



# NORDIC WALKING

summer 2022

# 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.*

## CORK



Impugnatura in vero sughero  
naturale.

*Grip in true natural cork.*

## 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  
dannose.

*Absorbs harmful vibrations.*

## U-LOCK



Ultra Lock

Sistema di bloccaggio ad  
alte performance con leva in  
alluminio.

*High performance locking  
system with aluminum lever.*

## 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.*

## 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  
geometria speciale.

*Special high module carbon  
fiber with special geometry.*

## CARBON



Tubi leggeri e resistenti  
in carbonio alto modulo.

*Light and resistant carbon  
shafts.*

## REFLEX



Sistema rifrangente.

*Reflective - Visibility  
and Safety.*

## CARBIDE



Puntale in tungsteno.

*Carbide tip.*

## ACTIVE TIP



Punta ad alte prestazioni che  
garantisce una presa sicura su  
ogni terreno.

*High performance tip for  
the perfect grip on every  
surface.*

## MULTI

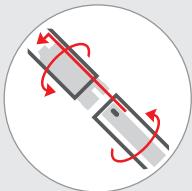


Doppio sistema di chiusura  
interna ed esterna

*Dual locking system*

\* **Brevettato. Patented**

## 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.

### IT

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.



### DE

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 oberen 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



**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.

## IT

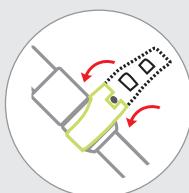
L'innovativa tecnologia WIRED vi permetterà di piegare il vostro bastoncino dopo l'uso per avere il minor ingombro possibile, utilizzando un semplice pulsante. Le diverse sezioni del bastoncino sono unite tra loro con un cavo in acciaio rivestito in plastica. Il vantaggio di questa tecnologia è avere un bastoncino compatto, leggero, poco ingombrante e facilmente trasportabile.

## DE

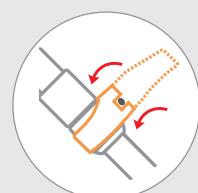
Die innovative WIRED-Technologie ermöglicht es, den Stock auf ein sehr kompaktes Packmaß zu falten, einfach und schnell durch den Pinverschluss. Durch das Zeltstangenprinzip ist der Stock im Handumdrehen wieder einsatzbereit. Der Vorteil liegt im Rucksacktauglichen Packmaß und in der einfachen Bedienung.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



## U-LOCK



## S.F.L. SPRING FAST LOCK



### EN

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. Now even stronger with the aluminium lever: U-lock.

### IT

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.

### DE

Das FAST LOCK System basiert auf dem Prinzip des Klemmbügels, als effektive Alternative zu den konventionellen Systemen. Mit dem FAST LOCK System muss man die Rohre nicht mehr drehen, denn diese werden durch einen außenliegenden Flachspannhebelmechanismus blockiert. Das Ergebnis ist eine schnelle, sichere und genaue Verstellung der Stocklänge auch bei sehr kalten Temperaturen und beim Tragen von Handschuhen.



## 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.

### FR

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.

### IT

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%, aumentandone la resistenza del 18%. L'abbbinamento, quindi, delle tecnologie HD



con questi nuovi processi e materiali, ci ha consentito di introdurre nel mercato una novità di altissimo livello.

### DE

Unsere neu entwickelte "Snake Carbon" Technologie verbindet die extrem hohe Widerstandsfähigkeit des Carbon-Gewebes mit hohem Modul mit einer ganz besonderen geometrischen Struktur, kombiniert mit einer innovativen Kristallisierungstechnologie. Dieses Verfahren ermöglicht die Verminderung des Gewichts der Rohre um mehr als 20%, bei gleichzeitiger Verbesserung der Widerstandsfähigkeit um 18%. Die Kombination von HD-Technologien mit neuen Produktionsverfahren und Materialien hat es uns somit ermöglicht eine Neuheit auf höchstem technischem Niveau auf den Markt zu bringen.

## 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.

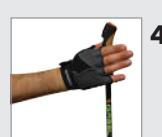
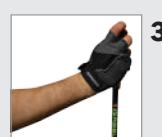
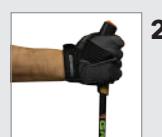
### IT

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.

### DE

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.

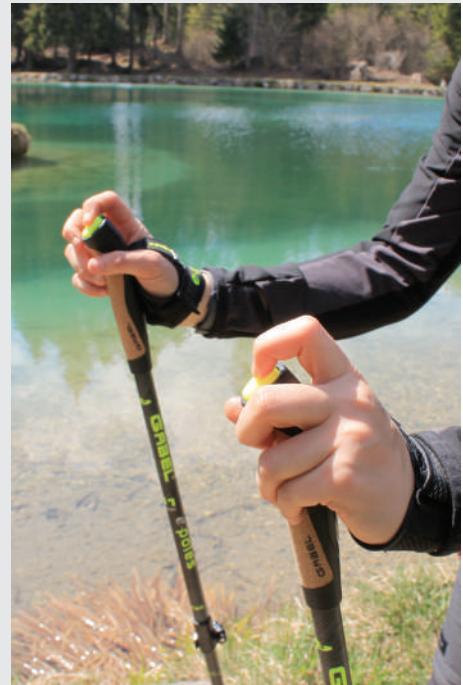
Lösen Sie die Hand aus dem Stock durch drücken des oberen Knopfes.

## 4

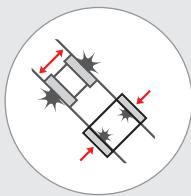
Your hand is now free!

La Vostra mano ora è libera!

Ihrer Hand ist jetzt frei!



# MULTI LOCKING SYSTEM



## EN

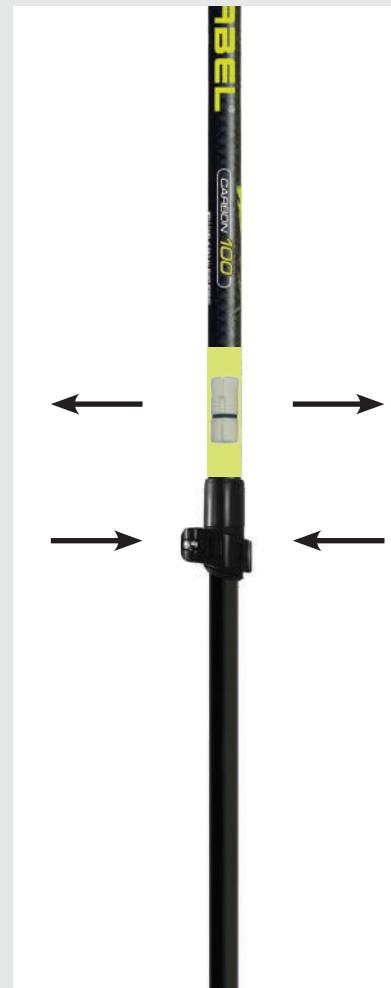
In order to maximize the locking power of the models featuring the FAST LOCK, Gabel introduces the MULTI LOCKING concept that couples the locking force of the lever with the reliability of the traditional locking system with expander. The addition of an extra locking mechanism, the LITE LOCKING SYSTEM,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

## IT

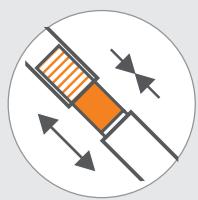
Per ottimizzare il bloccaggio dei prodotti con FAST LOCK, MULTI LOCKING unisce la tenuta del morsetto all'affidabilità del tradizionale sistema ad espansore. Un secondo sistema di bloccaggio interno, il LITE LOCKING SYSTEM, assicura inoltre la totale chiusura in ogni condizione di temperatura e terreno.

## DE

Um die Blockierung der Produkte mit FAST LOCK noch mehr zu verbessern, stellt Gabel unser MULTI LOCKING vor. Dabei wird der Halt der Klemme mit der Zuverlässigkeit des traditionellen Systems mit Expander verbunden. Das Hinzufügen eines zweiten internen Blockiersystems, das LITE LOCKING SYSTEM, garantiert den vollkommenen und kompakten Verschluss bei allen Temperatur- und Terrains.



# ANTI IMPACT



## ENG

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.

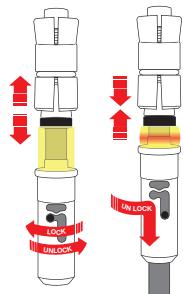
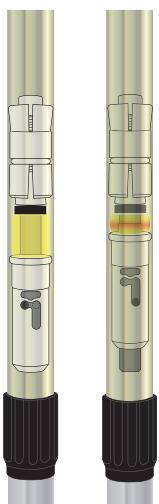
## IT

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.

## DE

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'immboccatura da provocare il disassamento delle due sezioni (diam. 16 e diam. 18) provocando la piegatura o rottura dello stelo filetato. Se questo si verificasse deve essere acquistata una nuova sezione di ricambio, disponibile presso il Vostro rivenditore di fiducia.

## GABEL Anti Impact - Patented

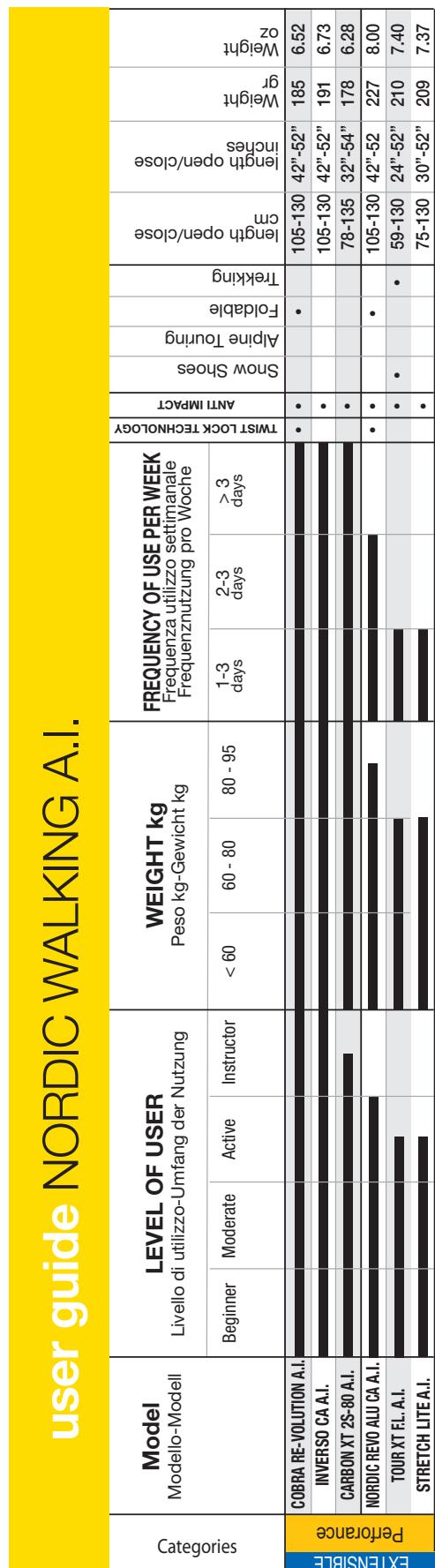
### Was steckt hinter unserer neuesten Innovation

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.





52 cm



### 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**

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

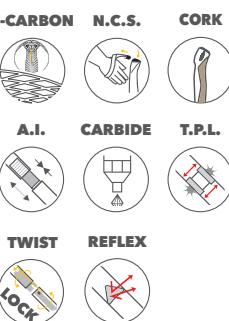
**Optional**

Cobra walking bag

03/37 ø38

05/33

12 PA



### 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

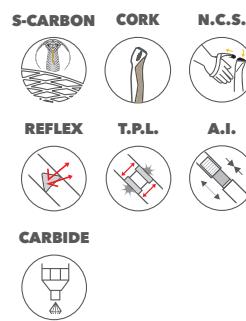
**Tip**05/15 + 08/15  
Vario Fit + Carbide**Walking pad**

Sport pad - 05/33

03/37 ø38

05/33

10 PA



### 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

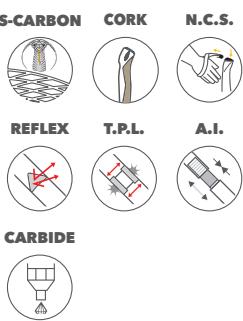
**Tip**05/15 + 08/15  
Vario Fit + Carbide**Walking pad**

05/33 Sport pad

03/37 ø38

05/33

20 PA



**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 - 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

**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

**Basket**  
TR 03/37F

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

**Walking pad**  
Sport pad - 05/33

**STRETCH LITE A.I.**  
008352490 Avio

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

**Material**  
ALU F56 - Ø 16/14 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

**Accessories:**

- 10 PA:** S-Carbon, Cork, N.C.S., REFLEX, A.I., T.P.L., TWIST, CARBIDE, LOCK.
- 20 PA:** Cork, N.C.S., A.I., T.P.L., FAST LOCK, REFLEX, CARBIDE.
- stretch lite A.I.:** Cork, N.C.S., A.I., T.P.L., REFLEX, CARBIDE.

**Optional:** Nordic walking bag, Adjustable trekking bag.

# user guide

# NORDIC WALKING

WARRANTY  
2  
YEARS

Categories	Model Modello-Modell	LEVEL OF USER				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	Performance	COBRA 3S TR										•	•	100-140 44"-62" 165 5.82	
		FX - 75												100-130 40"-52" 125 4.40	
		X-5												100-130 40"-52" 158 5.57	
	Pro	X-1.35 ACTIVE												100-130 40"-52" 165 5.82	
		X-1.35												100-130 40"-52" 275 6.17	
		LIGHT NCS												100-130 40"-52" 205 7.23	
EXTENSIBLE LINE	Performance	COBRA RE-VOLUTION										•	•	105-130 42"-52" 175 6.17	
		NORDIC REVO ALU CARBON										•	•	105-130 42"-52" 220 7.76	
		NORDIC REVO A1										•	•	105-130 42"-52" 229 8.07	
		CARBON XT 3S-100												63-135 24"-54" 180 6.35	
		CARBON XT 2S-80 FL												78-135 32"-54" 167 5.89	
	Professional	INVERSO CA												105-130 42"-52" 184 6.49	
		FUSION WIRED										•	•	110-130 44"-52" 294 10.37	
		FUSION CORK-TECH											•	59-130 24"-52" 210 7.40	
	Sport	TOUR XT F.L.												59-130 24"-52" 210 7.40	
		STRETCH LITE CARBON												75-130 30"-52" 200 7.05	
		STRETCH LITE												75-130 30"-52" 200 7.05	
	Sport	STRETCH ICE												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 F.L.												70-108 24"-43" 190 6.70	

## 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 Leichtigkeitsfeautures 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 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.



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.



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 !ww

## CHOOSE THE RIGHT SIZE

HEIGHT	SIZE
150cm - 155cm / 4'9" - 5'1"	100cm / 40"
156cm - 160cm / 5'1" - 5'2"	105cm / 42"
161cm - 165cm / 5'3" - 5'4"	110cm / 44"
166cm - 170cm / 5'4" - 5'6"	115cm / 46"
171cm - 175cm / 5'6" - 5'8"	115cm / 46"
176cm - 180cm / 5'8" - 5'9"	120cm / 48"
181cm - 185cm / 5'9" - 6'1"	125cm / 50"
186cm - 190cm / 6'1" - 6'2"	130cm / 52"
191cm - 195cm / 6'3" - 6'4"	130cm / 52"
196cm - 200cm / 6'4" - 6'6"	135cm / 54"



Optional



Optional



Optional

### COBRA 3S TR

Snake Carbon  
700839130

#### 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

#### Optional

Adjustable trekking bag



05/33



03/37 Ø38

### FX-75

Snake Carbon  
700835101

#### Size

125 g / 4.40 oz  
100-130 cm (5 cm) / 40"-52' (2")

#### Material

S-Carbon 100 - Ø 16 mm

#### Grip

01/37

#### Strap

02/36

#### NCS Comfort

#### Tip

05/44 + 08/5  
Aero + Active Carbide

#### Walking pad

05/33 Sport pad

#### Optional

Nordic Walking bag



05/33



15 PA



### X-5

700835113 Black/yellow

#### 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 + 08/5  
Aero + Active Carbide

#### Walking pad

05/33 Sport pad

#### Optional

Nordic Walking bag



05/33



**X-1.35 ACTIVE**  
700836115

**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



05/33



**X-1.35**  
700836114

**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



05/33



**LIGHT NCS**  
700834136

**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**

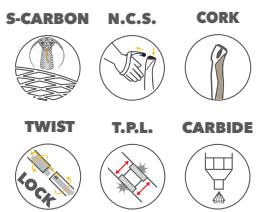
05/33 Sport pad



03/37 ø38



05/33



### 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

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





NEW



Optional



52 cm

GABEL ALU NORDIC



12 PA



12 PA



NEW

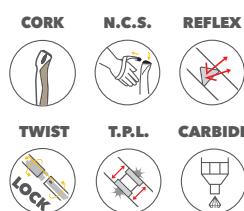


Optional

GABEL ALU NORDIC



12 PA



12 PA

### 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



03/37 Ø38



05/33



52 cm



03/37 Ø38



05/33

### 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

**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**05/15 + 08/15  
Vario Fit + Carbide**Walking pad**

05/33 Sport pad

**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



# 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

37 cm



4



## alpine touring



NCS Adjustable  
02/18



S. S. Power  
03/27 F ø90



02/18



03/27 ø90



03/37 ø38



03/1 ø50



05/33



05/36



OPTIONAL  
03/39 FG

## 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

01/25 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  
05/36 Tip Protector

### Walking pad

05/33 Sport pad

### Optional

Basket - 03/39 FG ø12

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



### FUSION CORK-TECH 700836151

02/18



03/27 ø90

03/37 ø38



03/1 ø50



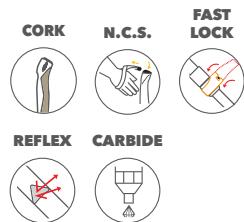
05/33



05/36

OPTIONAL  
03/39 FG

20 PA



### 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**

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





NEW



### 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**

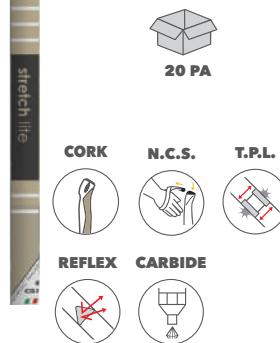
05/15 + 08/15  
 Vario Fit + Carbide

**Walking pad**

05/33 Sport pad



sand 7008352621



### 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

**NORDIC FRIEND**  
700835058

**NORDIC ENERGY F.L.**  
700734056

**Size**  
247 g / 8.71 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

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

**Material**  
ALU F45 - Ø 16/14mm

**Grip**  
01/25 Dual Tech

**Strap**  
02/36 NCS Comfort

**Basket**  
03/40F NW

**Tip**  
05/50 Carbide

**Walking pad**  
05/29

**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

**20 PA**

**20 PA**

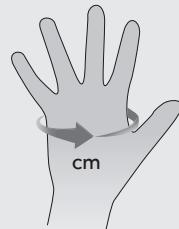
**24 PA**

# 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



Wind Tech blk/lime NCS  
8015012100006/7/8/9/10



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

Ergo Lite NCS (1 pair)  
80150114001 grey - 80150114003 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 ø14 black  
7901371600001 ø16 black

Foam touring  
01/76



7901761601211 ø16

## STRAPS

NCS Adjustable  
02/18



7902018000011

NCS Comfort  
02/36



(S) (M) (L)

7902023620011 (S)  
7902023620012 (M)  
7902023620013 (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  
7901811802111



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

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



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



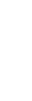
7905159900010

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

## LOCKING PARTS

U-Lock Power 06/136 Ø14/12	U-Lock Power 06/137 Ø16/14	U-Lock Power 06/138 Ø18/16	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
					
7906136120001	7906136140001	7906136160001	790613312001	790613414001	790613516001
U-Lock Mono 06/43 Ø14/12	U-Lock Mono 06/44 Ø16/14	U-Lock Mono 06/45 Ø18/16	Fast Lock Mono 06/40 Ø14/12	Fast Lock Mono 06/41 Ø16/14	Fast Lock Mono 06/42 Ø18/16
					
7906143120001	7906144140001	7906145160001	7906140120001	7906141140001	7906142160001
Expander 06/23 Ø12	Expander 06/25 Ø14	Expander 06/27 Ø16	Twist Lock Cartridge		
					
7906231202219	7906251402220	7906271602220	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  
8210011000011 blue



MEDIUM - 15 lb  
8210011500007 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  
811000001005  
Size 300 x 80 cm.



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Via Cassola, 50  
36027, Rosà (VI) - Italy*

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*gabel@gabel.it  
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NW



*gabel.italianpoles*



*Gabel.official*



*Gabel srl*