically thought about my feet a few times while I was out – around mile 5, then around mile 10 – noting that I was not in pain. I finished my hike with very happy feet, and it made the end of the hike so much better.

Ultimately, these insoles really saved my feet. My hike length without pain improved almost 3-fold. I can't say enough good things about these insoles!”

- Susan