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A walking holiday helps you avoid the excessive expenditure that you can incur on air travel and food binges while staying at a resort. It is a healthy and eco-friendly option for you to select. While it can relieve your wallet and the environment, your feet can suffer as a result of the walking you have to do. Walking holidays can take you across entire countries. All that walking is going to place some strain on your feet. A holiday is meant to be enjoyed without any major concerns hence avoiding blisters and injuries is important. Here are some tips to keep your feet safe on a walking holiday.

The Right Footwear

Since you are going to save money on your holiday, spend some on buying the right footwear. There are high quality shoes that are ideal for walking over long distances. Go to a footwear store and consult their expert to find the right shoes for your feet. Try and avoid buying the shoes online because you wonâ€™t have an opportunity to try them before purchasing. Wear the boots and walk for a while to make sure you feel comfortable wearing them.

Get Used to Your Shoes

A mistake many people make is that they take brand new hiking shoes and boots for their walking holidays. It takes time for your feet to get used to a new pair of shoes. This is why buying shoes off the shelf and taking them along is not a good idea. They will be hard and are more likely to cause blisters on your feet. Moreover, you are not going to feel entirely comfortable walking around in them. The best option is to wear your shoes around for a few days before you take them with you. This way, the shoes will be moulded according to the shape of your feet.

Take Regular Breaks

A blister or injury shows symptoms before breaking out completely. If you feel irritation or any kind of discomfort in your feet, it is better to stop rather than keep walking on. Make sure your trip is planned with plenty of breaks in between. You need to let your feet get some air. Take your shoes off after every two hours or so for a few minutes to aerate your feet. Also, keep your feet dry at all times. Wet feet are likely to get injured and blistered. For this, you need good quality socks that absorb perspiration quickly.

These are three tips that will help you keep your feet safe from blisters and injuries on walking holidays. Even a small scratch can cause a lot of pain and cut your trip short. Ensure that you take care of your feet so you are able to enjoy your holiday.

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Thomasgalvin - About Author:
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