




















EN FR ES

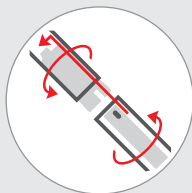
# NORDIC WALKING

summer 2024

# TECHNICAL AREA

<p>N.C.S.</p> <p> N.C.S. Nordic Click System - quick nordic strap release.</p>	<p>T.P.L.</p> <p> Top Performance Locking</p> <p>Internal locking system with two points of friction.</p>	<p>CARBON</p> <p> Light and resistant carbon shafts.</p>
<p>CORK</p> <p> Grip in true natural cork.</p>	<p>L.L.S.</p> <p> Light Locking System</p> <p>Internal locking system.</p>	<p>REFLEX</p> <p> Reflective – Visibility and Safety.</p>
<p>FAST LOCK</p> <p> Fast and safe external locking system, ideal for low temperatures.</p>	<p>TWIST</p> <p> Patented quick compacting system.</p>	<p>CARBIDE</p> <p> Carbide tip.</p>
<p>A.I.</p> <p> Anti Impact</p> <p>Absorbs harmful vibrations.</p>	<p>WIRED</p> <p> Quick folding system for a very compact pole</p>	<p>ACTIVE TIP</p> <p> High performance tip for the perfect grip on every surface.</p>
<p>U-LOCK</p> <p> Ultra Lock</p> <p>High performance locking system with aluminum lever.</p>	<p>S-CARBON</p> <p> Snake Carbon</p> <p>Special high module carbon fiber with special geometry.</p>	<p>DUAL SPIKE LITE</p> <p> Double carbide tip designed for ski touring.</p>
		<p>MULTI</p> <p> Dual locking system</p> <p> Patented</p>

## TWIST LOCK



### EN

Twist Lock makes your poles compact! This locking system is operated through two simple, easy and intuitive steps. Just rotate by 90° degrees the lower section towards the open lock icon. Follow the instructions on the stick (open / closed padlock). In correspondence of the open lock, pulling outward, the lower section will be released from the top one. Once the lower section is released, this can be turned toward the upper one, making the stick compact. To put it back together, you just need to reinsert the lower section into the upper one, then rotate it toward the closed lock, with a 90° rotation. Once the different sections are locked, you can use your stick normally. The Twist Lock is interchangeable.

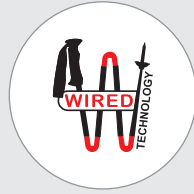
### FR

Twist Lock rend vos bâtons compacts! Ce système de fermeture est actionné à travers deux pas simples, faciles et intuitifs. Il suffit de tourner de 90 degrés la partie inférieure vers l'icône ouvert. Suivez les instructions sur le bâton (cadenas ouvert / fermé). Dans correspondance de la serrure ouverte, tirant vers l'extérieur, la partie inférieure peut être libéré de celui en haut. Une fois que la section inférieure est libérée, elle peut être tournée vers le haut, faisant le bâton compact. Pour le remettre ensemble, il suffit de réinsérer la partie inférieure dans la partie supérieure, puis faites-la pivoter vers le verrou fermé, avec une rotation de 90°. Une fois les différents les sections sont verrouillées, vous pouvez utiliser votre bâton normalement. Le Twist Lock est interchangeable.

### ES

Twist lock hace que el tu bastón sea compacto! Este sistema de bloqueo puede ser operado con dos gestos simples e intuitivos. Solo necesitas actuar sobre el tubo superior del palo girando de 90° el tramo inferior y seguir las indicaciones gráficas en el tubo (candado abierto / cerrado). En correspondencia del símbolo del candado abierto, tirando hacia afuera, el tramo inferior se liberará desde el tramo superior. Una vez desenganchado, el tramo inferior podrá ser plegado sobre el superior y el bastón será compacto. Para devolverlos juntos, solo necesitas reinsertar el tramo inferior en el superior y luego girarlo hacia el símbolo del candado cerrado con una rotación de 90°. Una vez que las diferentes secciones están bloqueadas, puedes usar tu palo normalmente.

# WIRED TECHNOLOGY



## EN

The innovative technology WIRED will allow you to collapse your pole, using a simple button.

The different pole's sections are connected with a high-strength cable.

The advantage of this technology is having a pole very compact, light, less bulky and easy to carry.

## FR

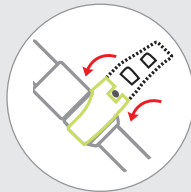
La technologie innovante WIRED vous permettra de plier votre bâton, en utilisant simplement un bouton. Les différentes sections du bâton sont reliées entre elles par un câble. L'avantage de cette technologie est d'avoir un bâton compact, léger et facilement transportable.

## ES

La innovadora tecnología WIRED te permitirá doblar tu bastón después de su uso presionando un simple botón para ocupar el menor espacio posible. Los diferentes tramos del bastón, están unidos por un cable de acero recubierto de plástico. La ventaja de esta tecnología es obtener un palo compacto, ligero, no voluminoso y fácilmente transportable.



# MONO LOCK



## ENG

Monolock is the latest development of the Gabel Fast Lock systems, based on the principle of the adjustable clamp. The evolution of the materials has made it possible to make the design minimalistic, with fewer moving parts and a clamping capacity further increased by 20%, compared to the previous generation.

The small size improves the look of the poles without affecting their practicality, as the clamping lever and the adjustment wheel remain of an ergonomic shape and size, and can also be used with gloves.

## FRA

Monolock est le dernier développement des systèmes Gabel Fast Lock, basé sur le principe de la pince à tension réglable.

L'évolution des matériaux a permis de rendre le design minimaliste, avec moins de pièces mobiles et une capacité de serrage encore augmentée de 20% par rapport à la génération précédente.

La petite taille améliore la ligne des bâtons sans affecter leur praticité, car le levier de serrage et les roues de réglage restent de forme et de taille ergonomiques, et peuvent également être utilisés avec des gants.

## ES

Monolock es la última creación de los sistemas Fast Lock de Gabel, basado en el principio de la abrazadera con tensión ajustable.

La evolución de los materiales ha permitido que el diseño sea minimalista, con menos piezas móviles y una capacidad de sujeción aumentada de un 20% más respecto a la generación anterior.

El pequeño tamaño mejora la línea de los bastones sin afectar su practicidad, ya que la palanca de sujeción y las ruedas de ajuste siguen siendo ergonómicas en forma y tamaño, y también se pueden usar con guantes.



# SNAKE CARBON



## EN

The recent "Snake Carbon" technology applied to the latest models developed by Gabel combines the excellent resistance of high modulus carbon fibre with a distinctive geometric structure, adding an innovative type of crystallisation technology. This process allowed to make the tubes 20% lighter, as well as boosting resistance by 18%. The combination of HD technologies with these new processes and materials has thus allowed us to introduce an outstanding new product onto the market.

## FRA

La récente technologie "Snake Carbon" appliquée aux derniers modèles conçus par Gabel unit la grande résistance du tissu en carbone haut module à une structure géométrique spéciale, ajoutée à une innovante technologie de cristallisation. Ce processus a permis la réduction du poids des tubes d'environ 20% en augmentant leur résistance de 18%. Et donc, l'union des technologies HD à ces nouveaux processus et matériaux nous a permis d'introduire sur le marché, une nouveauté de très haut.

## ES

La reciente tecnología "Snake Carbon" aplicada a los últimos modelos desarrollados por Gabel, combina la alta resistencia de la fibra de carbono de alto módulo con una estructura geométrica particular añadiendo una innovadora tecnología de cristalización. Este proceso ha permitido producir tubos que son un 20% más ligeros y al mismo tiempo un 18% más resistentes. Entonces la combinación de tecnologías de alta definición con estos nuevos procesos y materiales, nos ha permitido introducir un nuevo producto excepcional en el mercado.

# N.C.S. GLOVE



## EN

NCS SYSTEM: integrated strap and glove. Combining the C.P.S. system with the glove allows levels of comfort hitherto unimaginable, allowing you to push evenly down with your whole hand and thus avoiding stress points. The sensation of lightness and well being facilitates the natural movement of the NW, boosting the athlete's performance.

## FR

Système de sangle et gant intégré avec système NCS. Avec le C.P.S. combiné avec le gant vous atteignez un niveau de confort jusqu'alors unimaginable. La répartition de la poussée se produit uniformément sur toute la main en évitant les points de stress éternant. La sensation de légèreté et de bien l'être qui en découle facilite

le mouvement naturel du Nordic Walking, en augmentation par conséquent, la durée du geste athlétique.

## ES

Sistema integrado dragonera-guante con sistema NCS (nordic click system). Combinado con el sistema C.P.S. combinado con el guante, se alcanza un Nivel de confort hasta ahora inimaginable. El empuje se distribuye uniformemente en toda la mano evitando puntos de estrés molestos. El sentimiento de bienestar y la ligereza que se produce, favorece el movimiento natural del NW aumentando así la duración del rendimiento atlético.



1



2



3



4

## N.C.S. STRAP



1



2



3



4

**1**

Push the plastic edge till the end of the hole (you will hear a click).

Poussez l'extrémité en plastique jusqu'à la fin du trou (vous entendrez un clic).

Inserte completamente la cabeza de plástico de la dragonera en el agujero de la empuñadura (debes escuchar un "clic").

**2**

The strap is now fixed.

Maintenant la dragonne est fixée.

La dragonera ahora está arreglada a

la empuñadura.

**3**

Release your hand from the pole by pushing the top N.C.S. button.

Relâchez votre main du bâton en appuyant sur le bouton en haut.

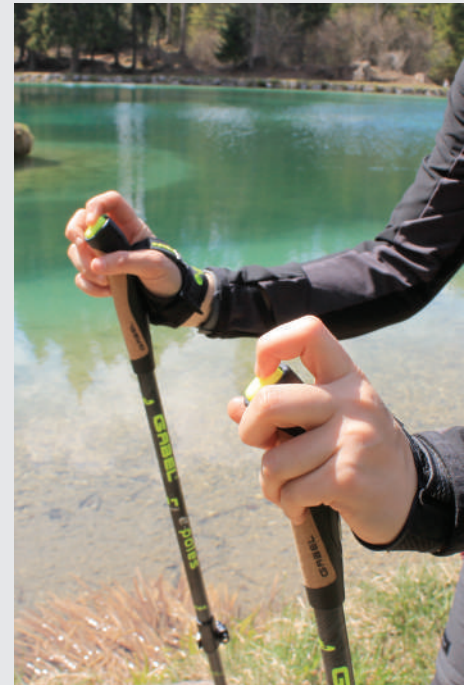
Presione el botón en la parte superior de la empuñadura para liberar la dragonera.

**4**

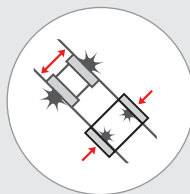
Your hand is now free!

Maintenant votre main est libre!

¡Tu mano ahora está libre!



## MULTI LOCKING SYSTEM



**EN**

In order to maximize the locking power of the models featuring the FAST LOCK, Gabel introduces the MULTI LOCKING concept that couples the locking force of the lever with the reliability of the traditional locking system with expander. The addition of an extra locking mechanism, the LITE LOCKING SYSTEM, guarantees total hold of the pole in every temperature and terrain condition.

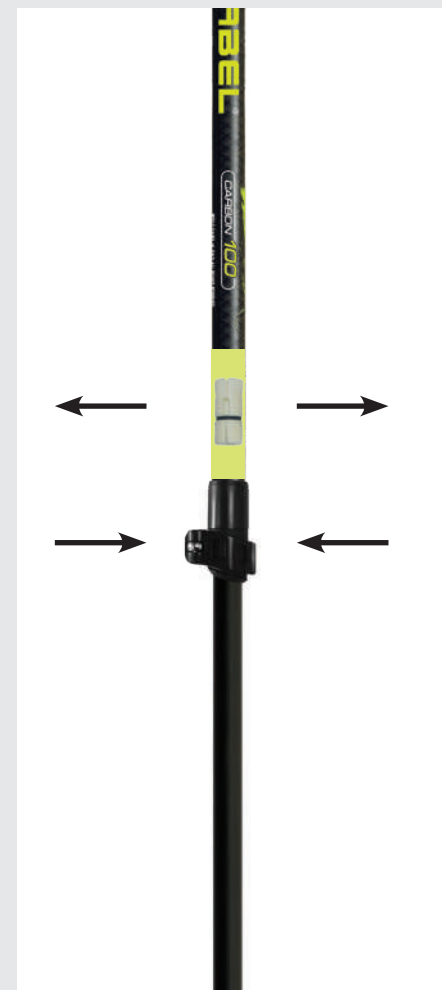
**FR**

Afin de maximiser la capacité de verrouillage des modèles équipés du système FAST LOCK, Gabel introduit le concept MULTI LOCKING qui allie la force de verrouillage du levier à la fiabilité du système de verrouillage traditionnel avec extenseur. L'ajout d'un

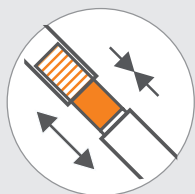
système de verrouillage supplémentaire, le système LITE LOCKING, assure une performance maximale du bâton quelles que soient les conditions climatiques ou de terrain.

**ES**

Para maximizar la capacidad de bloqueo de modelos equipados con Sistema FAST LOCK, introducción de Gabel el concepto MULTI LOCKING que combina fuerza de bloqueo de la palanca con la fiabilidad del sistema de bloqueo tradicional con expansor. Añadiendo un sistema de bloqueo adicional, el sistema LITE LOCKING, asegura máximo rendimiento del baston cualesquiera que sean las condiciones del clima y del terreno.



# ANTI IMPACT



ANTI IMPACT  
ON/OFF SPRING SYSTEM

## EN

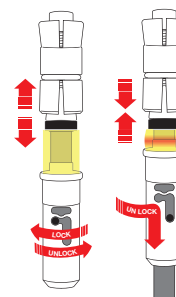
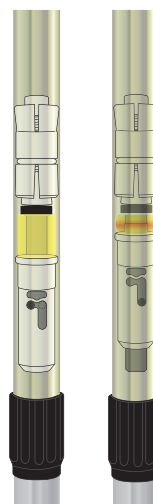
The anti-impact system patented by Gabel absorbs at its maximum and vibrations caused by the collision with the ground and eliminates the transmission of the bad vibrations (lower than 100Hz). Gabel Anti-Impact: the best confort you can ask for.

## FR

Le système anti-choc breveté par Gabel absorbe au maximum les vibrations provoquées par la collision avec le sol et élimine la transmission des mauvaises vibrations (plus faibles à 100 Hz). Gabel Anti-Impact: le meilleur confort que vous puissiez demander.

## ES

Anti-Impact patentado por Gabel, absorbe lo más posible el impacto del palo con el suelo, eliminando de manera efectiva la transmisión de vibraciones inferiores a 100Hz que son dañinas para la salud. Gabel Anti-Impact: el mejor confort que puedes pedir.



## GABEL Anti Impact - Patented What's behind our innovation

Many good things have been said about the use of adjustable Nordic Walking and Walking Poles for professional, recreational and healthcare use. GABEL have been at the forefront of many developments, particularly in relation to the ease and security of adjustment. We have now developed and patented a unique Anti Impact System which lessens the impact between pole and ground by reducing the jarring and prolonged vibration effect.

GABEL A.I. uses a micro cellular cushion similar to the material used by the automotive industry to dampen suspension systems. Most other brands use an uncushioned springs for their anti shock system; this can cause prolonged vibration problems as it reacts like a bouncy ball. Some other systems have used elastic non metallic materials but their effectiveness has been limited and compromised by the relationship to the tube diameters.

The GABEL A.I. softly and quickly absorbs the impact vibration, providing the most effective solution to the reduction of wrist and elbow stress, particularly on hard surfaces and prolonged downhill stretches. All users will appreciate the high level of extra comfort provided by the GABEL Anti Impact System.

## GABEL Anti Impact - Breveté

Ce qui se cache derrière notre innovation Beaucoup de choses intéressantes ont été dites sur l'usage professionnel récréatif et sanitaire de bâtons réglables de marche nordique. GABEL a été à l'avant-garde de nombreux développements, notamment en relation à la facilité et la sécurité de réglage. Nous avons maintenant développé et breveté un Système Anti Impact unique qui diminue l'impact entre le bâton et le sol en réduisant considérablement son effet de vibration

Le système GABEL A.I. utilise un coussin micro cellulaire similaire au matériau utilisé par l'industrie automobile pour amortir la suspension.

La plupart des autres marques utilisent pour leur anti système de choc un ressort non amortis; cela peut provoquer une problèmes de vibration prologés car il réagit comme un balle rebondissante élastique réagit à un coup.

Des autres systèmes utilisent des matériaux élastiques non métalliques mais leur efficacité est souvent limitée et compromise par la relation avec le diamètres des tubes. Le système GABEL A.I. absorbe doucement et rapidement la vibration d'impact, fournissant la solution la plus efficace à la réduction du stress au niveau de poignée et au coude, en particulier en cas d'exercice prologe sur surfaces dures et pendant les descentes.

GABEL Anti Impact - Patented  
Was steckt hinter unserer neuesten Innovation

## Gabel Anti-Impact - Patentado Qué hay detrás de nuestra innovación?

Se han dicho muchas cosas interesantes sobre el uso profesional, recreativo y de rehabilitación de los bastones telescópicos para el Nordic Walking. GABEL ha sido promotor de muchos desarrollos, especialmente en materia de seguridad y facilidad de ajuste. Ahora hemos desarrollado y patentado un sistema único de absorción de impactos, el Anti-Impact (AI), que atenúa las colisiones entre el bastón y el suelo y reduce considerablemente el efecto de la vibración prolongada. El sistema GABEL A.I. utiliza un "cojín" en un material micro-celular similar al utilizado en la industria automotriz para amortiguar las suspensiones.

En cambio, la mayoría de los productos de las otras marcas utilizan resortes simples sin cojín y, por lo tanto, les faltan amortiguación: esto puede causar un problema de vibración prolongada ya que las resortes tienden a comportarse como una pelota elástica reacciona a un golpe. Algunos otros sistemas anti-choques utilizan en vez elementos elásticos no metálicos, pero su efectividad suele ser limitada o comprometida en el tiempo debido a las restricciones impuestas por el diámetro del tubo. El sistema GABEL A.I. absorbe la vibración del impacto de forma rápida y suave proporcionando la solución más efectiva a la reducción de la tensión de la muñeca y del codo, especialmente en caso de ejercicio prolongado en superficies duras o cuesta abajo. Todos los usuarios apreciarán el alto nivel de confort ofrecido por el sistema GABEL A.I.

Mantenimiento de los productos equipado con el sistema GABEL A.I. No hay atenciones o instrucciones particulares que deben observarse para el mantenimiento del sistema GABEL A.I. El sistema de absorción es eficiente y su funcionamiento está garantizado durante toda la vida del producto. Las únicas dos precauciones que deben tomarse son: Evite que las superficies de fricción entre el tubo interno y externo se ensucien para que las dos secciones puedan fluir normalmente.

Preste mucha atención al insertar el tramo inferior en el superior y mantenlos en ele eje para evitar que el tubo se doble y se rompa. En caso de rotura, se debe comprar un nuevo tramo de repuesto en su tienda local.

## user guide NORDIC WALKING A.I.

Categories	Model Modello-Modell	LEVEL OF USER Livello di utilizzo-Umfang der Nutzung				WEIGHT kg Peso kg-Gewicht kg			FREQUENCY OF USE PER WEEK Frequenza utilizzo settimanale Frequenznutzung pro Woche			TWIST LOCK TECHNOLOGY	Snow Shoes	Alpine Touring	Foldable	Trekking	length open/close cm	length open/close inches	Weight gr	Weight oz	
		Beginner	Moderate	Active	Instructor	< 60	60 - 80	80 - 95	1-3 days	2-3 days	> 3 days										
EXTENSIBLE	VIPER RE-VOLUTION A.I.																	105-130	42"-52"	185	6.52
	INVERSO CA A.I.																	105-130	42"-52"	191	6.73
	CARBON XT 2S-80 A.I.																	78-135	32"-54"	178	6.28
	NORDIC REVOLUTION A.I.																	105-130	42"-52"	227	8.00
	TOUR XT FL. A.I.																	59-130	24"-52"	210	7.40
	STRETCH LITE A.I.																	75-130	30"-52"	209	7.37



Anti Impact  
NEW

12 PA

S-CARBON	N.C.S.	CORK
A.I.	REFLEX	T.P.L.
TWIST	CARBIDE	
LOCK		

Optional



**VIPER RE-REVOLUTION A.I.**  
Snake Carbon  
700935140

Size  
185 g / 6.52 oz  
105cm - 130cm / 42" - 52"  
Material  
S-Carbon 100 Ø 14/16 mm

Grip  
01/37 Dual Cork  
Strap  
02/36 NCS Comfort

Basket  
03/37F TR  
Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad  
Optional  
Cobra walking bag

03/37 ø38



05/33



Anti Impact

10 PA

S-CARBON	CORK	N.C.S.
REFLEX	T.P.L.	A.I.
CARBIDE		

**INVERSO CA A.I.**  
Snake Carbon  
700935131

Size  
191 g / 6.73 oz  
105/130 cm / 42"/52"  
Material  
S-Carbon 100 Ø 14/16

Grip  
01/37 Dual Cork  
Strap  
02/36 NCS Comfort

Basket  
03/37F TR  
Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

03/37 ø38



05/33



Anti Impact

20 PA

S-CARBON	CORK	N.C.S.
REFLEX	T.P.L.	A.I.
CARBIDE		

**CARBON XT 2S-80 A.I.**  
Snake Carbon  
700935148

Size  
174 g / 6.13 oz  
78/135 cm / 32"/54"  
Material  
S-Carbon 80 Ø 16/14 mm

Grip  
01/37 Dual Cork  
Strap  
02/36 NCS Comfort

Basket  
03/37F TR  
Tip  
05/15 + 08/15  
Vario Fit + Carbide

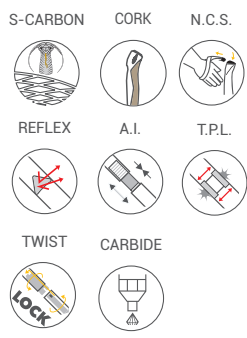
Walking pad  
05/33 Sport pad

03/37 ø38



05/33





**NORDIC-REVO A.I.  
ALU CARBON  
Snake Carbon + Alu  
700935138**

Size  
227 g / 8.00 oz  
105/130 cm / 42"/52"

Material  
S-Carbon 100 + Alu 7075  
Ø 14/16 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

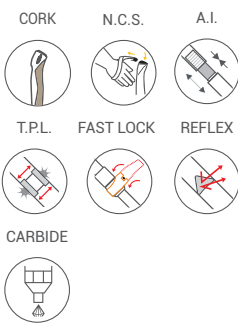
Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

Optional  
Nordic walking bag  
Adjustable trekking bag

03/37 ø38

05/33



**TOUR XT F.L. A.I.  
700935154**

Size  
210 g / 7.40 oz  
62 /130 cm / 24"/52"

Material  
ALU F56 - Ø 16/14/12 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

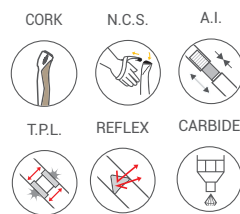
Basket  
03/37F TR

Tip  
Vario Fit + Carbide  
05/15 + 08/15

Walking pad  
05/33 Sport pad

03/37 ø38

05/33



**STRETCH LITE A.I.  
7008352490 Avio**

Size  
209 g / 7.37 oz  
75-130 / 30"- 52"

Material  
ALU F56 - Ø16/14 mm

Grip  
01/37  
Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
Vario Fit + Carbide  
05/15 + 08/15

Walking pad  
05/33 Sport pad

03/37 ø38

05/33



52 cm

Optional



Categories	Model Modello-Modell	LEVEL OF USER Livello di utilizzo-Umfang der Nutzung				WEIGHT kg Peso kg-Gewicht kg			FREQUENCY OF USE PER WEEK Frequenza utilizzo settimanale Frequenznutzung pro Woche			Wired Technology Twist Lock technology	Snow Shoes	Alpine Touring	Foldable	Trekking	length open/close cm	length open/close inches	Weight gr	Weight oz	
		Beginner	Moderate	Active	Instructor	< 60	60 - 80	80 - 95	1-3	2-3	> 3										
CLASSIC LINE	VIPER 3S TR																				
	FLD CARBON																				
	FX - 75																				
	X-5																				
	X-1.35 ACTIVE																				
	X-1.35																				
EXTENSIBLE LINE	LIGHT NCS																				
	VIPER RE-OLUTION																				
	SPRINGBOK																				
	NORDIC REVO ALU CARBON																				
	NORDIC REVO ALU-TECH																				
	CARBON XT 3S-100																				
	CARBON XT 2S-80 FL																				
	INVERSO CA																				
	FUSION WIRED																				
	FUSION CORK-TECH																				
	TOUR XT F.L.																				
	STRETCH LITE CARBON																				
	STRETCH LITE																				
	STRETCH ICE																				
Sport	VARIO S-9.6																				
	NORDIC FRIEND																				
	NORDIC ENERGY F.L.																				

## nordic walking categories



All the performance and lightness features required by the top experts in Nordic Walking. Only for those who dare!  
Tutte le caratteristiche di performance e leggerezza richieste dai migliori esperti di Nordic Walking. Solo per chi osa!  
Alle Ausführungs- und Leichtigkeitsfeatures die von Experten für Nodic Walking benötigt werden. Nur für diejenigen, die dies benötigen!  
Toutes les caractéristiques de performance et légèreté demandées par les meilleurs experts de Nordic Walking. Seulement pour ceux qui osent !



For youngsters and beginners who expects quality and performance. Maximum reliability and lightness for all circumstances.  
Per i più giovani e per chi è ai primi passi ma pretende qualità e performance. Il massimo di praticità e leggerezza per ogni circostanza.  
Für Jugendliche und Anfänger die Qualität und Funktionalität erwarten. Unter allen Umständen ein Produkt von höchster Verlässlichkeit und Leichtigkeit.  
Pour les plus jeunes et pour les débutants qui prétendent qualité et performance. La plus grande utilité pratique et légèreté en toute circonstance.

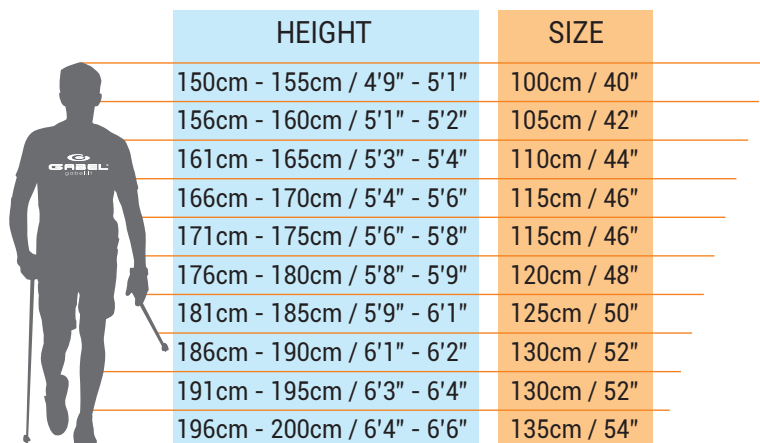


For the most demanding sporties, and for those who want to quickly improve their technique. Comfort without compromise.  
Per i più sportivi, e per chi desidera migliorare rapidamente la propria tecnica. Una comodità senza compromessi.  
Für Sportler mit den höchsten Ansprüchen und auch für diejenigen, die schnell ihre Technik verbessern wollen. Komfort ohne Kompromiss!  
Pour les plus sportifs et pour ceux qui souhaitent améliorer rapidement leur technique. Un confort sans compromis.



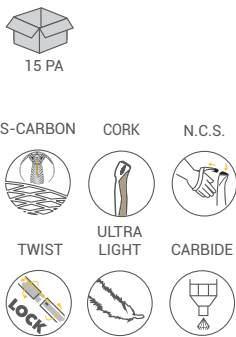
Great for trainers, versatile for families, great travel companion for everyone. Simply adjust the height and you're ready to go!  
Ottimo per gli istruttori, versatile per la famiglia, fantastico compagno di viaggio per tutti. Basta regolare l'altezza e poi partire!  
Optimal geeignet für Trainer, vielseitig für Familien und ein großartiger Reisebegleiter für jeden. Einfach die Stockhöhe einstellen und bereit zu gehen.  
Excellent pour les moniteurs, versatile pour la famille, extraordinaire compagnon de voyage pour tous. Il suffit de régler la hauteur et partir !

### CHOOSE THE RIGHT SIZE



NEW

NEW



**VIPER 3S TR**  
Snake Carbon  
700839140

Size  
165 g / 5,82 oz  
110-140 (5 cm) / 44"-62" (2")

Material  
S-Carbon 100 - ø 16

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37 TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

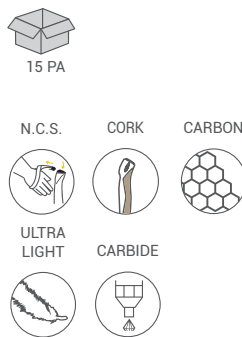
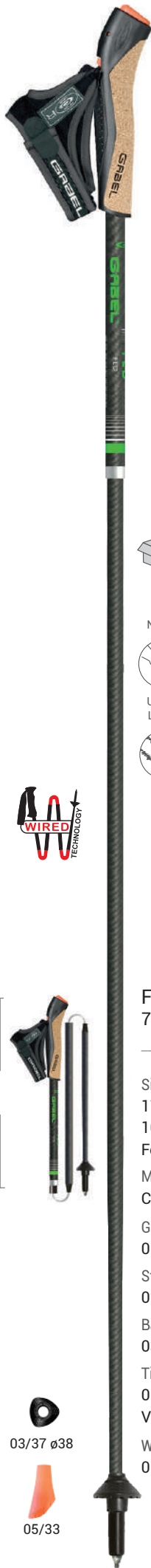
Optional  
Adjustable trekking bag



51 cm

03/37 ø38

05/33



**FLD CARBON**  
700940080

Size  
170 g / 5.99oz  
105-135 cm (5cm) / 42"-54" (2")  
Folded Size 41cm/16"

Material  
Carbon 3k - ø16/14 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

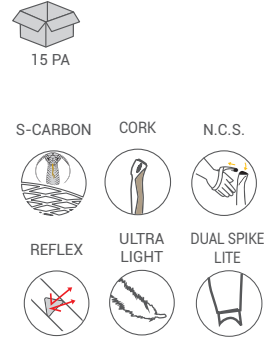
Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

41 cm

03/37 ø38

05/33



**FX-75**  
Snake Carbon  
700935101

Size  
125 g / 4.40 oz  
100-140 cm (5 cm) / 40"-56" (2")

Material  
S-Carbon 100 - ø 16 mm

Grip  
01/37  
Dual Cork

Strap  
02/36  
NCS Comfort

Tip  
05/44 + 08/16  
Aero+ Dual Spike Lite

Walking pad  
05/33 Sport pad

Optional  
Nordic Walking bag

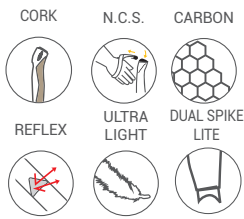
05/33



Optional



15 PA



**X-5**  
700935114

Size  
158 g / 5.57 oz  
100-130 (5 cm) / 40"-52" (2")

Material  
Ca 85 - Ø 16 mm

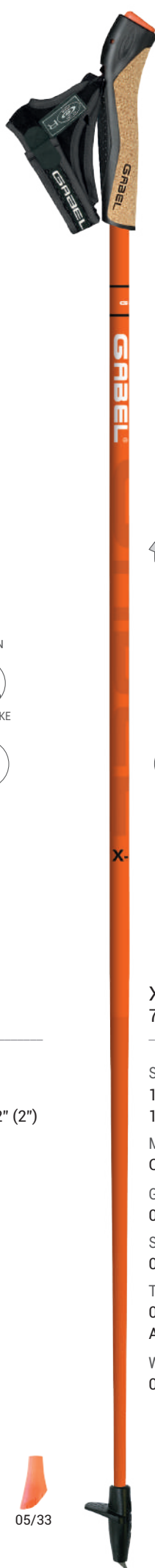
Grip  
01/37  
Dual Cork

Strap  
02/36 NCS Comfort

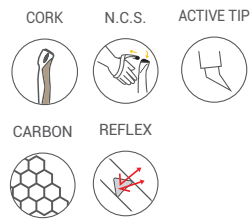
Tip  
05/44 + 08/16  
Aero+ Dual Spike Lite

Walking pad  
05/33 Sport pad

Optional  
Nordic Walking bag



15 PA



**X-1.35 ACTIVE**  
700936115

Size  
165 g / 5.82 oz  
100-130 (5 cm) / 40"-52" (2")

Material  
Ca 35 - Ø 16 mm

Grip  
01/37 Cork

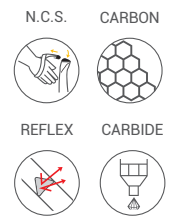
Strap  
02/36 NCS Comfort

Tip  
05/44 + 08/5  
Aero + Active carbide

Walking pad  
05/33 Sport pad



15 PA



**X-1.35**  
700936114

Size  
175 g / 6.17 oz  
100-130 (5 cm) / 40"-52" (2")

Material  
Ca 35 - Ø 16 mm

Grip  
01/25 Dual Tech

Strap  
02/36 NCS Comfort

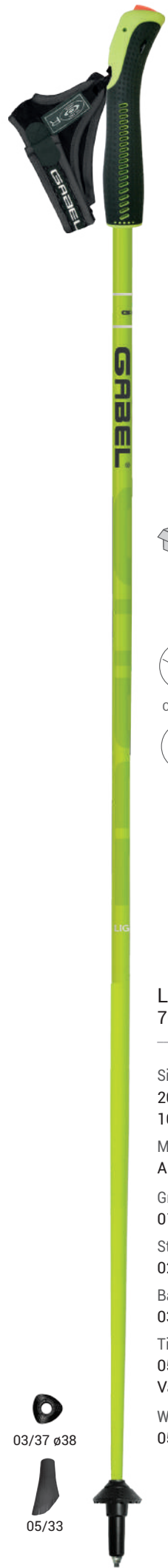
Tip  
05/43 + 08/15  
Aero + Carbide

Walking pad  
05/33 Sport pad



CLASSIC

EXTENSIBLE



15 PA



CARBIDE



### LIGHT NCS 700934136

Size  
205 g / 7.23 oz  
100-130 (5 cm) / 40"-52" (2")

Material  
ALU F45 - Ø 16 mm

Grip  
01/25 Dual Tech Lime

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad



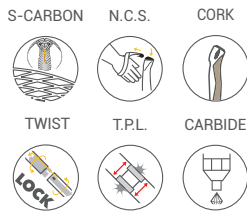
05/33



NEW



12 PA



Optional

### VIPER RE-REVOLUTION Snake Carbon 700935130

Size  
175 g / 6.17 oz  
105cm - 130cm / 42" - 52"

Material  
S-Carbon 100 Ø 14/16 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

Optional:  
Cobra walking bag



52 cm



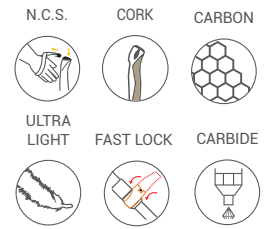
05/33



NEW



15 PA



### SPRINGBOK XTS 700940060

Size  
176 g / 6.20 oz  
105-120 cm / 41"-47"  
Folded Size 41cm/16"

### SPRINGBOK XTL 700940050

Size  
189 g / 6.66 oz  
116-135 cm / 46"-53"  
Folded Size 44cm/17"

Material  
Carbon 3k - Ø18/16/14 mm

Grip  
01/88 NW- XC cork

Strap  
02/36

NCS compact

Basket  
03/37F TR

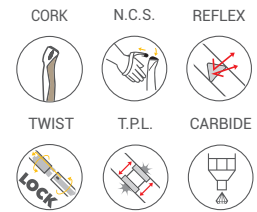
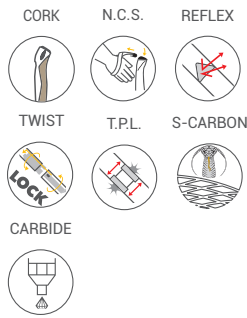
Flex Tip+Tip  
05/15 + 08/15  
Vario Fit + Carbide



41 cm



03/37 ø38



Optional



Optional



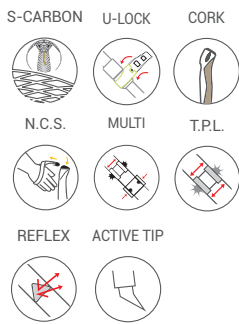
**NORDIC-REVO  
ALU CARBON**  
Snake Carbon + Alu  
700935134

- Size  
220 g / 7.76 oz  
105/130 cm / 42"-52"
- Material  
S-Carbon 100 + Alu - Ø 14/16 mm
- Grip  
01/37 Dual Cork
- Strap  
02/36 NCS Comfort
- Basket  
03/37F TR
- Tip  
05/15 + 08/15  
Vario Fit + Carbide
- Walking pad  
05/33 Sport pad
- Optional  
Nordic walking bag  
Adjustable trekking bag

**NORDIC-REVO ALU-TECH**  
700935139

- Size  
229 g / 8.07 oz  
105/130 cm / 42"-52"
- Material  
Alu - Ø 14/16 mm
- Grip  
01/37 Dual Cork
- Strap  
02/36 NCS Comfort
- Basket  
03/37F TR
- Tip  
05/15 + 08/15  
Vario Fit + Carbide
- Walking pad  
05/33 Sport pad
- Optional  
Nordic walking bag  
Adjustable trekking bag





**CARBON XT 3S-100 F.L.**  
Snake Carbon  
700935142

Size  
180 g / 6.35 oz  
63/135 cm / 24"-54"

Material  
S-Carbon 100 Ø 16/14/12 mm

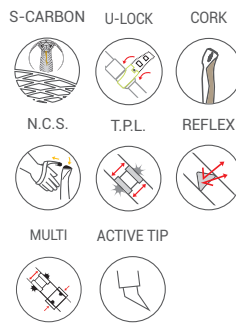
Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Tip  
05/44 + 08/5  
Aero+ Carbide

Walking pad  
05/33 Sport pad

05/33



**CARBON XT 2S-80 F.L.**  
Snake Carbon  
700935149

Size  
167 g / 5.89 oz  
78-135 cm / 32"-54"

Material  
S-Carbon 80 Ø 16/14 mm

Grip  
01/37 Dual Cork

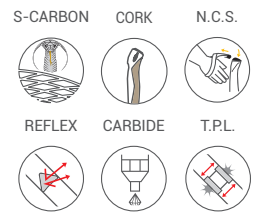
Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/44 + 08/5  
Aero+ Carbide

Walking pad  
05/33 Sport pad

05/33



**INVERSO CA**  
Snake Carbon  
700935132

Size  
184 g / 6.49 oz  
105-130 cm / 42"-52"

Material  
S-Carbon Ø 14/16 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide

Walking pad  
05/33 Sport pad

03/37 ø38

05/33

# Fusion series

6 different activities in 1 pole

1



nordic walking



N.C.S Comfort  
02/36



Sport pad - 05/33



TR 03/37 ø38

2



trail running



NCS Adjustable  
02/18



TR 03/37 ø38



16 PA

3



snow shoeing



NCS Adjustable  
02/18



S. S. Power  
03/27 F ø90

37 cm



N.C.S. FAST LOCK



CARBIDE



4



alpine touring



NCS Adjustable  
02/18



S. S. Power  
03/27 F ø90



02/18



03/27 ø90

5



alpine skiing



NCS Adjustable  
02/18



Power Race  
03/1F ø 50



03/37 ø38



03/1 ø50



03/33

6



trekking hiking



NCS Adjustable  
02/18



TR 03/37 ø38



Tip Protector  
05/36 ø11



05/36



OPTIONAL  
03/39 FG

FUSION WIRED  
700836161

Size  
295 g / 10.4 oz  
110-130 cm / 44"-52"  
Folded Size / 37cm/15"

Material  
ALU F60 - Ø 18/16/14 mm

Grip  
01/25 Dual Tech

Strap  
02/36 NCS Comfort  
02/18 NCS Adjustable

Basket  
03/1F Power Race  
03/27F S.S.Power  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide

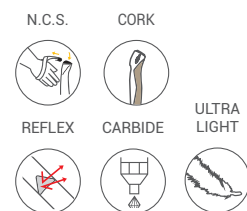
Walking pad  
05/33 Sport pad  
05/36 Tip Protector

Optional  
Basket - 03/39 FG ø12

NEW







**FUSION CORK-TECH**  
700836151

- Size  
247 g / 8.71 oz  
59-130 cm / 24"-52"
- Material  
ALU F56 - Ø 16/14/12 mm
- Grip  
01/37  
Dual Cork
- Strap  
02/36 NCS Comfort  
02/18 NCS Adjustabl
- Basket  
03/1F Power Race  
03/27F S.S.Power  
03/37F TR
- Tip  
05/15 + 08/15  
Vario Fit + Carbide
- Walking pad  
05/33 Sport pad  
05/36 Tip Protector
- Optional  
Basket 03/39 FG



02/18



03/27 ø90



03/37 ø38



03/1 ø50



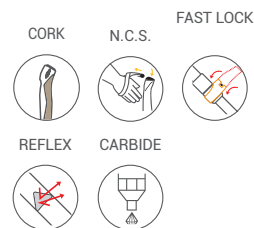
05/33



05/36



OPTIONAL  
03/39 FG



**TOUR XT F.L.**  
700935155

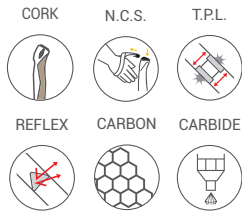
- Size  
210 g / 7.40 oz  
59-130 cm / 24"-52"
- Material  
ALU F56 - Ø 16/14/12 mm
- Grip  
01/37 Dual Cork
- Strap  
02/36 NCS Comfort
- Basket  
03/37F TR
- Tip  
05/15 + 08/15  
Vario Fit + Carbide
- Walking pad  
05/33 Sport pad



03/37 ø38



05/33



**STRETCH CARBON**  
7008352600

Size  
169 g / 5.96 oz  
75-130 cm / 30"-52"

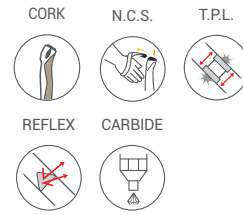
Material  
ALU F56 - Ø 16 mm  
CA - Ø14 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide  
Walking pad  
05/33 Sport pad



**STRETCH LITE**  
7008352622 Avio

Size  
196 g / 6.91 oz  
75-130 cm / 30"-52"

Material  
ALU F56 - Ø 16/14 mm

Grip  
01/37 Dual Cork

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide  
Walking pad  
05/33 Sport pad



**STRETCH ICE**  
7008352630

Size  
204 g / 7.20 oz  
75-130 cm / 30"-52"

Material  
ALU F56 - Ø 16/14 mm

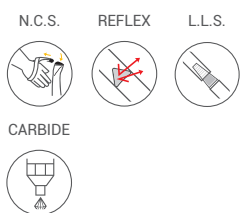
Grip  
01/25 Dual Tech

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/15  
Vario Fit + Carbide  
Walking pad  
05/33 Sport pad





**VARIO S-9.6**  
700835061 Teal

Size  
209 g / 7.37 oz  
77/130 cm / 31"/52"

Material  
ALU F56 - Ø 16/14 mm

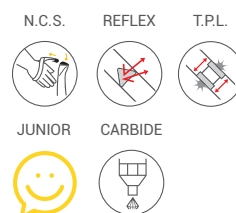
Grip  
01/25 Dual Tech

Strap  
02/36 NCS Comfort

Basket  
03/40F NW

Tip  
05/50 Carbide

Walking pad  
05/29



**NORDIC ENERGY F.L.**  
700734056

Size  
178 g / 6.28 oz  
60/100 cm / 24"/40"

Material  
ALU F45 - Ø 16/14mm

Grip  
01/37 Foam White

Strap  
02/36 NCS Comfort

Basket  
03/37F TR

Tip  
05/15 + 08/8  
Vario Fit + Steel

Walking pad  
05/33 Sport pad



# NORDIC GLOVES NCS



1



2

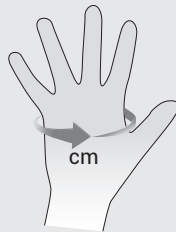


3



4

## GLOVES SIZES



cm	inch	size
16-17	6,3"-6,7"	5/5,5 XXS
18-19	7,09"-7,49"	6/6,5 XS
20-21	7,88"-8,27"	7/7,5 S
22-23	8,67"-9,06"	8/9,5 M
24-25	9,46"-9,85"	9/9,5 L
26	10,24"	10/10,5 XL



NCS GLOVES SHORT (1 pair)  
801501160 yellow



NCS GLOVES LONG (1 pair)  
80150115000 yellow

## GRIPS

Dual Tech  
01/25



7901251800008 Lime ø18  
7901251800003 White ø18  
7901251600008 Lime ø16  
7901251600003 White ø16  
7901251600009 Black ø16

Dual Cork  
01/37



7901371400001 ø 14 black  
7901371600001 ø 16 black

## STRAPS

NCS Adjustable  
02/18



7902018000011

NCS Comfort  
02/36



(S)

(M)

(L)

7902024620011 (S)  
7902024620012 (M)  
7902024620013 (L) (1 pair)

Fit Link  
System  
02/10 G



7902011000001

Cuneo/Wedge  
07/11



7907110100001

## TOURING GRIPS

Foam Touring  
01/78 - Ø 18  
7901781809011



9 cm

Foam Touring  
01/81 - Ø 18  
790181180211



13 cm

Foam Touring  
01/76 - Ø 16  
7901761601211



13 cm

Short Foam Touring  
01/56 - Ø 16  
7901561601001



18 cm

Foam Touring  
01/58 - Ø 18  
7901581801001



18 cm

## BASKETS

Mesh  
03/39 FG ø120  
03/39 FC ø120



790339004001 FG  
790339004011 FC

S. S. Power  
03/27 F ø90



7903270104010

03/51F  
Ø 87 mm



7903510104010

SS. Touring  
03/29 F



7903290104010

Performance Disc  
03/10F  
ø 60



7903100014010

Trekking Lite  
03/24 F  
ø55



7903249904010

Power Race  
03/1F  
ø 50



7903010104010

TR  
03/37  
ø38



7903370004010

NW  
03/40 F  
ø35



7903400004010

03/50F/  
Ø 53 mm



7903500104010

## TIPS & PAD

Tip Protector  
05/36 ø11



7905361101010

Tip Protector  
05/34 ø11



7905341101010

Tip Protector  
05/7 Ø13



7905071301010

Walking pad XXL  
05/27



7905271305010 black  
7905271305011 orange  
7905271305012 green

Sport pad  
05/33



7905331305010 black  
7905331305011 orange

Sport pad  
05/29



7905291305010

Vario fit + Steel  
05/15 + 08/8



7905159800010

Vario Fit + Carbide  
05/10 + 08/15



7905109900010

Multi Fit + Carbide  
05/5 + 08/15



7905059900010

Ultralight +  
Carbide  
05/15 + 08/15



7905159900010

Carbide Tip  
05/50



7905501400010

Carbide Tip  
05/51



7905511400010

Aero +  
Active Carbide  
05/44 + 08/5



7905440903010

Aero+Carbide tip  
05/43 + 08/15



7905430903010

Aero+Dual Spike  
Lite  
03/33 + 08/16



7905440816010

## LOCKING PARTS

U-Lock Power  
06/136 Ø14/12



7906136120001

U-Lock Power  
06/137 Ø16/14



7906136140001

U-Lock Power  
06/138 Ø18/16



7906136160001

Fast Lock Spring S.F.L.  
06/133 Ø14/12



7906133120001

Fast Lock Spring S.F.L.  
06/134 Ø16/14



7906134140001

Fast Lock Spring S.F.L.  
06/135 Ø18/16



7906135160001

U-Lock Mono  
06/43 Ø14/12



7906143120001

U-Lock Mono  
06/44 Ø16/14



7906144140001

U-Lock Mono  
06/45 Ø18/16



7906145160001

Fast Lock Mono  
06/40 Ø14/12



7906140120001

Fast Lock Mono  
06/41 Ø16/14



7906141140001

Fast Lock Mono  
06/42 Ø18/16



7906142160001

## STRAPS FOR STRIDE POWER - Training Rubber Bands

NCS Double Ring - 02/87K (Kevlar)



(S)



(M)



(L)

7902028720035 (S)  
7902028720034 (M)  
7902028720033 (L) (1 pair)

Expander  
06/23 Ø12



7906231202219

Expander  
06/25 Ø14



7906251402220

Expander  
06/27 Ø16



7906271602220

Twist Lock Cartridge



7906000161401 (1 pair)

## STRIDE POWER - Training Rubber Bands

SOFT - 10 lb  
8210011000011 blue



MEDIUM - 15 lb  
8210011500007 red



HEAVY - 20 lb  
8210012000008 green



## STRIDE GYM - Training Rubber Bands

SOFT - 10 lb  
8210001000011 blue



MEDIUM - 15 lb  
8210001500007 red



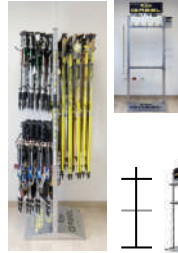
HEAVY - 20 lb  
8210002000008 green



## DISPLAYS



Floor Display double side - 60 pairs  
98/20  
B= 50x50cm - H= 1.93cm  
79809820006



Floor Display double side - 100 pairs  
98/17  
B=70x50cm - H= 1.93cm  
7980981701000



Floor Display - 36 poles  
98/23  
B= 45x45cm - H= 5cm  
8110000009123



Floor Display - 16 poles  
98/22  
B= 24x24cm - H= 5cm  
8110000009122



Floor Display - 7 poles  
98/21  
B= 35x35cm - H= 5cm  
8110000009121

## BAGS



Gabel poles bag 20 Pairs - 18x134x19,5cm - 8009010500001



Gabel poles bag 2 pair - 85x18cm - 8009010500005



Nordic Walking bag 1 pair - 130x12cm - 8009010500002



Wired bag  
Size 50x19cm  
8009010100009



Adjustable Trekking Bag  
Size 75x12cm  
black 8009010100007



Stride waist bag - 1 bottle  
8009010500101

## PROMO



GABEL FLAG  
8110000001200 - Size 2m  
8110000001201 - Size 4m



Gabel T-shirt Man Black  
8110000010110



Gabel T-shirt Woman Black  
8110000010106



Gabel Badge Holder  
8110000006001



Gabel Banner  
8110000001005  
Size 300 x 80 cm.



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NW

