

WORKBOOK

SUMMER COLLECTION 2019



ItalianDesign

04-07-2018

NORDIC WALKING - NORDIC WALKING A.I. - TRAIL RUNNING




GABEL[®]
gabel.it

AREA TECNICA / TECHNICAL AREA

N.C.S.

Nordic Click System di rilascio con un Click.
N.C.S. Nordic Click System - quick nordic strap release.

T.P.L.

Top Performance Locking
Sistema di bloccaggio interno con due punti di attrito.
Internal locking system with two points of friction.

CARBON

Tubi leggeri e resistenti in carbonio alto modulo.
Light and resistant carbon shafts.

GRIP

Impugnatura ottimizzata per il Nordic walking.
Rounded shape on top and an angle of 6-7° to enhance comfortable grip and release during practice.

L.L.S.

Light Locking System
Sistema di bloccaggio interno.
Internal locking system.

REFLEX

Sistema rifrangente.
Reflective - Visibility and Safety.

FAST LOCK

Sistema di bloccaggio esterno ideale anche a basse temperature.
Fast and safe external locking system, ideal for low temperatures.

TWIST LOCK

Sistema di chiusura rapido brevettato.
Patented quick compacting system.

CARBIDE

Puntale in tungsteno.
Carbide tip.

A.I.

Anti Impact
Assorbe le vibrazioni dannose.
Absorbs harmful vibrations.

WIRED

Sistema di chiusura rapido per un bastoncino super compatto.
Quick folding system for a very compact pole

ACTIVE TIP

Punta ad alte prestazioni che garantisce una presa sicura su ogni terreno.
High performance tip for the perfect grip on every surface.

U-LOCK

Ultra Lock
Sistema di bloccaggio ad alte performance con leva in alluminio.
High performance locking system with aluminum lever.

S-CARBON

Snake Carbon
Carbonio ad alto modulo a geometria speciale.
Special high module carbon fiber with special geometry.

* Brevettato. Patented

TWIST LOCK

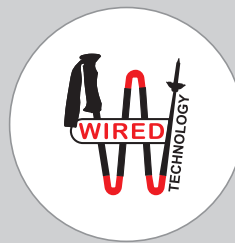


Twist Lock makes your poles compact! This locking system is operated through two simple, easy and intuitive steps. Just rotate by 90° degrees the lower section towards the open lock icon. Follow the instructions on the stick (open / closed padlock). In correspondence of the open lock, pulling outward, 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.

Twist Lock rende compatto il vostro bastoncino! Questo sistema di chiusura è azionabile attraverso due semplici gesti, facili ed intuitivi. Basta agire sul tubo principale del bastoncino, ruotando di 90° la sezione inferiore rispetto a quella superiore, osservando le indicazioni grafiche riportate nel tubo stesso (lucchetto aperto/chiuso). In corrispondenza del lucchetto aperto, tirando verso l'esterno, la sezione inferiore si sgancerà da quella superiore. Una volta rimossa, questa potrà essere girata su quella superiore, rendendo il bastoncino compatto. Per ricomporre il tutto, basterà reinserire la sezione inferiore su quella superiore, e ruotare la stessa nella direzione del lucchetto chiuso, con una rotazione di 90°. Una volta bloccate le varie sezioni, potrete utilizzare normalmente il vostro bastoncino. il Twist Lock è intercambiabile.

Twist Lock macht den Stöcke kompakt! Diese Verriegelung wird durch zwei einfache, leichte und intuitive Schritte betrieben. Gerade auf dem Hauptrohr des Stabes wirken, indem der untere Abschnitt 90° in Bezug auf die obere Abschnitt. Folgen Sie den Anweisungen auf dem Stöcke (offen / geschlossen Vorhängeschloss). In Übereinstimmung mit dem offenen Schloss und zog nach außen, wird der untere Abschnitt von der obere Abschnitt freigegeben werden. Sobald der untere Abschnitt entfernt wird, kann diese in Richtung des oberen Abschnitt gedreht werden, so dass der Stick kompakt ist. Um das alles zusammen bringen, man muss nur den unteren Teil in die obere wieder einsetzen und drehen Sie ihn in die geschlossene Schloss, mit einer 90°-Drehung. Sobald die verschiedenen Abschnitte gesperrt sind, können Sie den Stöcke normal verwenden. Der Twist Lock ist austauschbar.

WIRED TECHNOLOGY



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.

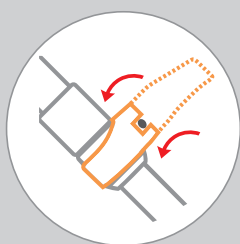
The advantage of this technology is having a pole very compact, light, less bulky and easy to carry.

L'innovativa tecnologia WIRED vi permetterà di piegare il vostro bastoncino dopo l'uso per avere il minor ingombro possibile, utilizzando un semplice pulsante. Le diverse sezioni del bastoncino sono unite tra loro con

un cavo in acciaio rivestito in plastica. Il vantaggio di questa tecnologia è avere un bastoncino compatto, leggero, poco ingombrante e facilmente trasportabile.

Die innovative WIRED-Technologie ermöglicht es, den Stock auf ein sehr kompaktes Packmaß zu falten, einfach und schnell durch den Pinverschluss. Durch das Zeltstangenprinzip ist der Stock im Handumdrehen wieder einsatzbereit. Der Vorteil liegt im Rucksacktauglichen Packmaß und der einfachen Bedienung. Leicht, stabil, bewahrt.

SPRING FAST LOCK S.F.L.

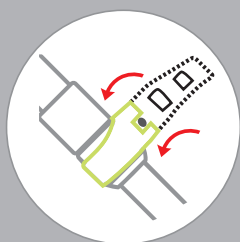


The FAST LOCK system is based on the locking clamp principle, as a valid alternative to conventional systems. FAST LOCK does not require rotation of the tubes, but locks them through an external lever mechanism, and is fast and effective, even at low temperatures and when wearing gloves.

Il sistema FAST LOCK si basa sul principio della chiusura a morsetto, diventando una valida alternativa ai sistemi tradizionali. FAST LOCK non obbliga alla rotazione dei tubi ma li blocca attraverso un meccanismo a leva esterno, efficace e rapido anche a basse temperature e con l'uso dei guanti.

Das FAST LOCK System basiert auch dem Klemmbügel Prinzip, als eine stichhaltige Alternative zu konventionellen Systemen. Durch FAST LOCK muss man das Rohr nicht drehen, denn es wird durch einen außenliegenden Flachspannhebelmechanismus geschlossen. Dazu kommt, dass durch FAST LOCK eine schnelle und effektive Verstellung des Stockes auch bei niedrigen Temperaturen oder beim Tragen von Handschuhen gewährleistet wird.

U-LOCK



SNAKE CARBON



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.

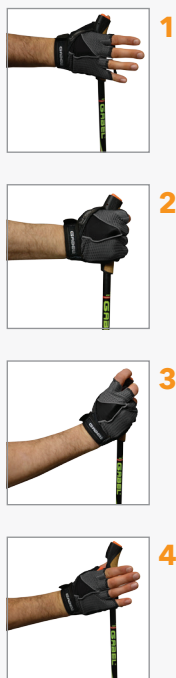
La recente tecnologia "Snake Carbon" applicata agli ultimi modelli sviluppati da Gabel, unisce l'elevata resistenza del tessuto in carbonio ad alto modulo ad una particolare struttura geometrica, abbinata ad una innovativa tecnologia di cristallizzazione. Tale processo ha permesso la riduzione di peso dei tubi di circa il 20%, aumen-

tandone la resistenza del 18%. L'abbinamento, quindi, delle tecnologie HD con questi nuovi processi e materiali, ci ha consentito di introdurre nel mercato una novità di altissimo livello.

Die kürzlich entwickelte, bei den neuesten von Gabel ausgearbeiteten Modellen angewandte Technologie "Snake Carbon" verbindet die hohe Widerstandsfähigkeit des Carbon-Gewebes mit hohem Modul mit einer besonderen geometrischen Struktur, kombiniert mit einer innovativen Kristallisierungstechnologie. Dieses Verfahren ermöglichte die Verminderung des Gewichts der Rohre um ca. 20%, bei gleichzeitiger Erhöhung der Widerstandsfähigkeit um 18%. Die Kombination der HD-Technologien mit diesen neuen Verfahren und Materialien hat uns somit in die Lage versetzt, eine Neuheit auf höchstem Niveau auf den Markt bringen zu können.



N.C.S. GLOVE



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.

Sistema integrato lacciolo e guanto con sistema NCS. Con il sistema C.P.S. abbinato al guanto si raggiunge un livello di comfort fino ad ora inimmaginabile. La distribuzione della spinta avviene in modo uniforme su tutta la mano evitando punti di stress fastidiosi. La sensazione di benessere e leggerezza che ne deriva, favorisce il

naturale movimento del NW aumentando conseguentemente la performance di durata del gesto atletico.

Integriertes System Schlaufe und Handschuh mit NCS-System. Durch das mit dem Handschuh kombinierte System C.P.S. wird ein bis jetzt unvorstellbares Niveau an Komfort erreicht. Die Verteilung des Schubs erfolgt gleichmäßig auf der ganzen Hand und vermeidet somit unangenehme Stresspunkte. Das sich daraus ableitende Gefühl des Wohlbefindens und der Leichtigkeit fördert die natürliche Bewegung des NW und erhöht folglich die Ausdauer/Performance des sportlichen Einsatzes.

N.C.S. STRAP



1
Push the plastic edge till the end of the hole (you will hear a click).

Inserire completamente la testa in plastica del passamano nel foro dell'impugnatura (si deve sentire un "click").

Drücken Sie den Kunststoffstift bis zum Ende der Öffnung (Sie werden einen Klick hören).

2
The strap is now fixed.

Il passamano ora è fissato all'impugnatura.

Die Griffschlaufe ist jetzt fixiert.

3
Release your hand from the pole by pushing the top N.C.S. button.

Premere il pulsante in testa all'impugnatura per rilasciare il passamano N.C.S.

Lösen Sie die Hand aus dem Stock durch drücken des oberen Knopfes.

4
Your hand is now free!

La Vostra mano ora è libera!

Ihrer Hand ist jetzt frei!





user guide TRAIL RUNNING

WARRANTY
2
YEARS

Model Modèle-Modelo Modello-Modell	LEVEL OF USER Niveau de l'usager-Nivel del usuario Livello di utilizzo-Umfang der Nutzung			ELEVATION Pente-Pendiente Inclinazione-Neigung			DURATION OF EXCURSIONS Durée des excursions Duración de los viajes Durata delle escursioni Dauer der Fahrten				Winter use										
	Moderate	Intense	Pro-expert	Guide	< 15°	15°-30°	> 30°	1-3 days	3-7 days	> 7 days	Snow Shoes	Alpine Touring	Alpine Ski	Back Country	Compact	Nordic Walking	Trail Running	length open/close cm	length open/close inches	Weight gr	Weight oz
FX-75 R																		100-125	40"-50"	96	3.3
NORDIC-REVO ALU CARBON																		105-125	42"-50"	220	7.76
WRD NW CARBON																		110-140	45"-56"	209	7.37
XTR CARBON																		110-130	44"-52"	267	9.41
XTR ALU																		110-130	44"-52"	280	9.87

Categories

CARBON

ALU



NEW



96 g - 96 Rmp

We don't make you walk on water... we will make you fly...safely



15 PA

S-CARBON ACTIVE TIP



ULTRA LIGHT



FX-75 R

Snake Carbon
700839101

Size

96 g / 3.3 oz
100-125 (5 cm) / 40"-50" (2")

Material

S-CarboN 100 - Ø 16

Grip

Foam Touring 01/76 - Ø16

Strap

Adjustable
02/28 FX

Tip

Punta / Tip
Aero + Active Carbide
05/44 + 08/5



03/37 ø38



12 PA

S-CARBON N.C.S. REFLEX



TWIST CARBIDE T.P.L.



GRIP



Nordic-Revo Alu Carbon

Snake Carbon + Alu
700835134

Size

220 g / 7.76 oz
105/130 cm / 42"/52"

Material

S-CarboN 100 + Alu
Ø 14/16 mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37

Tip

Vario Fit + Carbide
05/15 + 08/15

Walking pad

Sport pad - 05/33

Optional

*Nordic walking bag
Adjustable trekking bag*



03/37 ø38

q.ty

110 / 44" - 34,5/13,5"

120 / 48" - 37/15"

130 / 52" - 39,5/15,5



15 PA

N.C.S. CARBIDE



CARBON GRIP



WRD NW Carbon
700839230

Size

209 g / 7.37 oz
110-130 cm - 44"-52"
Folded Size
39 cm/16"

Material

CA 3k - AluF60 - ø16/14mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

05/5 + 08/15 - Multi Fit + Carbide

Optional
Nordic walking bag
Adjustable trekking bag



05/34 ø11



03/51 ø87



03/50 ø53



OPTIONAL
03/39 FC

q.ty

110-130 / 44"-52"



20 PA

FAST LOCK ULTRA LIGHT



CARBIDE CARBON



XTR Carbon
700839280

Size

267g / 9.41 oz
110cm - 130cm / 44" - 52"
Folded Size
37cm/15"

Material

Carbon/ Alu 7075-T6
ø18/16/14mm

Grip

LM36 + 01/82

Strap

Adjustable padded

Basket

03/50 small 53mm
03/51 large 87mm

Tip

05/50 Carbide

Optional
Nordic walking bag
Adjustable trekking bag





NEW

q.ty

110-130 / 44"-52"



20 PA



05/34 ø11



03/51 ø87



03/50 ø53



OPTIONAL
03/39 FC

XTR Alu
700839270

Size
280g / 9.87 oz
110cm - 130cm / 44" - 52"
Folded Size / 37cm/15"

Material
Alu F60 - ø18/16/14mm

Grip
LM36

Strap
Adjustable padded

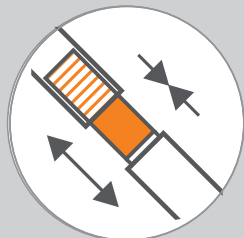
Basket
03/50 small 53mm
03/51 large 87mm

Tip
05/50 Carbide

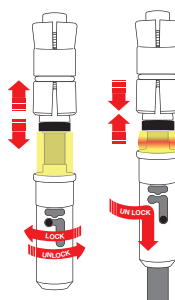
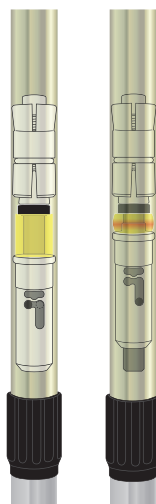
Optional
Nordic walking bag
Adjustable trekking bag
Basket - 03/39 ø120



ANTI IMPACT



ANTI IMPACT
ON/OFF SPRING SYSTEM



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 comfort you can ask for.

L'Anti-Impact brevettato da Gabel assorbe al massimo gli urti dovuti all'impatto con il terreno, eliminando di fatto la trasmissione delle vibrazioni dannose (inferiori a 100Hz). Gabel Anti-Impact: il confort al quale è difficile rinunciare.

Das patentierte Gabel Anti-Schlag-System absorbiert maximal die Stöße und Vibrationen, die durch den Kontakt mit dem Boden verursacht werden, indem sie die schlechten Vibrationen (niedriger als 100Hz) eliminieren. Gabel Anti-Impact: Der Comfort, auf den du nicht verzichten kannst.

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 - Brevettato Cosa c'è dietro la nostra innovazione

Si sono dette molte cose interessanti sull'uso professionale, ricreativo ed anche riabilitativo di bastoncini telescopici da passeggio e da Nordic Walking. GABEL è stata promotrice di molti sviluppi, particolarmente in relazione alla sicurezza e alla facilità di regolazione. Ha ora sviluppato e brevettato (in Italia, pat. pend. in altri paesi) un singolare sistema ammortizzante - Anti Impact (AI) - che attenua l'impatto tra bastone e terreno, e ne riduce fortemente l'effetto di vibrazione prolungata.

Il sistema GABEL A.I. usa un 'cuscino' micro-cellulare in materiale simile al quello usato nell'industria automobilistica per smorzare le sospensioni. La maggior parte degli altri sistemi disponibili fanno uso di semplici molle, mancando quindi di smorzamento: questo può causare problemi di vibrazioni prolungate, dato che tendono a comportarsi come una palla elastica reagisce ad un colpo. Alcuni altri sistemi usano elementi elastici non metallici, ma la loro efficacia è spesso limitata o compromessa nel tempo, per le restrizioni imposte dal diametro del tubo.

Il sistema GABEL A.I. assorbe velocemente e dolcemente la vibrazione dell'impatto, fornendo la soluzione più efficace alla riduzione dello stress a livello di polso e gomito, soprattutto in caso di esercizio prolungato su superfi-

cie dure e/o in discesa. Qualsiasi utente potrà trarre beneficio dall'extra confort offerto dal sistema GABEL A.I.

Manutenzione dei prodotti con Anti Impact

Non esistono particolari attenzioni od istruzioni da osservare per il sistema GABEL A.I. Il sistema di assorbimento è efficiente per tutta la vita del prodotto ed è "life time guaranteed". Le uniche due precauzioni necessarie sono:

Evitare che si sporchi l'interno della sez. diam. 18 (quella più grossa dove è fissata l'impugnatura) in modo che il tubo diam. 16 a cui è fissato il sistema GABEL A.I. possa scorrere facilmente. Prestare molta attenzione nell'inserire la sezione centrale diametro 16. Infatti nell'inserimento si possono avere degli attriti all'imboccatura da provocare il disassamento delle due sezioni (diam. 16 e diam. 18) provocando la piegatura o rottura dello stelo filettato. Se questo si verificasse deve essere acquistata una nuova sezione di ricambio, disponibile presso il Vostro rivenditore di fiducia.

GABEL Anti Impact - Patented Was steckt hinter unserer neuesten Innovation

Der längenverstellbare Nordic Walking Stock hat sich mittlerweile in seiner vierfältigen Anwendung auf Grund seiner Vorteile voll durchgesetzt. GABEL hat insbesondere was die Fixierung betrifft entscheidend daran mitgewirkt. Die neueste Innovation von GABEL ist das patentierte und exklusive Anti Impact. Dieses neuartige Dämpfung System reduziert entscheidend den beim Stock Einsatz auftretenden Stoß und die auftretenden Vibrations Schwingungen. Damit wird der gesamte Bewegungsapparat im Arm- und Schulterbereich entscheidend entlastet.

Das GABEL Anti Impact nutzt dabei als Dämpfungsmaterial einen Spezial Kunststoff wie er ähnlich im Automobil Bau für Stoßdämpfer eingesetzt wird. Die meisten anderen gefederten Trekking Stöcke benutzen im Gegensatz dazu eine Metall Feder. Dies kann eine verlängerte Vibration bedeuten und einen Trampolin Effekt erzeugen. Bei anderen Systemen die Kunststoff Dämpfungen verwenden, ist die Wirkung auf Grund des begrenzten Platzes, bedingt durch den geringen Rohrdurchmesser, begrenzt.

Das GABEL A.I. absorbiert dagegen die auftretenden Stöße schnell und weich. Es reduziert damit besonders effektiv die speziell auf hartem Untergrund und langen Abstiegen auftretenden Belastungen im Arm- und Schulterbereich.

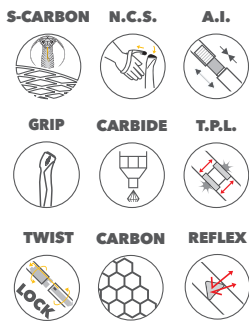
Das neue GABEL Anti Impact mit seinem neuartigen Komfort wird deshalb auf Antrieb Jeden begeistern.

user guide NORDIC WALKING A.I.

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			ANTI IMPACT TWIST LOCK TECHNOLOGY		Winter use		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	•	•	•	•	•	•	•	•	•
COBRA RE-VOLUTION A.I.																105-130	42"-52"	178	6.27
INVERSO CA A.I.																105-130	42"-52"	182	6.42
CARBON XT 2S-80 A.I.																78-135	31"-54"	178	6.28
NORDIC REVO ALU CA A.I.																105-125	42"-50"	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
Categories	Performance EXTENSIBLE																		



12 PA



Cobra Re-volution A.I.

Snake Carbon
7008351303

Size
185 g / 6.52 oz
105cm - 130cm / 42" - 52"

Material
S-Carbon 100 Ø 14/16 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33

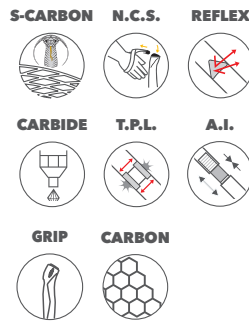
Optional
Cobra walking bag



03/37 ø38



10 PA



Inverso Ca A.I.

Snake Carbon
700835131

Size
191 g / 6.73 oz
105/130 cm / 42"/52"

Material
S-Carbon 100 Ø 14
Carbon Ø 16 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

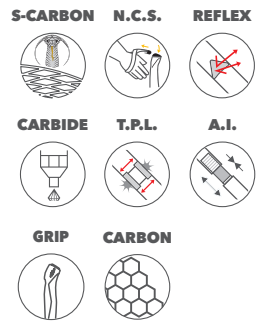
Walking pad
Sport pad - 05/33



03/37 ø38



20 PA



Carbon XT 2S-80 A.I.

Snake Carbon
700835148

Size
174 g / 6.13 oz
78/135 cm / 32"/54"

Material
S-Carbon 80 Ø 16/14 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

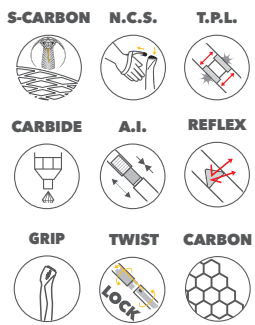
Walking pad
Sport pad - 05/33



03/37 ø38



52 cm



**Nordic-Revo A.I.
Alu Carbon**

Snake Carbon + Alu
700835138

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

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

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

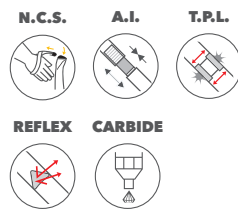
Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33

Optional
Nordic walking bag
Adjustable trekking bag

03/37 ø38



Tour XT F.L. A.I.
700835154

Size
210 g / 7.40 oz
59/130 cm / 24"/52"

Material
ALU F56 - Ø 16/14/12 mm

Grip
Dual Cork 01/37

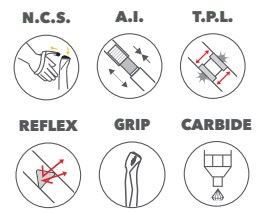
Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33

03/37 ø38



Strecht lite A.I.
Snake Carbon
700835251

Size
209 g / 7.37 oz
75-130 / 30"-82"

Material
ALU F56 - ø16/14 mm

Grip
Dual Cork
01/37

Strap
NCS Comfort 02/36 NCS

Tip
Carbide 05/15 + 08/15

Walking pad
Sport pad - 05/33

03/37 ø38

NORDIC WALKING

user guide

WARRANTY
2
YEARS

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			Winter use								
		Beginner	Moderate	Active	Instructor	< 60	60 - 80	80 - 95	1-3	2-3	> 3	Wired Technology	Twist Tech Technology	Snow Shoes			length open/close cm	length open/close inches	Weight gr	Weight oz
														Alpine	Touring	Compact				
CLASSIC LINE Sport Performance	FX - 75															100-130	40"-52"	130	4.58	
	X-5															100-130	40"-52"	150	5.29	
	X-1.35															100-130	40"-52"	175	6.17	
	LIGHT NCS															100-130	40"-52"	205	7.23	
EXTENSIBLE LINE Performance	COBRA RE-VOLUTION															105-130	42"-52"	175	6.17	
	WRD NW CARBON															110-140	44"-57"	209	7.37	
	NORDIC REVO ALU CARBON															105-130	42"-52"	220	7.76	
	NORDIC REVO TECHNOLOGY															105-130	42"-52"	229	8.07	
	CARBON XT 3S-100															63-135	24"-54"	180	6.35	
	CARBON XT 2S-80															78-135	32"-54"	180	6.35	
	INVERSO CA															105-130	42"-52"	188	6.63	
EXTENSIBLE LINE Professional	FUSION WIRED															61-132	24"-52"	294	10.37	
	FUSION CORK-TECH															59-130	24"-52"	210	7.40	
	FUSION XT F.L.															66-145	26"-58"	247	8.70	
	TOUR XT F.L.															59-130	24"-52"	210	7.40	
	STRETCH LITE															75-130	30"-52"	200	7.05	
EXTENSIBLE LINE Sport	STRETCH															75-130	30"-52"	204	7.20	
	VARIO S-9.6															77-130	31"-52"	212	7.47	
	NORDIC FRIEND															77-130	31"-52"	229	8.07	
	NORDIC ENERGY															60-100	24"-40"	178	6.28	

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 Leichtigkeitsfeautres 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.

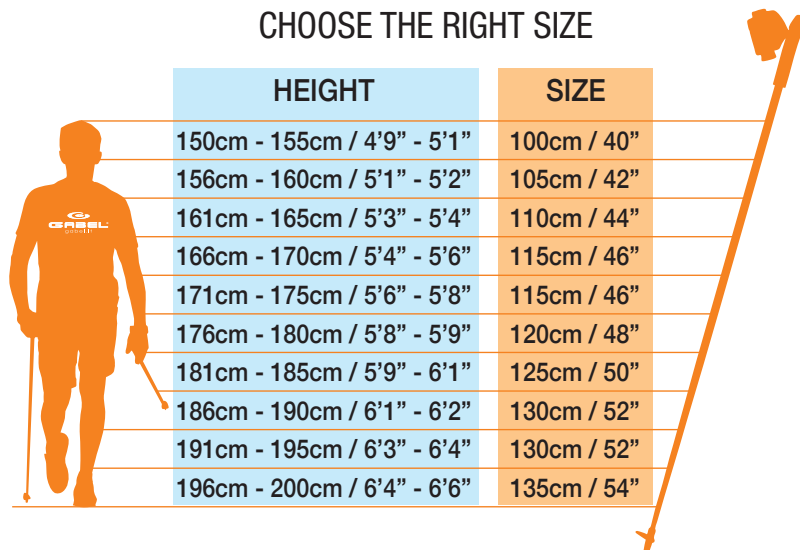


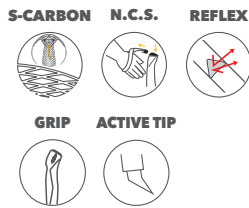
For the most demanding sporties, and for those who want to quickly improve their technique. Comfort without compromise.
Per i più sportivi, e per chi desidera migliorare rapidamente la propria tecnica. Una comodità senza compromessi.
Für Sportler mit den höchsten Ansprüchen und auch für diejenigen, die 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





FX-75
700835101

Size
130 g / 4.58 oz
100-130 cm (5 cm) / 40"-52' (2")

Material
S-Carbon 100 - ø 16 mm

Grip
Dual Cork
01/37

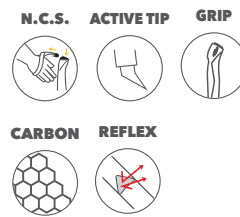
Strap
NCS Comfort 02/36 NCS

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

Walking pad
Sport pad - 05/33



X-5 Black /Yellow 700835113



X-5
700835113 Black/yellow

Size
150 g / 5.29 oz
100-130 (5 cm) / 40"-52" (2")

Material
Ca 85 - ø 16 mm

Grip
Dual Cork
01/37

Strap
NCS Comfort 02/36 NCS

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

Walking pad
Sport pad - 05/33





15 PA

N.C.S. CARBIDE



CARBON REFLEX



X-1.35

700836113

Size

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

Material

Ca 35 - Ø 16 mm

Grip

Dual Tech 01/25

Strap

NCS Comfort 02/36 NCS

Tip

Aero + Carbide
05/43 + 08/15

Walking pad

Sport pad - 05/33



15 PA

N.C.S. REFLEX CARBIDE



Light NCS

700834136

Size

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

Material

ALU F45 - Ø 16 mm

Grip

Dual Tech Lime 01/25

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

Vario Fit + Carbide
05/15 + 08/15

Walking pad

Sport pad - 05/33



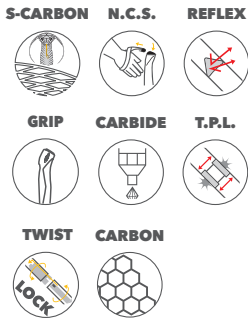
03/37 ø38



NEW



12 PA



Cobra Re-volution

Snake Carbon
700835130

Size

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

Material

S-Carbon 100 Ø 14/16 mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

Vario Fit + Carbide
05/15 + 08/15

Walking pad

Sport pad - 05/33

Cobra walking bag



03/37 ø38



110 / 44" - 34,5/13,5"

120 / 47" - 37/15"

130 / 52" - 39,5/15,5"



15 PA



39 cm

WRD NW Carbon

700839230

Size

209 g / 7.37 oz
110-130 cm / 44"-52"
Folded Size
39 cm/16" / ø16/14 mm

Material

CA 3K - AluF60 - ø16/14mm

Grip

Foam 01/37

Strap

NCS Comfort 02/36

Basket

TR + S.S. Power 03/37F + 03/27F

Tip

05/5 + 08/15 - Multi Fit + Carbide

Walking pad

Sport pad - 05/33

Optional

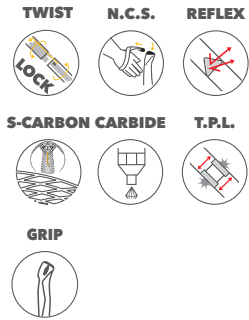
Nordic walking bag
Adjustable trekking bag
Walking pad



03/27 ø90



03/37 ø38



Nordic-Revo Alu Carbon

Snake Carbon + Alu
700835134

Size
220 g / 7.76 oz
105/130 cm / 42"/52"

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

Grip
Dual Cork 01/37

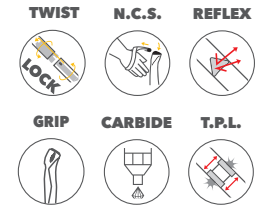
Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33

Optional
Nordic walking bag
Adjustable trekking bag



Nordic-Revo A1

Alu Technology
700835139

Size
229 g / 8.007 oz
105/130 cm / 42"/52"

Material
Alu - Ø 14/16 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33

Optional
Nordic walking bag
Adjustable trekking bag



20 PA



Carbon XT 3S-100

Snake Carbon
700835141

Size

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

Material

S-Carbon 100 Ø 16/14/12 mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

Vario Fit + Carbide
05/15 + 08/15

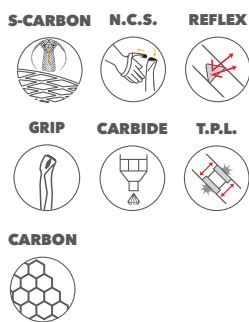
Walking pad

Sport pad - 05/33

03/37 ø38



20 PA



Carbon XT 2S-80

Snake Carbon
700835147

Size

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

Material

S-Carbon 80 Ø 16/14 mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

Vario Fit + Carbide
05/15 + 08/15

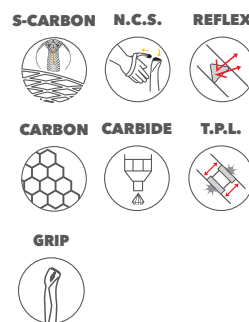
Walking pad

Sport pad - 05/33

03/37 ø38



15 PA



Inverso Ca

Snake Carbon
700835132

Size

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

Material

S-Carbon Ø 14/16 mm

Grip

Dual Cork 01/37

Strap

NCS Comfort 02/36 NCS

Basket

TR 03/37F

Tip

Vario Fit + Carbide
05/15 + 08/15

Walking pad

Sport pad - 05/33

03/37 ø38

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

3



snow shoeing



NCS Adjustable
02/18



S. S. Power
03/27 F ø90

4



alpine touring



NCS Adjustable
02/18



S. S. Power
03/27 F ø90

5



alpine skiing



NCS Adjustable
02/18



Power Race
03/1F ø 50

6



trekking hiking



NCS Adjustable
02/18



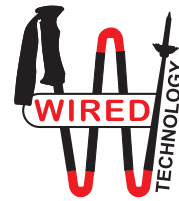
TR 03/37 ø38



Tip Protector
05/36 ø11



NEW



16 PA

N.C.S.



FAST LOCK



CARBIDE



REFLEX



37 cm

Fusion wired
700836160

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

Material
ALU F60 - Ø 18/16/14 mm

Grip
Dual Tech - 01/25

Strap
NCS Comfort 02/36 NCS
NCS Adjustable - 02/18 NCS

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

Tip
Vario Fit + Carbide
05/15 + 08/15
Tip Protector - 05/36

Walking pad
Sport pad - 05/33

02/18

03/27 ø90

03/37 ø38

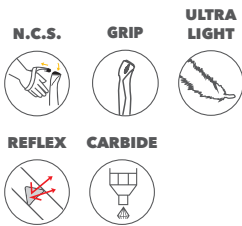
03/1 ø50

05/36

NEW



16 PA



Fusion Cork-Tech
700836151

Size
210 g / 7.40 oz
59/130 cm / 24"/52"

Material
ALU F56 - Ø 16/14/12 mm

Grip
Dual Cork
01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33



02/18



03/27 ø90



03/37 ø38



03/1 ø50



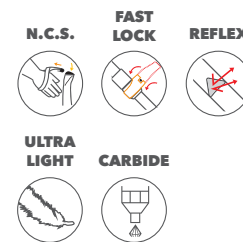
05/36



OPTIONAL
03/39 FC



16 PA



Fusion XT F.L.
700836150

Size
247 g / 8.70 oz
66/145 cm / 26"/58"

Material
ALU F60 - Ø 18/16/14 mm

Grip
Dual Tech - 01/25

Strap
NCS Comfort 02/36 NCS
NCS Adjustable - 02/18 NCS

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

Tip
Fit + Carbide - 05/5 + 08/15
Tip Protector - 05/36

Walking pad
Sport pad - 05/33

Optional
Basket - 03/39 ø120



02/18



03/27 ø90



03/37 ø38



03/1 ø50

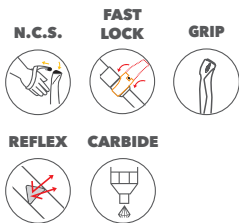


05/36



OPTIONAL
03/39 FC

NEW



Tour XT F.L.
700835155

Size
210 g / 7.40 oz
59/130 cm / 24"/52"

Material
ALU F56 - Ø 16/14/12 mm

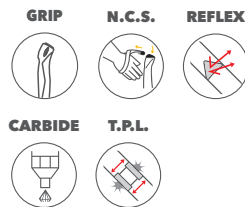
Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33



Stretch Lite
700835252

Size
200 g / 7.05 oz
75/130 cm / 30"/52"

Material
ALU F56 - Ø 16/14 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

Tip
Carbide 05/15 + Carbide 08/15

Walking pad
Sport pad - 05/33



Stretch
700835253

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

Material
ALU F56 - Ø 16/14 mm

Grip
Dual Tech Black-White 01/25

Strap
NCS Comfort 02/36 NCS

Basket
TR 03/37F

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

Walking pad
Sport pad - 05/33





20 PA



Vario S-9.6
700835054 jeans

Size
247 g / 8.71 oz
77/130 cm / 31"/52"

Material
ALU F56 - Ø 16/14 mm

Grip
Dual Tech - 01/25

Strap
NCS Comfort 02/36 NCS

Basket
NW 03/40F

Tip
05/50 Carbide

Walking pad
05/29

03/40 ø35



20 PA



Nordic Friend
700835058

Size
229g / 8.07 oz
77/130 cm / 31"/52"

Material
ALU F45 - Ø 16/14mm

Grip
Dual Tech - 01/25

Strap
02/36 NCS

Basket
03/40F

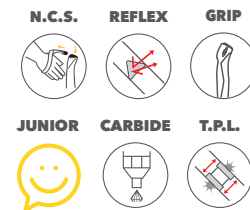
Tip
05/50 Carbide

Walking pad
05/29

03/40 ø35



24 PA



Nordic Energy
700734055

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

Material
ALU F45 - Ø 16/14mm

Grip
Foam White 01/37

Strap
NCS Comfort 02/36 NCS

Basket
03/37F TR

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

Walking pad
Sport Pad - 05/33

03/37 ø38

NORDIC GLOVES NCS

N.C.S. GLOVE



1



2

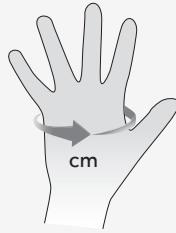


3



4

GLOVES SIZES



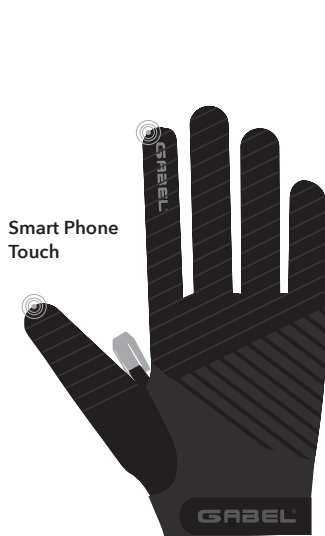
cm	inch	size
16-17	6,3"-6,7	5/5,5 XXS
18-19	7,09"-7,49"	6/6,5 XS
20-21	7,88"-8,27"	7/7,5 S
22-23	8,67"-9,06"	8/9,5 M
24-25	9,46"-9,85"	9/9,5 L
26	10,24"	10/10,5 XL



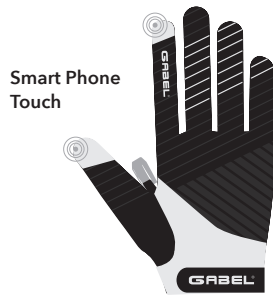
Nordic Lite Tech gray NCS
8015012100106/7/8/9/10
(1 pair)



Wind Tech blk/green NCS
8015012100006/7/8/9/10
(1 pair)



Smart Phone Touch

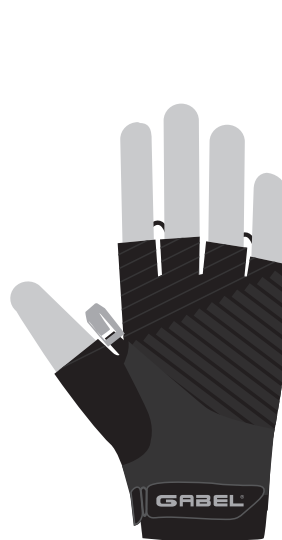


Smart Phone Touch



Smart Phone Touch

Ergo Pro NCS
80150113001 grey - 80150113002 white - 80150113003 yellow



Ergo Lite NCS



80150114001 grey - 80150114002 white - 80150114003 yellow

GRIPS

Ergo Lite
01/28



7901281600003 ø16 Blk/Red
7901281600003 ø16 Blk/Whit
7901281800003 ø18 Blk/Whit

Dual Lite
01/29



7901291601003 ø16
7901291801003 ø18

Dual Tech
01/25



7901251800008 Lime ø18
7901251800003 White ø18
7901251600008 Lime ø16
7901251600003 White ø16
7901251600009 Black ø16
7901251600001 Silver ø16

Ergo Classic
01/43



7901431600002 ø16 silver

Mid Size Gummy
01/1G



7901101160108 green

Dual Eva
01/37



7901371600403 ø 16 white

Dual Cork
01/37



7901371400001 ø 14 black
7901371600001 ø 16 black

Walking Dual Cork
with strap
01/33



7901331800092 ø18
7901331600092 ø16



7901191800001

STRAPS

Tech Lite
02/70



79020270004 yellow
79020270007 red
79020270002 sil

Comfort Automatic TCS
02/61 LG



7902061142802

Automatic TCS
02/62



7902062142802

NCS Adjustable
02/18



7902018000011

NCS Comfort
02/36



(S)

(M)

(L)

7902023620011 (S)
7902023620012 (M)
7902023620013 (L) (1 pair)

02/28 FX



7902028000001

Comfort Automatic
TCS Logo
02/13 LG



7902017240002

Fit Link System
02/10 G



7902011000001 B
7902011000008 Y

Cuneo/Wedge
07/11



7907110100001

Automatic TCS
Logo
02/11 LG



790201124010101

Comfort XWP
02/2 XWP



7902161303010

Jr Adjustable
02/16



7902161303010

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



7903390004001 FG
7903390004011 FC

Power plus
03/28-F ø117



7903280104010

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

Tip Protector
05/36 ø11



79053361101010

Tip Protector
05/34 ø11



7905341101010

Tip Protector
05/7 Ø13



7905071301010

Walking pad XXL
05/27



NEW

7905271305010 black
7905271305011 orange
7905271305012 green

Sport pad
05/33



NEW

7905331305010 black
7905331305011 orange

Vario fit + Steel
05/15 + 08/8



7905159800010

Vario Fit + Carbide
05/15 + 08/15



7905159900010

Multi Fit + Carbide
05/5 + 08/15



7905059900010

Ultralight + Carbide
05/15 + 08/15



7905159900010

Carbide Tip
05/50



7905501400010

Aero + Active Carbide
05/44 + 08/5



7905440903010

Aero+Carbide tip
05/43 + 08/15



7905430903010

LOCKING PARTS

U-Lock Power
Ø12/14/16/18



7906136120001 ø.14/12
7906136140001 ø.16/14
7906136160001 ø.18/16

Fast Lock Spring S.F.L.
06/133 Ø14/12



790613312001

Fast Lock Spring S.F.L.
06/134 Ø16/14



790613414001

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



790613516001

Expander
06/23 Ø12



7906231202219

Expander
06/25 Ø14



7906251402220

Expander
06/27 Ø16



7906271602220



A.I. on/off
06/28 Ø16 Ø14



7906311403010

A.I.
06/26 Ø12



7906311203010

Anti Impact elastomer absorber
ø11x10 ø13x10



7906711203010

7906711403010

TPL
06/23 Ø12



7906231202219

TPL
06/25 Ø14



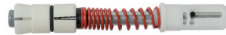
7906251402220

TPL
06/27 Ø16



7906271602220

A.S.



Twist Lock Cartridge



7906000161401 (1 pair)

DISPLAYS



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



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



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



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

BAGS



NW20 - 8009010700001



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



Gabel poles bag 2 pair - 85x18cm - 8009010500005



Gabel poles bag 1 pair - 130x12cm - 8009010500002



Adjustable Trekking Bag
Size 75x12cm
black 8009010100007



Stride waist bag - 2 bottles
8009010500102



Stride waist bag - 1 bottle
8009010500101

PROMO



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



Gabel T-shirt Man Black
81100000010110



Gabel T-shirt Woman Black
81100000010106



Gabel Badge Holder
8110000006001



Gabel Stickers 145x60 mm
8110000002011



Gabel Stickers 94x38 mm
8110000002010



Gabel Banner
8110000001005
Size 300 x 80 cm.



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#bedifferentbegabel



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