

The best for
TRAILS



HARD-CORE TRAIL RUNNING

The rugged **Brooks Cascadia 8** offers a "good grip on wet leaves, rocks and sticks," and its water-resistant upper "keeps feet dry despite puddles" and "airs out quickly." A thermoplastic shield between the outsole and the midsole protects your feet from rocks and other annoyances, while "just-right cushioning" gives you "an extra bounce in your step." (\$120, brooksrunning.com)



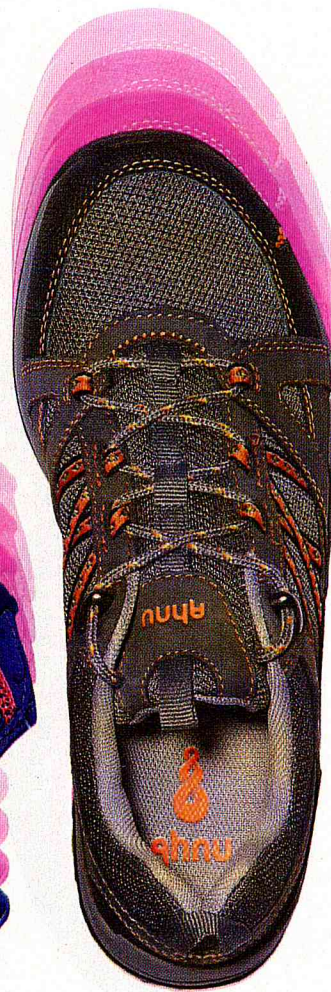
RUNNING ON ROAD OR TRAIL

The tread on **The North Face Ultra Guide's** outsole is "large enough to help you navigate tricky terrain without being clunky," and it "grips the trail perfectly, even in wet, slippery conditions," making this a "perfect shoe for going from road to trail." Testers loved how it "supports your arch and foot" and that the "brilliant" neoprene lace liner "keeps debris from slipping inside." (\$110, thenorthface.com)



LOW-IMPACT TRAIL RUNNING

The "functional," "fast" **New Balance Minimus 10v2 trail shoe** "encourages a midfoot strike" as you stride. The flexible upper "conforms to your foot like a slipper," while the cushy carbon rubber outsole is "very responsive" on rocky surfaces. The toe guard helps protect your feet from pebbles and debris. (\$110, newbalance.com)



HIKING

The "light on your feet" **Ahnu Sequoia II hiking shoe** provides "ideal cushioning and stability" when you're spending a day on the trails. The "breathable" mesh upper "forms to your foot," and an "extremely durable" Vibram outsole "grips rocks and boulders." A thin rock plate in the forefoot offers extra protection against sticks and stones. (\$110, ahnu.com)