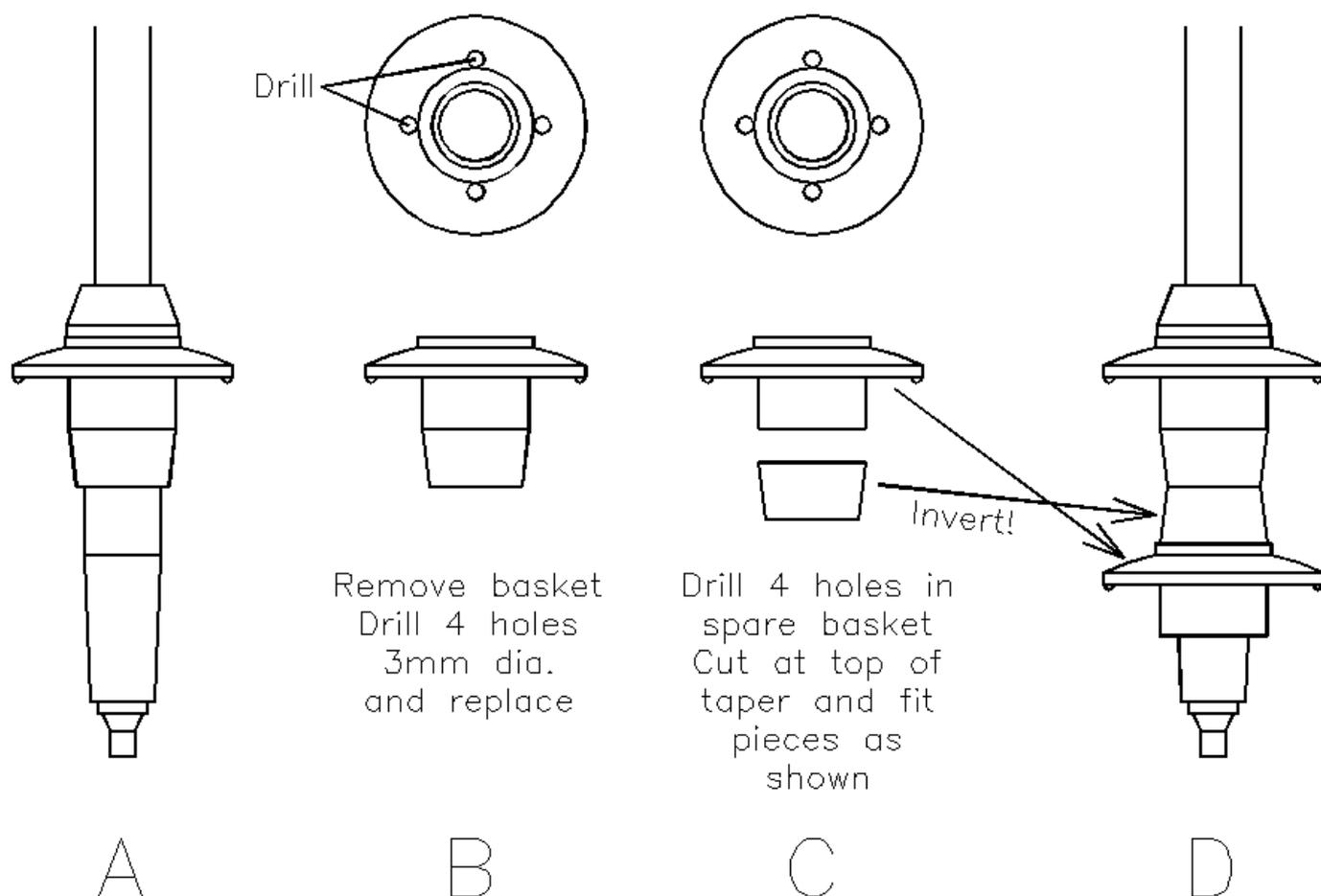


A Modification Of Leki Baskets For Mud - www.50k-or-bust.com

I have only been nordic walking a few months. My Leki poles are very good, but I have had some difficulties with fairly stiff mud surfaces. In some muds and clays when the standard Flexi-tip (drawing A) is planted it goes in all the way up to the basket before a decent thrust can be made with the pole. This can take quite a lot of energy. Not only that but, when it goes in so deeply, it can often take a big pull to extract it using even more energy.

It seemed to me that the basket needed to be a lot closer to the tip so that less of the tip went in. I could not find a manufactured Leki option to do this so I worked out this “quick and dirty” way of making one for myself. If you have a better solution please let me know!

The basket on the stick is removed by unscrewing it, 4 holes drilled as shown, and replaced. A spare basket is drilled in a similar way but also cut at the top of the tapered part of the boss using a junior hacksaw. Be careful to make this cut nice and straight. The cut off piece is then used as a spacer under the original basket and the spare basket is put on the end.



All that remains to be done is for the two baskets to be lashed together with

two 3mm tie wraps to stop the lower one from falling off as this picture.



I have given this arrangement quite a good pounding over my local hills and have been surprised at how well it works on mud, ice and rock. So far the only disadvantages seem to be that rubber “silent pads” cannot be fitted and in freezing conditions mud and ice can ball up between the baskets. The upper basket disc could be trimmed a bit which might reduce this balling effect.

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