

WORKBOOK

SUMMER COLLECTION 2020



02-08-2020

TREKKING



GABEL®
gabel.it

ItalianDesign

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.C.S.



Top Click System
Lacciolo regolabile e rimo-
vibile.

*Removable automatic strap
adjustment.*

SOFT



impugnatura traspirante e
leggera.

Soft and light grip.

ALOCS



Ossidazione superficiale
protettiva dell'alluminio.

*Aluminum oxide coating
surface protection.*

ULTRA LIGHT



Rapporto peso lunghezza
speciale

*Ultralight poles with superior
length/weight ratio.*

FAST LOCK



Sistema di bloccaggio
esterno ideale anche a basse
temperature.

*Fast and safe external
locking system, ideal for low
temperatures.*

A.I.



Anti Impact

Assorbe le vibrazioni dan-
nose.

Absorbs harmful vibrations.

T.P.L.



Top Performance Locking

Sistema di bloccaggio interno
con due punti di attrito.

*Internal locking system with
two points of friction.*

L.L.S.



Light Locking System

Sistema di bloccaggio interno.

Internal locking system.

TWIST



Sistema di chiusura rapido brevettato.

*Patented quick compacting
system.*

U-LOCK



Ultra Lock

Sistema di bloccaggio ad
alte performance con leva in
alluminio.

*High performance locking
system with aluminum lever.*

WIRED



Sistema di chiusura rapido
per un bastoncino super
compatto.

*Quick folding system
for a very compact pole*

S-CARBON



Snake Carbon
Carbonio ad alto modulo a
geometria speciale.

*Special high module carbon
fiber with special geometry.*

CARBON



Tubi leggeri e resistenti
in carbonio alto modulo.

*Light and resistant carbon
shafts.*

KEVLAR



Carbonio alto modulo rinfor-
zato con Kevlar.

*Carbon HM reinforced
with KEVLAR fibers.*

CARBIDE



Puntale in tungsteno.

Carbide tip.

* **Brevettato. Patented.**

TWIST LOCK

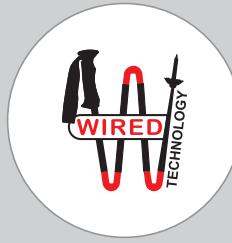


Twist Lock makes your poles compact! This locking system is operated through two simple, easy and intuitive steps. Just rotate by 90° degrees the lower section towards the open lock icon. Follow the instructions on the stick (open / closed padlock). In correspondence of the open lock, pulling outward,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



SPRING FAST LOCK S.F.L.

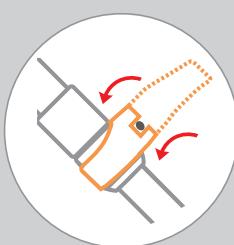


The innovative technology WIRED will allow you to collapse your pole, using a simple button. The different pole's sections are connected with a high-strength cable. The advantage of this technology is having a pole very compact, light, less bulky and easy to carry.

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.

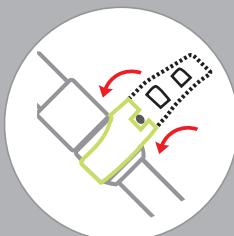


The FAST LOCK system is based on the locking clamp principle, as a valid alternative to conventional systems. FAST LOCK does not require rotation of the tubes, but locks them through an external lever mechanism, and is fast and effective, even at low temperatures and when wearing gloves.

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-

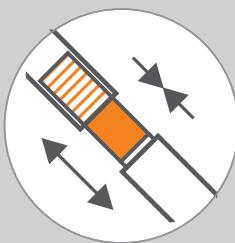
tandone la resistenza del 18%. L'abbinamento, quindi, delle tecnologie HD con questi nuovi processi e materiali, ci ha consentito di introdurre nel mercato una novità di altissimo livello.

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.

ANTI IMPACT



ANTI IMPACT
ON/OFF SPRING SYSTEM



The anti-impact system patented by Gabel absorbs at its maximum 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.

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

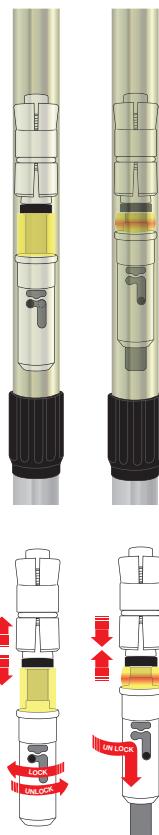
Was steckt hinter unserer neuesten Innovation

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 Anhieb Jeden begeistern.





La scelta di Giampaolo Corona

Giampaolo Corona's choice



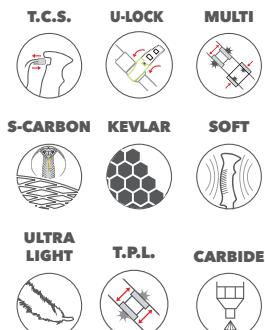
Giampaolo Corona

Mountain Guide
and high altitude climber

"Traveling, meeting people,
discovering new places,
always pursuing speed
and self dependency.
To achieve that I need
to be light and my gear has
to be absolutely reliable."

"Viaggiare, conoscere
persone e posti nuovi,
alla costante ricerca di essere
veloce e autosufficiente.
Per fare questo devo essere
leggero e il materiale che uso
deve essere assolutamente
affidabile"

"Reisen, Leute treffen und
neue Orte entdecken,
immer auf der Suche nach
Geschwindigkeit und
Selbständigkeit. Dazu muss
ich leicht sein und das
Material, das ich benutze,
muss absolut zuverlässig
sein."



Carbon Force F.L.K.

Snake Carbon
700865010

Size

217 g / 7.65 oz
66-142 cm / 26"-57"

Material

S-Carbon 100 + Kevlar
Ø 16/14/12 mm

Grip

01/28 + 01/56
Ergo Lite + Touring

Strap

02/70 Tech Lite

Basket

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

Tip

05/5 + 08/15
Multi Fit + Carbide

Optional

Basket - 03/39 Ø120



03/27 Ø90



03/37 Ø38



OPTIONAL
03/39 FG
Ø120



Multigrip Carbon F.L.

Snake Carbon + Alu
700845031

Size

255g / 9.00 oz
66-144 cm / 26"-58"

Material

S-Carbon 100 - AluF60
Ø 18/16/14 mm

Grip

01/28 + 01/58
Ergo Lite + Touring

Strap

02/70 Tech Lite

Basket

03/1-F - 03/27F
Power Race + S.S. Power

Tip

05/5 + 08/15
Multi Fit + Carbide

Optional

Basket - 03/39 Ø120



03/27 Ø90



03/1F Ø50



OPTIONAL
03/39 FG
Ø120



**FR-3**

700839190

Size

290g / 10.22 oz
110cm - 130cm / 44" - 52"
Folded Size / 37cm/15"

Material

ALU F60 - ø18/16/14 mm

Grip

LM36 + 01/81 Touring

Strap

Adjustable padded

Basket

03/40F small ø35mm
03/51 large ø87mm

Tip

05/50 Carbide
Optional
Adjustable trekking bag
Wired bag
Basket - 03/39 ø120

RECOMMENDED
FOR ALPINE TOURING**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

03/40F small ø35mm
03/51 large ø87mm

Tip

05/50 Carbide
Optional
Adjustable trekking bag
Wired bag
Basket - 03/39 ø120

RECOMMENDED
FOR ALPINE TOURING

05/34 ø11



03/51 ø87



03/40F ø35

OPTIONAL
03/39 FC
ø120

05/34 ø11



03/51 ø87

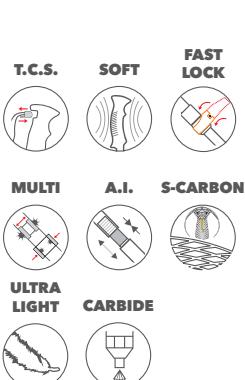


03/40F ø35

OPTIONAL
03/39 FC
ø120



NEW



Escape Carbon XT Tour A.I.

Snake Carbon + Alu
700845190

Size

229 g / 8.07 oz
65/142 cm / 26"/57"

Material

S-Carbon 100 - AluF60
Ø 16/14/12 mm

Grip

01/28 Ergo Lite + 01/86 Touring

Strap

02/70 Tech Lite

Basket

03/37F + 03/27F
Trekking Lite + S.S. Power

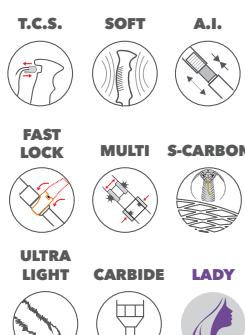
Tip

05/5 + 08/15
Multi Fit + Carbide

Optional



NEW



Escape Carbon Lite Tour A.I

Snake Carbon + Alu
700847230

Size

213 g / 7.51 oz
59/131 cm / 24"/52"

Material

S-Carbon 100 - AluF60
Ø 16/14/12 mm

Grip

01/28 Ergo Lite + 01/86 Touring

Strap

02/70 Tech Lite

Basket

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

Tip

05/15 + 08/15
Vario Fit + Carbide

Optional



Fusion series

6 different activities in 1 pole

1



nordic walking



2



trail running



3



snow shoeing



4



alpine touring



5



alpine skiing



6



trekking hiking



Tip Protector
05/36 ø11



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
01/87 Dual Cork

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
05/36 Tip Protector

Walking pad
05/33 Sport pad

Optional
Basket - 03/39 FG ø12

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 Adjustable

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

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

Walking pad
05/33 Sport pad

Optional
Basket - 03/39 ø120

Discovery XT F.L.

6 different activities in one pole



alpine skiing

1



Comfort Automatic TCS Logo 02/13 LG + Performance Disc 03/10F ø 60

2



Comfort Automatic TCS Logo 02/13 LG + S. S. Power 03/27 F ø 90

3



Comfort Automatic TCS Logo 02/13 LG + S. S. Power 03/27 F ø 90

4



Comfort Automatic TCS Logo 02/13 LG + S. S. Power 03/27 F ø 90

5

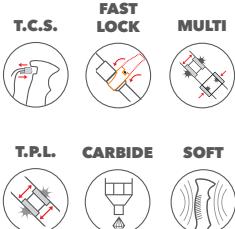


Comfort Automatic TCS Logo 02/13 LG + TR 03/37 ø 38 + Tip Protector 05/36 ø 11

6



Comfort Automatic TCS Logo 02/13 LG + TR 03/37 ø 38



Discovery XT F.L.
700844630

Size

270 g / 9.52 oz
66-144cm / 26"-58"

Material

ALU F60 - Ø 18/16/14 mm

Grip

01/29 Dual Lite + 01/81 Touring

Strap

02/13 Comfort Automatic TCS Logo

Basket

03/10+ 03/27F+ 03/37F
Performance Disc + S.S.
Power+TR

Tip

05/5 + 08/15
Multi Fit + Carbide
Walking pad
05/36 Tip Protector

Optional
Basket - 03/39 ø 120



03/27 ø 90



03/37 ø 38



03/10 ø 60



05/36



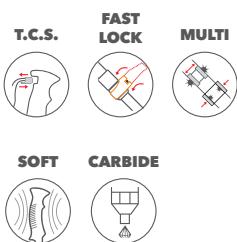
OPTIONAL

03/39 FG



GABEL
4810 m
Lime 700942020

20 PA



Mont Blanc Lite F.L.
700942021 Moss

Size

272 g / 9.59 oz
66-144cm / 26"-58"

Material

ALU F56 - Ø 18/16/14 mm

Grip

01/29

Dual Lite

Strap

02/11LG
Automatic TCS

Basket

03/24F + 03/27F
Trekking Lite + S.S. Power

Tip

05/5 + 08/15
Multi Fit + Carbide



03/27 ø90

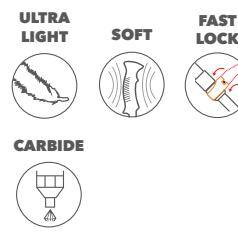


03/24 ø55



GABEL
MONT BLANC
98cm / 142 cm

24 PA



Mont Blanc 4.0 F.L.
700843220

Size

244g / 8.61 oz
66-142 cm / 26"-56"

Material

ALU F56 - Ø 16/14/12 mm

Grip

LM36

Strap

Adjustable padded

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

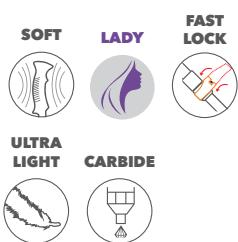


03/37 ø38



GABEL
MONT BLANC
98cm / 130 cm

24 PA



Mont Blanc 4.0 Lady F.L.
700943220

Size

220 g / 7.76 oz
60-130 cm / 24"-52"

Material

ALU F56 - Ø 16/14/12 mm

Grip

LM36

Strap

Adjustable padded

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide



03/37 ø38



Mont Blanc Lite
700943070 Red

Size

250 g / 8.81 oz
66-144cm / 26"-58"

Material

ALU F56 - Ø 18/16/14 mm

Grip

01/29
Dual Lite

Strap

02/11LG
Comfort Automatic TCS

Basket

03/24F
Trekking Lite

Tip

05/15 + 08/15
Vario Fit + Carbide



03/24 ø55



T.C.S. T.P.L.



SOFT CARBIDE



NEW



T.C.S. T.P.L. SOFT



CARBIDE ULTRA LIGHT L.A.S.S.



Piuma XT A.S.
7008475160

Size

248 g / 8.74 oz
66-144cm / 26"-58"

Material

ALU F60 - Ø 18/16/14 mm

Grip

01/29
Dual Lite

Strap

02/11 LG
Comfort Automatic TCS

Basket

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

Tip

05/15 + 08/15
Vario Fit + Carbide



03/27 ø90



03/37 ø38



20 PA



Transalp

700838062

Size

283 g / 9.98 oz
66-144cm / 26"-57"

Material

ALU F56 - Ø 18/16/14 mm

Grip

01/44

Ergo classic TCS

Strap

02/11 LG

Comfort Automatic TCS

Basket

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

Tip

05/50 Carbide

Tip protector 05/34



05/34 ø11



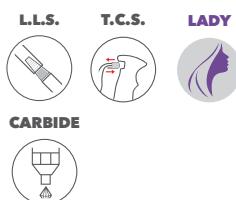
03/51 ø87



03/50 ø53



24 PA



Transalp Lite

700838071

Size

275 g / 9.7 oz
60-130 cm / 24"-52"

Material

ALU F56 - Ø 18/16/14 mm

Grip

01/44

Ergo classic TCS

Strap

02/11 LG

Comfort Automatic TCS

Basket

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

Tip

05/50 Carbide

Tip protector 05/34



05/34 ø11



03/51 ø87



03/50 ø53



24 PA



Energy

700740040

Size

190 g / 6.70 oz
66-108cm / 26"-43"

Material

ALU F45 - Ø 16/14 mm

Grip

01/1G

Mid Size Soft

Strap

02/16-1

Jr Adjustable

Basket

03/1F
Performance Disc

Tip

05/15 + 08/8

Vario Fit + Steel



03/1 ø50

**Size**

290 g / 10.23 oz
70-168cm / 28"-67"

Material

ALU F56 - Ø 18/16/14 mm

Grip

Camera grip
01/19 Foam

Strap

Comfort XWP
02/2 XWP

Basket

03/50F small 53mm

Tip

Vario Fit + Carbide
05/15 + 08/15
Tip protector 05/34

Optional

Support
for gun 01/19

**Size**

230 g / 8.11 oz
80-95cm / 31"-38"
Folded Size / 32cm/13"

Material

ALU F56 - Ø 18/16/14 mm

Grip

Walking Dual Cork
with strap 01/33

Basket

Performance Disc
03/10F

Tip

Vario Fit + Carbide
05/15 + 08/15
Tip protector 05/7

**Size**

230 g / 8.11 oz
56-110cm / 22"-44"

Material

ALU F56 - Ø 18/16/14 mm

Grip

Walking Dual Cork
with strap 01/33

Basket

Performance Disc
03/10F

Tip

Multi Fit + Carbide
05/5 + 08/15
Tip protector 05/7



NEW



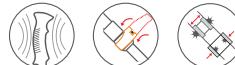
CARBIDE **FAST LOCK** **ULTRA LIGHT**



Passo F.L.
700842130



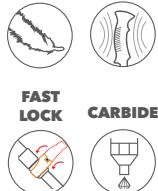
SOFT **FAST LOCK** **MULTI**



Vertigo F.L.
700741270



ULTRA LIGHT **SOFT**
FAST LOCK **CARBIDE**



Vertigo Lite Tour F.L.
700841371

Size

205 g / 7.23 oz
56-105cm / 22"-42"

Material

ALU F56 - Ø 16/14 mm

Grip

01/33 Walking Dual Cork
with strap

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide
Tip protector 05/7



05/7



03/37 ø38

Size

270 g / 9.52 oz
64-142cm / 25"-57"

Material

ALU 6061- Ø 18/16/14mm

Grip

LM36 + 01/76 Touring

Strap

Adjustable padded

Basket

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

Tip

05/50 Carbide
Tip protector 05/34
Optional
Basket - 03/39 ø120



05/34 ø11



03/51 ø87



03/50 ø53



OPTIONAL
03/39 FC

Size

238,5 g / 8.41 oz
63-140cm / 25"-55"

Material

Alu 7075 - Ø 16/14/12mm

Grip

LM36 + 01/76 Touring

Strap

Adjustable buckle

Basket

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

Tip

05/50 Carbide
Tip protector 05/34



05/34 ø11



03/51 ø87



03/50 ø53



Cilaos Lite
700744600 lime

Size

258 g / 9.1 oz
68-142cm / 27"-57"

Material

ALU 6061- Ø 18/16/14mm

Grip

LM36

Strap

Adjustable buckle



05/34 ø11



03/51 ø87



03/50 ø53



Cilaos A.S.
700744550 lime

Size

295 g / 10.41 oz
68-142cm / 27"-57"

Material

ALU 6061- Ø 18/16/14mm

Grip

01/43 - Ergo classic

Strap

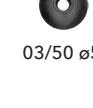
Adjustable buckle



05/34 ø11



03/51 ø87



03/50 ø53



Cilaos
700744520 lime

Size

285 g / 10.05 oz
68-142cm / 27"-57"

Material

ALU 6061- Ø 18/16/14mm

Grip

01/43 - Ergo classic

Strap

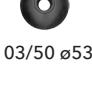
Adjustable buckle



05/34 ø11



03/51 ø87



03/50 ø53



SOFT CARBIDE



CARBIDE L.A.S.S.
ON OFF



20 PA



CARBIDE



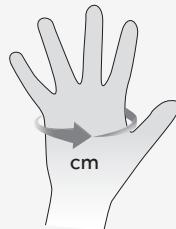
CARBIDE

NORDIC GLOVES NCS

**N.C.S.
GLOVE**



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
801501210006/7/8/9/10
(1 pair)

Smart Phone
Touch



Ergo Pro NCS (1 pair)
80150113001 grey - 80150113003 yellow

Ergo Lite NCS (1 pair)
80150114001 grey - 80150114003 yellow

GRIPS

Ergo Lite 01/28	Dual Lite 01/29	Dual Tech 01/25	Ergo Classic 01/44
			
7901281600003 ø16 Blk/Rd 7901281600003 ø16 Blk/Wht 7901281800003 ø18 Blk/Wht	7901291601003 ø16 7901291801003 ø18	7901291400001 ø14 black 7901371600001 ø16 black	790144180004 ø18
Ergo Classic 01/43	Mid Size Gummy 01/1G	Dual Cork 01/37	Walking Dual Cork with strap 01/33
			
7901431600002 ø16 silver	7901101160108 green	7901371400001 ø14 black 7901371600001 ø16 black	790125180003 White ø18 790125160008 Lime ø16 790125160003 White ø16 790125160009 Black ø16
Support for Gun 01/19			
			790119180001

STRAPS

Tech Lite 02/70	NCS Adjustable 02/18	NCS Comfort 02/36	Comfort Automatic TCS Logo 02/13 LG
			
79020270004 yellow 79020270002 silver	790201800011	(S) (M) (L)	7902023620011 (S) 7902023620012 (M) 7902023620013 (L) (1 pair)
Fit Link System 02/10 G	Cuneo/ Wedge 07/11	Automatic TCS Logo 02/11 LG	Comfort XWP 02/2 XWP
			
790201100001 B 790201100008 Y	7907110100001	790201124010101	7902161303010
			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
Foam Touring 01/86 - Ø 16 7901861601001	 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	S. S. Power 03/27 F ø90	03/51F Ø 87 mm	SS. Touring 03/29 F
			
7903390004001 FG 7903390004011 FC	7903270104010	7903510104010	7903290104010
Performance Disc 03/10F ø 60	Trekking Lite 03/24 F ø55	Power Race 03/1F ø 50	TR 03/37 ø38
			
7903100014010	7903249904010	7903010404010	7903370004010
NW 03/40 F ø35	03/50F/ Ø 53 mm		
			
7903400004010	7903500104010		

TIPS & PAD

Tip Protector 05/36 Ø11	Tip Protector 05/34 Ø11	Tip Protector 05/7 Ø13	Walking pad XXL 05/27	Sport pad 05/33	Vario fit + Steel 05/15 + 08/8
					
79053611010	79053411010	79050713010			7905331305010 black 7905331305011 orange 7905331305012 green
Vario Fit + Carbide 05/15 + 08/15	Multi Fit + Carbide 05/5 + 08/15		Carbide Tip 05/50	Aero + Active Carbide 05/44 + 08/5	Aero+Carbide tip 05/43 + 08/15
					
7905159900010	7905059900010		7905501400010	7905440903010	7905430903010

LOCKING PARTS

U-Lock Power Ø12/14/16/18	Fast Lock Spring S.F.L. 06/133 Ø14/12	Fast Lock Spring S.F.L. 06/134 Ø16/14	Fast Lock Spring S.F.L. 06/135 Ø18/16	Expander 06/23 Ø12	Expander 06/25 Ø14	Expander 06/27 Ø16
						
7906136120001 Ø14/12 7906136140001 Ø16/14 7906136160001 Ø18/16	790613312001	790613414001	790613516001	7906231202219	7906251402220	7906271602220
	A.I. on/off 06/28 Ø16 Ø14	A.I. 06/26 Ø12		Anti Impact elastomer absorber Ø11x10	Ø13x10	
	7906311403010	7906311203010		7906711203010	7906711403010	
TPL 06/23 Ø12	TPL 06/25 Ø14	TPL 06/27 Ø16	A.S.	Twist Lock Cartridge		
						
7906231202219	7906251402220	7906271602220		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 811000009122		Floor Display - 7 poles 98/21 B= 35x35cm - H= 5cm 811000009121
	Floor Display double side - 100 pairs 98/17 B=70x50cm - H= 1.93cm 7980981701000		Floor Display - 36 poles 98/23 B= 45x45cm - H= 5cm 811000009123		Floor Display - 36 poles 98/23 B= 45x45cm - H= 5cm 811000009123

BAGS



NW20 - 8009010700001



Gabel poles bag 25 Pairs - 25x150x23cm - 8009010500001



Gabel poles bag 2 pair - 85x18cm - 8009010500005



Gabel poles bag 1 pair - 130x12cm - 8009010500002



Wired bag
Size 50x19cm
8009010100009



Adjustable Trekking Bag
Size 75x12cm
black 8009010100007

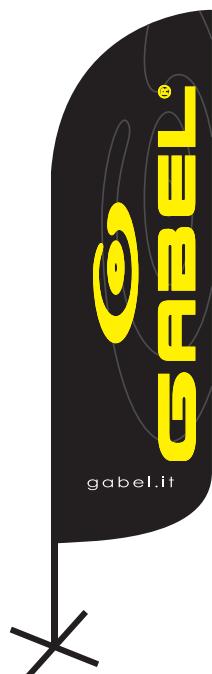


Stride waist bag - 2 bottles
8009010500102



Stride waist bag - 1 bottle
8009010500101

PROMO



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



Gabel T-shirt Man Black
8110000010110



Gabel T-shirt Woman Black
8110000010106



Gabel Badge Holder
8110000006001



Gabel Stickers 145x60 mm
811000002011



Gabel Stickers 94x38 mm
811000002010



Gabel Banner
8110000001005
Size 300 x 80 cm.



For those who demand lightness and reliability combined with optimal comfort.

The best in the market for rugged use!

Per chi richiede leggerezza e affidabilità unite ad un comfort eccezionale. I migliori nel mercato per usi estremi.

Für diejenigen, die Leichtigkeit und Verlässlichkeit kombiniert mit sehr gutem Komfort verlangen. Der beste auf dem Markt für einen rauen Einsatz.

Pour ceux qui demandent la légèreté et la fiabilité avec un confort extraordinaire. Les meilleurs sur le marché pour les utilisations extrêmes.

Para los que requieren ligereza y fiabilidad unidas a un conf



For all those situations that require small size and minimum weight. Maximum lightweight for exceptional performance.

Per tutte le situazioni che richiedono peso e dimensioni ridotte al minimo. Massima leggerezza per prestazioni eccezionali.

Für all diese Situationen in denen ein kleines Packmaß kombiniert mir geringem Gewicht benötigt wird. Ein extremes Leichtgewicht für einen außergewöhnlichen Einsatz.

Pour toutes les situations qui demandent un poids et des dimensions réduits au minimum. La plus grande légèreté pour des performances extraordinaires.



Ideal for frequent users with a need for reliability, strength and durability.

The most eclectic of all poles is accessible to everyone!

Uso frequente e bisogno di affidabilità, resistenza e durata nel tempo.

Il più eclettico dei bastoncini è accessibile a tutti.

Ideal für den häufigen Gebrauch und Erfordernis an Verlässlichkeit, Stärke und Haltbarkeit. Der Vielseitigste aller Stöcke, der für Jeden erschwinglich ist.

Utilisation fréquente et besoin de fiabilité, résistance et durée dans le temps. Le plus éclectique des bâtons est accessible à tous.



The ideal travel companion for all uses and for all seasons, with an eye for the youngest enthusiasts.

I compagni ideali per tutti gli usi e per tutte le stagioni, con un occhio di riguardo per gli appassionati più giovani.

Der Ideale Reisebegleiter für alle Anwender und für jede Jahreszeit, auch für jugendliche Enthusiasten.

Les compagnons idéaux pour toutes les utilisations et pour toutes les saisons, avec une attention particulière pour les amateurs les plus jeunes.



When walking requires maximum safety. The indispensable poles to enjoy outdoor life.

Quando camminare richiede la massima sicurezza.

I bastoncini indispensabili per godersi la vita all'aria aperta.

Wenn beim Walken maximale Sicherheit genötigt wird. Der unverzichtbare Stock um das Leben in der Natur zu genießen.

Quand marcher demande la plus grande sécurité.

Les bâtons indispensables pour profiter de la vie en plein air.

user guide TREKKING

**WARRANTY
2
YEARS**

Categories	Model Modell-Modell	LEVEL OF USER Livello di utilizzo-Umfang der Nutzung				ELEVATION Inclinazione-Neigung			DURATION OF EXCURSIONS Durata delle escursioni Dauer der Fahrten			WIRED TECHNOLOGY ANTI IMPACT	Winter use					length open/close cm	length open/close inches	Weight gr	Weight oz		
		Moderate	Intense	Pro-expert	Guide	< 15°	15°-30°	> 30°	1-3	3-7	> 7		Snow Shoes	Alpine Touring	Alpine Ski	Back Country	Compact	Nordic Walking	Recommended for Woman				
Tech	CARBON FORCE FLK	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-142	26"-56"	217	7.65
	MULTIGRIP CARBON F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	255	9.00
	FR-5 F.L. LITE XTL	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	120-140	45"-54"	260	9.17
	FR-5 F.L. LITE XTS	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	105-125	42"-50"	243	8.57
	XTR Carbon F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	110-130	44"-52"	267	9.41
	FR-3	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	110-130	44"-52"	290	10.22
Pro	XTR ALU	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	110-130	44"-52"	280	9.87
	ESCAPE CARBON XT F.L.- A.I.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	65-142	26"-56"	229	8.07
	ESCAPE CARBON LITE XT F.L.- A.I.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	59-131	24"-52"	213	7.51
	FUSION WIRED	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	61-132	24"-52"	294	10.37
	FUSION CORK-TECH	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	68-145	28"-58"	247	8.70
	DISCOVERY XT F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	270	9.52
Expert	MONT BLANC LITE F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	272	9.59
	MONT BLANC 4.0 F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	250	8.81
	MONT BLANC 4.0 LADY F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	60-130	24"-52"	230	8.11
	MONT BLANC LITE	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	250	8.81
	PIUMA XT A.S.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-144	26"-58"	248	8.74
	TRANSALP	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	64-144	25"-58"	283	9.98
Walking	TRANSALP LITE	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	60-130	24"-52"	275	9.7
	ENERGY	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	66-108	26"-43"	190	6.70
	XW PHOTO	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	70-168	28"-67"	290	10.23
	EXPLORER XT	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	78-95	31"-38"	230	8.11
	VOYAGER A.I.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	56-110	22"-44"	230	8.11
	PASSO F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	56-105	22"-42"	205	7.23
Confort Economy	VERTIGO F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	64-142	25"-56"	254	8.96
	VERTIGO LITE TOUR F.L.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	63-130	25"-52"	256	8.7
	CILAOS LITE	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	64-144	26"-58"	258	9.1
	CILAOS A.S.	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	68-142	27"-56"	295	10.41
	CILAOS	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	64-144	26"-58"	285	10.05

trekking max loads

The diagrams show the safest maximum axial load (in kilograms and pounds) for the models indicated as a function of extension (in centimeters and inches) and under conditions of correct use (as explained in the Instructions section).

• Under favorable conditions, for a fraction of a second and up to 150 kg (331 lb), the momentary load can exceed the value given by the curves for a given length by up to approximately 20%.

• Although there are cases where the load can exceed 150kg (331 lb), such value should be considered as the practical load limit for safety reasons regarding grips and plastic tips, especially the longer types.

I diagrammi qui a fianco rappresentano il carico assiale massimo (continuo) di sicurezza (in chilogrammi e libbre), per i vari articoli indicati, in funzione dell'estensione (in centimetri e pollici) e sotto le ipotesi d'uso corretto come indicato nel manuale.

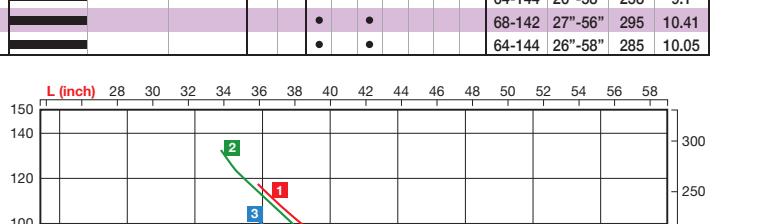
• In condizioni favorevoli, per una frazione di secondo e fino a 150 kg (331 lb), il carico momentaneo può superare di circa il 20% il valore dato dalle curve in corrispondenza ad una data lunghezza.

• Sebbene risultino casi con carico superiore a 150 kg (331 lb), tale valore va preso come limite pratico nell'uso normale, per questioni di margine di sicurezza su manopole e puntali in plastica, specie quelli lunghi.

Die Diagramme zeigen die maximale axiale Belastung (in Kilogramm und Pfund) für die einzelnen Modelle. Abhängig von der jeweiligen Länge (in Zentimeter und Inch). Voraussetzung ist, daß die Stöcke laut Gebrauchsanweisung benutzt werden.

• Unter günstigen Bedingungen kann für einen kurzen Moment und bis zu einem Belastungswert von 150 kg (331 lb) dieser Wert um ca. 20% überschritten werden.

• Die Belastungsgrenze von 150 kg (331 lb) soll wegen der Haltbarkeit der Griffe und Spitzen aus Sicherheitsgründen nicht überschritten werden.



1 Carbon Force F.L. FL / Multigrrip Carbon F.L. / Discovery / Mont Blanc Lite F.L.

2 FR-5 F.L. Lite XTL / FR-5 F.L. Lite XTS / XW Photo

3 Escape Carbon XT Tour A.I. / Mont Blanc 4.0 F.L. / Fusion Cork-Tech / Piuma XT A.S.

4 Transalp / Vertigo F.L.

5 Energy

6 Voyager A.I. / Explorer XT / Passo F.L.

7 XTR Carbon F.L. / Fusion Wired / XTR Alu / FR-3

8 Escape Carbon Lite Tour A.I. / Cilaos Lite / Cilaos / Cilaos A.S. / Vertigo Lite Tour F.L. / Mont Blanc 4.0 Lady F.L. / Transalp Lite



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