

WEATHER-PROOF TRAIL SHOES

Head off-road without having to dodge the puddles this spring. We test some top brands



H&F FAVOURITE

INOV-8 ROCLITE 275 GTX

'I feel really smug doing British Military Fitness with dry feet thanks to the GORE-TEX in these British-designed shoes, while most of those around me are suffering with cold, wet feet in regular trainers! These are lighter and much springier than previous Inov-8 shoes I've had and it feels like they're

propelling you forwards when you run. I love the look of them too. The really grippy soles give great traction and they have a narrower, softer heel than the men's version, so they fit really well. Love 'em!'

H&FRATING: ●●●●●

£100; inov-8.com



BEST FOR COLD WEATHER

PUMA NIGHTFOX

'Built-to-last, Nightfox shoes provide exceptional traction on slippery surfaces, thanks to their grippy EverTrack soles. The heels feel very well cushioned, while the reflective bits give me piece of mind when running in the dark. The soft, fleecy insides keep my feet warm on chilly days.'

H&FRATING: ●●●●●

£75; puma.com



TEVA FORGE PRO EVENT WOMEN'S

'These all-terrain hiking shoes have a thick, springy sole, making them super comfy on uneven trails to help spur you on. The moulded heel cups keep my feet stable, while the rubber compound used for the sole gives incredible traction.'

H&FRATING: ●●●●●

£90; teva.co.uk

MAMMUT CLAW GTX LS

'These are really versatile for those who love being outdoors – they're designed for walking, trail running and biking in the great outdoors. They feel very grippy and are comfy and supportive on fairly long runs on and off road. Waterproof and breathable, they keep my feet dry during rainy cycles and walks too. The Rolling Concept works with your foot's motion to help reduce fatigue, and supportive heels protect your ankles on uneven ground.'

H&FRATING: ●●●●●

£110; 01625 508218; mammut.ch



BEST ALL-ROUNDER

SALOMON XT WINGS 2 GTX

'These funky trainers look great – it's almost a shame to dirty them with mud! My feet stay dry when I run through puddles, thanks to the GORE-TEX, so I can concentrate on running rather than avoiding water hazards. The shoes are designed to help make sure your feet don't roll in too much, which gives you more stability on tricky terrain. The quicklace system means you don't have to worry about the laces coming undone, but these felt narrow so aren't so good if you have wide feet.'

H&FRATING: ●●●●●

£120; salomon.com/uk



KEEN SHASTA WP

'I'm impressed by these walking shoes, designed to fit women's feet. They're not as flexible and light as previous models I've tried so they felt a bit rigid to start with, but my feet feel really well protected and comfy (I didn't get any blisters). Great for everyday walking, these also stand up very well to a rugged hike and, even when I walk through mud and flooded lanes, my feet stay impressively warm and dry thanks to the waterproof and breathable membrane.'

H&FRATING: ●●●●●

£80; keenfootwear.com



BEST FOR WALKING