**Best Footwear for Walking**

As walking shoes are mainly designed for walking, they have some unique features. These features make these shoes comfortable for users. And also make it easier for the user to walk or stand for long time without any pain or discomfort. A perfect couple of walking shoes will make you forget that you are even wearing one.

**Features to look for in walking shoes**

**Upper**

Walking shoes should have qualities that help to keep your feet comfortable, relaxed and protected. Like other shoes walking shoes also needs to be comfortable for both short and long periods of use.

Different Brands use different types of materials in upper part of their walking shoes. But the material in the upper part of walking shoes is supposed to be pliable to assist the natural flexibility of the foot. But it should also have some firmness to it to keep the foot sufficiently supported.

Walking shoes should be breathable. If your chosen shoes are entirely covered in leather, then make sure that it has vents. As the vents will allow the foot chamber to stay ventilated. Some are like more open construction of the upper. They could give out for models with more mesh materials.

**Correct Fit and Sizing**

Another important factor to consider is your shoes size. Finding the correct fit of your shoes is important to the overall health of your foot. If you buy a couple of shoes which is too loose then it is highly possible to slipping off in the most convenient time. Conversely if you buy too tight shoes then it is very harmful for your feet. Bunions callus or corns can be happen to your feet.

**Ample Cushioning**

Good walking shoes have a kind of midsole which must be able to provide sufficient shock absorption to prevent straining the joints and muscles of your lower extremities.

Removable insole is also a feature of walking shoes. The insert is generally folded to natural shape of the feet and give arch support. Wearer can replace it with custom orthotics to achieve maximum comfort.

Here you have come to know some important features of walking shoes. You should also check the weight, design and color of the shoes before buying.