

A dramatic mountain landscape with a winding path and misty peaks. The scene is captured in a dark, moody style with a grey and brown color palette. A thin, light-colored path winds up a steep, rocky mountain slope. The peaks are shrouded in mist or low clouds, creating a sense of mystery and scale. The overall atmosphere is one of solitude and adventure.

ONE / WAY

SUMMER 24
WORKBOOK

A dramatic mountain landscape with a winding path and the text "FOLLOW YOUR OWN WAY." The image shows a steep, rocky mountain slope with a narrow, winding path that leads up towards a peak. The sky is overcast with grey clouds, and some mist or smoke is visible on the left side of the mountain. The foreground is a rocky, scree-covered slope.

FOLLOW YOUR
OWN WAY.

ONE / WAY

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ESTABLISHED BUT NEW.

ONE WAY is the most highly regarded supplier of poles and accessories for Nordic and Alpine skiing, Nordic walking, and trekking. Born in Finland in 2004, headquartered in Austria since 2018, and relaunched in 2021, ONE WAY products are driven by fresh and clean product design, World Cup proven quality, innovative technologies, and the strong commitment to create real products of desire. Showing the beauty and emotion of being in the outdoors is our passion.



WHO SAID A POLE IS NO OBJECT OF DESIRE?

MTX CARBON VARIO





MTX CARBON VARIO DARK

Item no.	OZ60023
Lengths	115 - 135 (variable)
Weight	225g (per pc)
Shaft	Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MTX Carbon Vario Dark is the top model of foldable trekking poles for ambitious people with high demands on their equipment. All 5 segments are made of 100% carbon and are adjustable from 115 to 135cm. The MT EVA grip with grip extension ensures a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets, so that your trekking poles are also ready for use in winter.



Foldable



MTX CARBON VARIO

Item no.	OZ60123
Lengths	115 - 135 (variable)
Weight	223g (per pc)
Shaft	Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MTX Carbon Vario is the top model of foldable trekking poles in bright orange for sporty hikers with high demands on their equipment. All 5 segments are made of 100% carbon and are adjustable from 115 to 135cm. The MT EVA grip with grip extension ensures a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so that your trekking poles are ready for use in winter.



Foldable



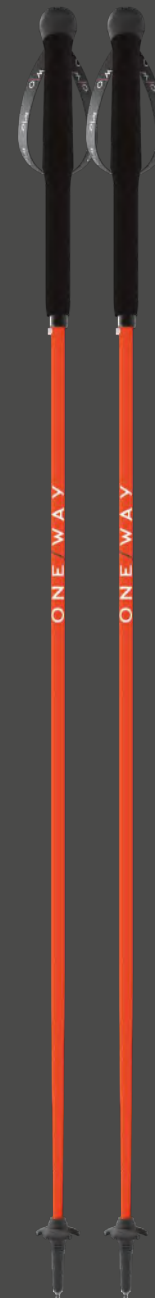
MTX CARBON VARIO LITE

Item no.	OZ60223
Lengths	105 - 125 (variable)
Weight	220g (per pc)
Shaft	Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MTX Carbon Vario Lite is a visual eye-catcher on the mountain. The foldable trekking pole is adjustable from 105 to 125cm and extremely lightweight due to its shorter length. All 5 segments are made of 100% carbon. The MT EVA grip with grip extension guarantees a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so that your trekking poles are also ready for use in winter.



Foldable



MTX CARBON

Item no.	OZ60323
Lengths	100 - 135 (5cm)
Weight	193g / 125cm (per pc/sample length)
Shaft	Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	-

The MTX Carbon is a true lightweight foldable trekking pole, made of 100% carbon and offered in fixed lengths in 5 cm steps. The MT EVA grip with grip extension guarantees a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. You can easily replace the MT Basket 40 with the Alpine baskets so your trekking poles are ready for use even in winter. Thanks to the bright orange color you are always an eye-catcher on your tours.



Foldable



MTX CALU VARIO

Item no.	OZ60423
Lengths	115 - 135 (variable)
Weight	251g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The lightweight MTX Calu is a foldable trekking pole with a durable combination of aluminum and 100% carbon segments. These poles are adjustable in lengths 115 to 135cm. The MT EVA grip with extension guarantees a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Foldable



MTX CALU VARIO LITE

Item no.	OZ60523
Lengths	105 - 125 (variable)
Weight	244g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

With the MTX Calu Vario Lite, lightness is program. Due to its shorter adjustment length from 105 to 125cm, this foldable trekking pole made with a combination of aluminum and 100% carbon segments is even lighter. The MT EVA grip with extension guarantees you perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. You can easily replace the MT Basket 40 with the Alpine baskets so your trekking poles can be ready for use in winter. The eye-catching color combination makes the pole an always welcome companion.



Foldable



MTX AL VARIO

Item no.	OZ60623
Lengths	115 - 135 (variable)
Weight	328g (per pc)
Shaft	Alu 7075
Grip	MT Fusion Grip long
Strap	MT Fusion Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

The foldable MTX AL Vario trekking pole is made of durable aluminum and makes it easy for you to start trekking. The poles feature adjustable in lengths from 115 to 135cm, and the cork parts in the handle, including grip extension, provide a great hold in any terrain and a comfortable feeling on any trek. The MT Fusion Strap provides easy handling and a comfortable feel. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Foldable



MTX AL VARIO LITE

Item no.	OZ60723
Lengths	105 - 125 (variable)
Weight	317g (per pc)
Shaft	Alu 7075
Grip	MT Fusion Grip long
Strap	MT Fusion Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

The foldable MTX AL Vario Lite trekking pole is adjustable from 105 to 125cm and saves weight thanks to its shorter length. The cork parts in the handle, including grip extension, provide good grip in any terrain and a comfortable feeling in hand. The strap MT Fusion Strap provides easy handling and a comfortable feel. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Foldable

TREKKING / MT SERIES

FOR UNFORGETTABLE OUTDOOR MOMENTS.

MT SERIES



Photo: Lorenz Masser



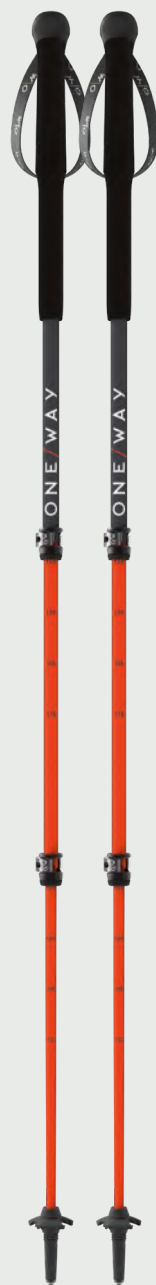
MT CALU DARK

Item no.	OZ61023
Lengths	110 - 145 (variable)
Weight	248g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu Dark is the top telescopic pole model and can be variably adjusted in lengths from 110 to 145cm. The upper segment is made of 100% carbon and combined with two segments of aluminum to provide both lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



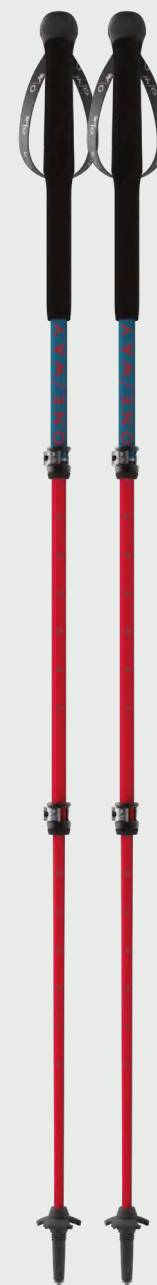
MT CALU

Item no.	OZ61123
Lengths	110 - 145 (variable)
Weight	246g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu is the top telescopic pole model in bright orange and can be variably adjusted in lengths from 110 to 145cm. The upper segment is made of 100% carbon and combined with two segments of aluminum to provide both lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



MT CALU LITE

Item no.	OZ61223
Lengths	90 - 125 (variable)
Weight	229g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu Lite impresses with its stylish appearance while being the lightweight champion among the telescopic poles thanks to its shorter length. With an adjustability of 90 to 125cm, this pole's top segment made of 100% carbon and combined with the lower two segments of aluminum to provide both extreme lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



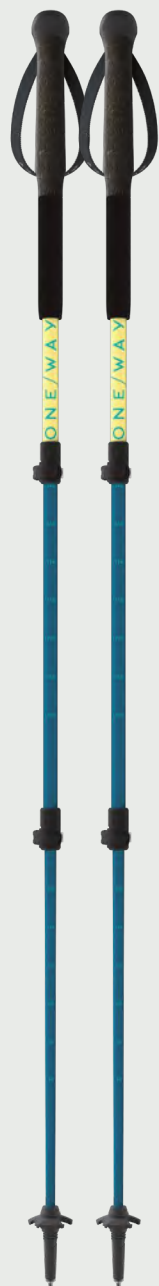
MT AL 1

Item no.	OZ61323
Lengths	110 - 145 (variable)
Weight	300g (per pc)
Shaft	3S Alu 7075
Grip	MT Fusion Grip long
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

The MT AL 1 is your reliable companion on the mountain! The three segments of aluminum makes the telescopic pole very stable and variably adjustable in lengths from 110 to 145cm. The MT Fusion grip with extension guarantees a perfect hold in any terrain, while the comfortable MT Fusion strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



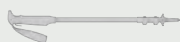
Telescopic



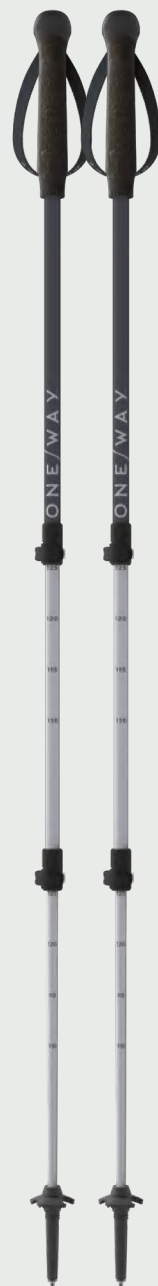
MT AL 1 LITE

Item no.	OZ61423
Lengths	90 - 125 (variable)
Weight	284g (per pc)
Shaft	3S Alu 7075
Grip	MT Fusion Grip long
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

With 3 aluminum segments, the AL 1 Lite is the lighter version of the AL 1 telescopic pole due to its shorter length and adjustability from 90 to 125cm. The pole impresses with its stylish appearance, while the MT Fusion grip with extension guarantees a perfect hold in any terrain, while the comfortable MT Fusion strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



MT AL 2

Item no.	OZ61523
Lengths	110 - 145 (variable)
Weight	295g (per pc)
Shaft	2S Alu 7075
Grip	MT Fusion Grip short
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Matt
Locking	Quick Lock

The MT AL 2 is one that does everything! With three segments of aluminum, the telescopic pole is very stable and variably adjustable to lengths from 110 to 145cm. With the MT Fusion grip and the comfortable MT Fusion strap, you always have the poles securely in hand. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



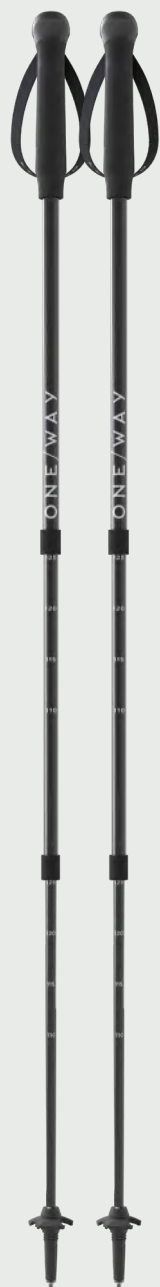
MT AL 2 LITE

Item no.	OZ61623
Lengths	90 - 125 (variable)
Weight	277g (per pc)
Shaft	2S Alu 7075
Grip	MT Fusion Grip short
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Matt
Locking	Quick Lock

You will be impressed by the stability of the MT AL 2 Lite, the lighter version of the AL 2 telescopic pole with 3 aluminum segments and a shorter adjustability from 90 to 125cm. With the MT Fusion grip and the comfortable MT Fusion strap, you always have the poles securely in hand. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



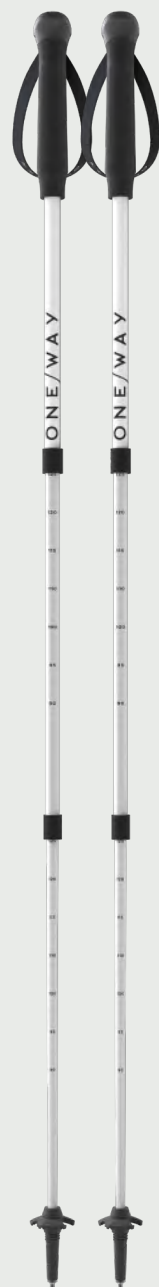
MT AL 3

Item no.	OZ61723
Lengths	110 - 145 (variable)
Weight	275g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock

The telescopic MT AL 3 pole is made of aluminum and is adjustable from 110 to 145cm, making the entry to trekking easy for everyone. The MT TPR handle in combination with the MT Comfort Strap offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



MT AL 3 LITE

Item no.	OZ61823
Lengths	90 - 125 (variable)
Weight	257g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock

With an adjustability of 90 to 125cm, the AL 3 Lite is the lighter version of the AL 3 telescopic aluminum pole due to its shorter length. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



MT AL 3 AS

Item no.	OZ61923
Lengths	110 - 145 (variable)
Weight	287g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock Antishock

The MT AL 3 AS telescopic aluminum pole can smooth out any vibration, especially when walking downhill. Adjustable in length from 110 to 145cm, the MT AL 3 AS pole features an anti-shock system integrated into the Twist Lock to protect your hands. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



MT AL 3 LITE AS

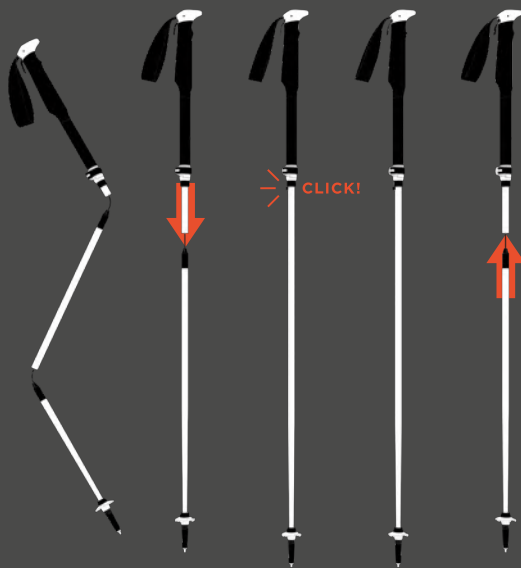
Item no.	OZ62023
Lengths	90 - 125 (variable)
Weight	269g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock Antishock

The AL 3 Lite AS is, with an adjustability of 90 to 125cm, is the lighter version of the AL 3 AS telescopic aluminum pole due to its shorter length. This unique aluminum pole can smooth out any vibration, especially when walking downhill, thanks to an anti-shock system integrated into the Twist Lock. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic

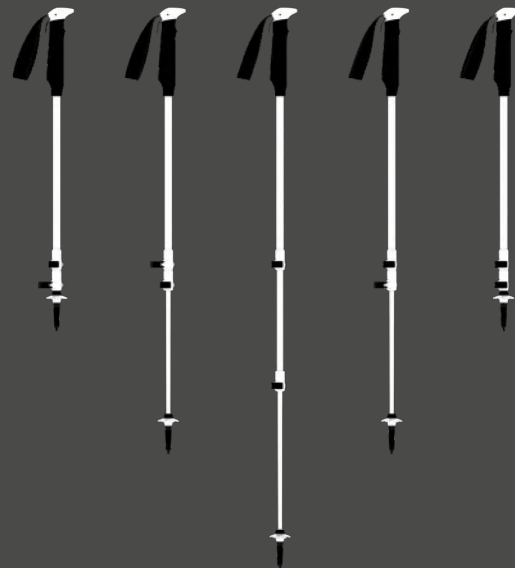
TREKKING TECHNOLOGIES



FOLDING TECHNOLOGY

Assembly: Pull the second pole segment down until the Push Button clicks in. You will hear a click sound when the mechanism is locked.

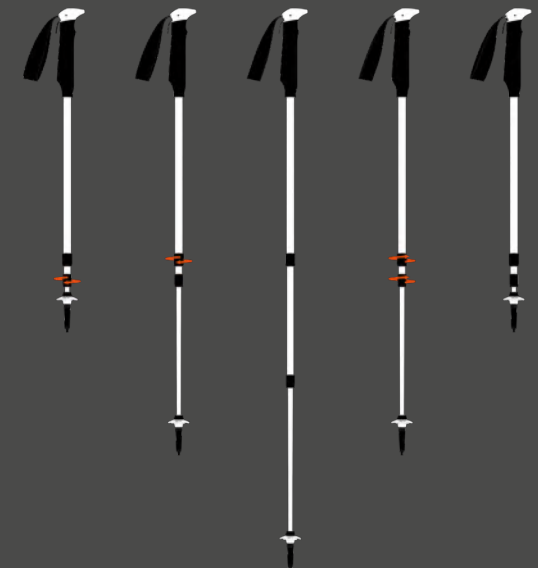
Stowing: Press the Push Button to release the folding mechanism. Next, push the overlying pole segment completely into the Grip.



VARIO TECHNOLOGY

Assembly: Open the lever of the first Quick-Lock. Pull out the lowest shaft segment to your preferred length (indicated on the shaft)—close the lever to secure the Quick-Lock. Next, open the lever of the second Quick-Lock and pull out the second shaft segment to your preferred length. Close lever to secure the Quick-Lock.

Stowing: Open the lever of the first Quick-Lock. Push the lowest shaft segment up to the stop and close the lever to secure the Quick-Lock. Next, open the lever of the second Quick-Lock, push in the second shaft segment up to the stop, and close the lever to secure the Quick-Lock.



TWIST VARIO TECHNOLOGY

Assembly: Open the first Twist Lock by turning the first and second shafts in opposite directions. Pull out the second shaft segment to your preferred length (indicated on the shaft). Secure the Twist Lock by turning the shafts in opposite directions. Open the second Twist Lock by turning the second and third shafts in opposite directions. Pull out the third shaft segment to your preferred length. Secure the Twist Lock by turning the shafts in opposite directions.

Stowing: Open the first Twist Lock by turning the first and second shafts in opposite directions. Push in the second shaft segment up to the stop. Secure the Twist Lock by turning the shafts in opposite directions. Open the second Twist Lock by turning the second and third shafts in opposite directions. Push in the third shaft segment up to the stop. Secure the Twist Lock by turning the shafts in opposite directions.

MT EVA GRIP LONG

Grip long For maximum comfort and the highest ergonomics while trekking. Cushioned foam material for main grip area and grip extension. Ergonomic handle with comfort cap shape for downhill control. Rubber construction provides Grip in all conditions.



MT FUSION GRIP LONG

For enhanced comfort and highest ergonomics while trekking. Premium rubber grip infused with real cork for maximum hold. Cushioned foam material used in grip extension. Comfort cap with ergonomic shape for downhill control.



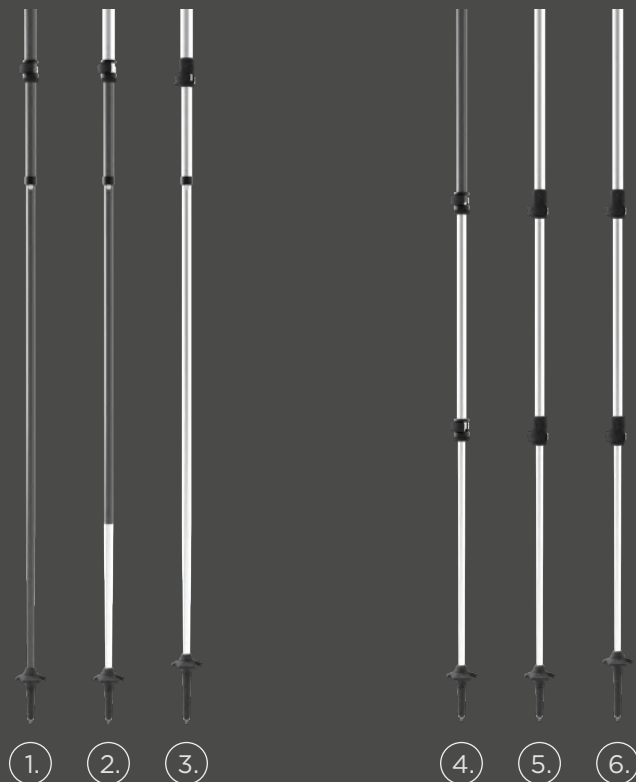
MT FUSION GRIP SHORT

For enhanced comfort and highest ergonomics while trekking. Premium rubber grip infused with real cork for maximum hold. Comfort cap with ergonomic shape for downhill control.



MT TPR GRIP SHORT

For comfort and highest ergonomics while trekking. Rubberized main grip area for maximum hold. Comfort cap with ergonomic shape for downhill control.



FOLDABLE SHAFT

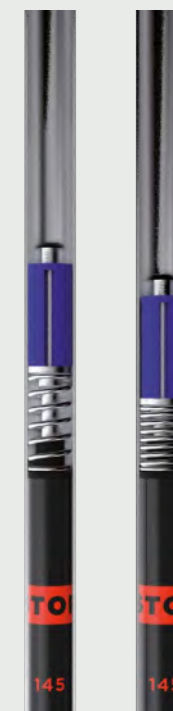
Foldable Poles of four (foldable fixed length) or five segments (foldable adjustable length).

1. Carbon 100 Shaft: All five shaft segments 100% Carbon.
2. Calu Shaft: Top and lowest shaft segments Aluminium 7075. Three middle segments 100% carbon.
3. Alu Shaft: All five segments Aluminium 7075.

VARIO SHAFTS

Length adjustable with three segments.

4. Calu Shaft: Top shaft segment 100% Carbon. Two lower segments Aluminium 7075.
5. 3S Alu Shaft: All three pole segments Aluminium 7075.
6. 2S Alu Shaft: Top shaft segment Aluminium 6061. Two lower segments Aluminium 7075.



TWIST ANTISHOCK

System to reduce impact during pole use on your hand and wrist especially for downhill hiking.

Spring inside the Antishock-System gets compressed when the pole hits the ground and absorbs the impact force to reduce strain on your wrist.

ROLLERSKI

OUR PUREST BLEND.

STORM 2 STREET KIT



STORM 2 STREET KIT

Item no.	OZ54222
Lengths	150, 160, 170, 180
Weight	75g (per meter)
Shaft	Carbon 100%
Grip	Carbon Grip
Strap	AV WC Strap
Shaft ø	16:9 (mm)
Basket	Exchange Basket
Tip	Roller (asphalt)
Finish	Sintered Tip
	Softtouch

This very light and durable 100% Diamond Carbon pole Storm 2 Street Kit is made for ambitious rollerskiers. The easy changeable and extra strong Rollertip comes with a higher shaft to protect the pole at the bottom end and to improve the power transfer on asphalt. AV WC Strap and Carbon Grip provide you top comfort and performance during rollerskiing workouts. The length of the pole shaft can be adjusted with precision. The grip is glued in place using the adhesive supplied.



110kgm²



26mm



75g/m



693mm



650N



STORM 5 STREET

Item no.	OZ54422
Lengths	130 - 175 (5cm)
Weight	90g (per meter)
Shaft	Carbon 50%
Grip	Carbon Grip
Strap	AV Race Strap
Shaft ø	16.9 (mm)
Basket	Rollertip (flame)
Tip	Sintered Tip
Finish	Softtouch

The Storm 5 Street is a lightweight pole with solid performance for active skiers. It has a 50% Carbon shaft and extra strong Rollertip with a higher shaft to protect the pole at the bottom end, and to improve the power transfer on asphalt. The high performance AV Race Strap and the ergonomic Carbon Grip offer you comfort and optimal power transfer for an active rollerskiing experience.

		
160kgm ²	33mm	90g/m
		
691mm	650N	



EXCHANGE BASKET SYSTEM

The ONE WAY Exchange Basket System makes changing pole baskets easy for everyone – from World Cup to marathon and fitness level skiers. The lightweight Exchange Basket System offers the option of quickly and easily replacing the basket on all cross country pole models that feature a 9 mm shaft tip.

REMOVAL: Pull the retaining clip away from the shaft releases the basket.

REPLACING: The fastening clip guides the basket into the correct position on the pole shaft. Push the basket firmly onto the pole shaft until you hear a click confirming that the basket is fully engaged on the retaining clip.

The ONE WAY Exchange Basket System includes a small basket with a lightweight aluminum tip for compact, non-icy conditions and a medium-sized basket for universal use, and two pairs of rollerski tips. Also included in the package: 2 pair sleeves, one release tool and one storage bag.

SIMPLE
CLEAR AND
CONCISE.

TEAM VARIO MAG



TEAM VARIO MAG

Item no.	OZ50122
Lengths	95 - 130 (adjustable)
Weight	70g (per meter)
Shaft	Carbon 50%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:14:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team Vario Mag with new strap made of breathable mesh material is adjustable in length. It's 50% carbon so it's very lightweight and easy to handle. The unique Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces which can be clicked open to reveal a hardened metal point when extra grip is needed.



70g/m



TEAM 1 MAG

Item no.	OZ50222
Lengths	100 - 135 (5cm)
Weight	75g (per meter)
Shaft	Carbon 90%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

This extremely lightweight Nordic Walking pole Team 1 Mag comes with breathable mesh strap and is made out of 90% carbon for serious performance walkers. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Single Basket is an excellent choice for comfortable and safe Nordic Walking.



75g/m



TEAM 2 MAG

Item no.	OZ50322
Lengths	100 - 135 (5cm)
Weight	78g (per meter)
Shaft	Carbon 70%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

This very light Nordic Walking pole Team 2 Mag comes with breathable mesh strap and is made out of 70% Carbon, for dedicated performance skiers. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Single Basket is an excellent choice for comfortable and safe Nordic Walking.



78g/m



TEAM 3

Item no.	OZ50422
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 50%
Grip	Cork Grip full
Strap	AV Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 3 is a lightweight 50% Carbon Nordic Walking pole for active outdoor enthusiasts. It features a high performance AV Mesh Strap made of breathable mesh material and Cork Grip for comfort and ideal power transfer. The Duotec basket with rubber pad, including a sintered tip, provides grip and safety on a variety of surfaces.



80g/m

NORDIC MAG POINT GRIP & STRAP

The patented Nordic Mag Point System 2.0 provides an intuitive, comfortable click-in and click-out of the strap at the press of a button with no need to open the strap. Ergonomic improvements to the extremely light cork grip, in combination with the optimized Mag Point Strap, also provide maximum power transfer and ideal swing characteristics of the pole.

PUSH THE
BUTTON, ...



TO RELEASE
THE STRAP.





TEAM 4 MAG - BLACKBERRY

Item no.	OZ50522
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Mag Point Grip
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 Mag Blackberry is a 10% carbon pole for active outdoor enthusiasts. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the breathable mesh strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces, which can be clicked open to reveal a hardened metal point when extra grip is needed. Available in two colors.



80g/m



TEAM 4 MAG - ASPHALT

Item no.	OZ50622
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Mag Point Grip
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 Mag Asphalt is a 10% carbon pole for active outdoor enthusiasts. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the breathable mesh strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces, which can be clicked open to reveal a hardened metal point when extra grip is needed. Available in two colors.



80g/m



TEAM 4

Item no.	OZ50722
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Cork Grip full
Strap	AV Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 is a 10% carbon Nordic Walking pole for active outdoor enthusiasts. It features a high performance AV Mesh Strap out of breathable mesh material and a Cork Grip for comfort and ideal power transfer. The Duotec basket with rubber pad, including a sintered tip, provides grip and safety on a variety of surfaces.



80g/m



TEAM 5

Item no.	OZ50822
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Cork Grip half
Strap	AV Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

The Team 5 is a basic 10% carbon pole for recreational Nordic Walkers to enjoy their workout. Equipped with AV Strap, Cork Grip, and Universal Paw for outdoor activities in all terrain.



80g/m

SPARE PARTS TREKKING








Article no.	Model	Description, Compatibility
STRAPS		
OZ67024	MT PRO STRAP 	Ultra thin and lightweight Strap for Trekking Poles. Compatible with all Trekking Grips.
OZ67124	MT FUSION STRAP 	Comfort -oriented Trekking Strap with padding. Compatible with all Trekking Grips.
OZ67224	MT COMFORT STRAP 	Simple comfort Strap for Trekking Poles. Compatible with all Trekking Grips.
BASKETS		
OZ68024	MT BASKET 	Small and lightweight Basket for trekking. Compatible with all Trekking and Alpine Poles.
FERRULES		
OZ69024	MT FERRULE MIDDLE + CARBIDE TIP 	Medium length ferrule for Trekking Poles with carbide tip.
OZ69124	MT FERRULE LONG + CARBIDE TIP 	Long ferrule for Trekking Poles with carbide tip.
SPECIALS		
OZ65124	METAL EASY LOCK 16 / 14 - COMPONENTS 	Lever, screw and washer for quick lock. Compatible with poles with 16 and 14 mm diameter.
OZ65224	METAL EASY LOCK 18 - COMPONENTS 	Lever, screw and washer for quick lock. Compatible with poles with 18 mm diameter.



Photo: Lorenz Masser

SPARE PARTS ROLLERSKI & NORDIC WALKING

Article no.	Model	Description, Compatibility
STRAPS		
OZ81121	AV RACE STRAP	High comfort strap. Compatible with all grips with wedge solution. Sizes: XS / S / M / L / XL / XXL.
OZ81221	AV STRAP	Compact strap. Compatible with all grips with wedge solution. Sizes: S / M / L.
OZ81621	AV WC STRAP	High performance strap from Worldcup. Compatible with all grips with wedge solution. Sizes: XXS / XS / S / M / L / XL / XXL.
OZ82022	MAG POINT MESH STRAP	Quick release strap. Blocks 360° rotation. Compatible with Mag Point Grip and Mag Point Grip 2.0. Sizes: XXS / XS / S / M / L / XL / XXL.
OZ82122	AV MESH STRAP	High comfort strap. Compatible with all grips with wedge solution. Sizes: XS / S / M / L / XL / XXL.

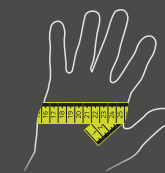
WEDGE		
OZ80921	WEDGE	Locks the Strap in the Grip. Compatible with all Grips with wedge solution except TPR Grip and MultiGrip.

BASKETS		
OZ83521	EXCHANGE BASKET ROLLER	Quick exchangeable basket for roller skiing with carbide tip. According to FIS regulations. Compatible with all 9 mm shafts.
OZ84421	ROLLERTIP	Long shaft for high performance rollerskiing. Compatible with all 9 mm shafts.

Article no.	Model	Description, Compatibility
GRIPS		
OZ80021	CARBON GRIP	Fibre-reinforced Grip with 360° cork shield. Compatible with all 16 mm shafts.
OZ80121	MAG POINT GRIP 2.0	Quick-release Grip with 360° cork shield. Blocks 360° rotation of the Strap. Compatible with all 16 mm shafts.
OZ80221	CORK GRIP FULL	Grip with 360° cork shield. Compatible with all 16 mm shafts.
OZ80321	CORK GRIP HALF	Grip with partly cork shield. Compatible with all 16 mm shafts.

NORDIC WALKING SPECIALS		
OZ87119	NW SINGLE BASKET	Basket especially for Nordic Walking. Compatible with all Nordic Walking models.
OZ87222	NW DUOTEC BASKET	2 in 1 Basket and Pad system. Compatible with all Nordic Walking models.
OZ87319	NW AIR CELL PAW	Exchangeable Pad. Compatible with Single Basket.
OZ87419	NW DUOTEC PAW	Exchangeable pad. Compatible with Duotec Basket.
OZ87519	NW UNIVERSAL PAW	Exchangeable Pad. Compatible with Single Basket.

STRAP ADVICE



STRAP ADVICE WOMEN




Hand circumference in cm	Glove size	Glove size international	Strap size
18	6,5	S	XS
18,5			
19	7	M	S
20			
21	7,5	M	M
22	8	L	
23,5	8,5	XL	L
24	9		
24,5			XL
25,5			
26			

STRAP ADVICE MEN

Hand circumference in cm	Glove size	Glove size international	Strap size
18	6,5	XS	XS
18,5	7	S	
19,5	7,5		S
20			
21	8	M	M
22,5	8,5		
23,5	9	L	L
24,5	9,5		
25,5			XL
26	10	XL	
26,5			
27,5	10,5	XL	XXL
29	11	XXL	

SOFTGOODS



Article no.	Model		Dimension	Volume (L)	Material
BACKPACKS					
OZ11023	TRAIL HYDRO BACKPACK 20L		46 x 24 x 18cm	20	300D Recycled Pet
OZ11223	TRAIL HYDRO BACKPACK 15L		47 x 21 x 16cm	15	300D Recycled Pet
OZ11423	TEAM BAG LARGE - 50L		74 x 31 x 21cm	50	300D Recycled Pet
OZ11523	TEAM BAG MEDIUM - 30L		50 x 31 x 20cm	30	300D Recycled Pet

TRAVEL BAGS					
OZ20023	DUFFLE BAG MEDIUM - 65L		63 x 32,5 x 32,5cm	65	300D Recycled Pet
OZ20123	DUFFLE BAG LARGE - 100L		82 x 36 x 36 cm	110	300D Recycled Pet
OZ20223	DUFFLE BAG EXTRA LARGE - 130L		90 x 39 x 39 cm	130	300D Recycled Pet

POLEFIX					
OZ19123	POLEFIX PODIUM (1 PC)		12 x 6cm (fold)		900D Recycled Pet

Article no.	Model	Dimension	Material
POLE TUBES & CASES			
OZ18023	 SKI POLE TUBE TELESCOPE - 8 PAIRS	155-185 x 19 x 10cm	900D Recycled Pet
OZ18123	 SKI POLE TUBE SMALL - 4 PAIRS	178 x 18 x 18cm	900D Recycled Pet
OZ18223	 SKI POLE CASE 180CM - 2 PAIRS	180 x 15 x 12cm	900D Recycled Pet
OZ18323	 SKI POLE CASE 160CM - 2 PAIRS	160 x 15 x 12cm	900D Recycled Pet
OZ18523	 ALPINE POLES BAG - 6 PAIRS	140 x 40 x 40 cm	900D Recycled Pet

HIP / DRINKBELTS					
OZ10023	THERMO BELT - FLAME		50 x 8 x 13cm	300D Recycled Pet	
OZ10123	THERMO BELT - ASPHALT		50 x 8 x 13cm	300D Recycled Pet	
OZ10223	THERMO BELT LIGHT - FLAME		50 x 8 x 13cm	300D Recycled Pet	
OZ10323	THERMO BELT LIGHT - ASPHALT		50 x 8 x 13cm	300D Recycled Pet	
OZ10423	WAIST BAG 10L		48 x 16 x 13cm	900D Recycled Pet	

APPAREL

Article no.	Model	Sizes	Color	Fabric
GLOVES				
OG94022	ROLLERSKI GLOVE SPEED 	5.0, 6.0, 7.0, 8.0, 9.0, 10.0, 11.0, 12.0	asphalt grey	Back: 100% Spandex - Palm: synthetic Leather, Amara fabric









ESSENTIALS				
OG97021	BANDANA LIGHT - ASPHALT 	one size	asphalt grey / flame orange	100% Polyester - microlite
OG97121	BANDANA LIGHT - FLAME 	one size	flame orange / asphalt grey	100% Polyester - microlite

HEADWEAR				
OG98321	BEANIE LIGHT 	S/M, L/XL	asphalt grey / flame orange	89% Polyester, 11% Elastane
OG98421	HEADBAND LIGHT 	one size	asphalt grey / flame orange	89% Polyester, 11% Elastane
OG98521	BEANIE 	one size	asphalt grey /	50% Merino Wool / 50% Polyacryl

Article no.	Model	Sizes	Color	Fabric
APPAREL				
OG01021	HOODY 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Cotton
OG01121	HOODY 	XS, S, M, L, XL, XXL	flame orange / asphalt grey	100% Cotton
OG01221	HOODY WITH ZIPPER 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Cotton
OG01521	WOMEN HOODY 	34, 36, 38, 40, 42, 44, 46	asphalt grey / anemone	100% Cotton
OG02021	SWEAT-SHIRT 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Cotton



Article no.	Model	Sizes	Color	Fabric
APPAREL				
OG03021	T-SHIRT 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Cotton
OG03121	T-SHIRT 	XS, S, M, L, XL, XXL	white / flame orange	100% Cotton
OG03521	WOMEN T-SHIRT 	34, 36, 38, 40, 42, 44, 46	asphalt grey / anemone	100% Cotton
OW33621	BRAND HAT 	One size fits most	asphalt grey	80% Acrylic, 20% Wool

LINE-UP TREKKING / MTX SERIES

Article no.	Model	Image	Material Shaft	Grip	Strap	Shaft ø (mm)	Weight	Basket	Lengths	Locking	Tip	Finish
MTX SERIES												
OZ60023	MTX CARBON VARIO DARK		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	225g (per piece)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ60123	MTX CARBON VARIO		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	223g (per piece)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ60223	MTX CARBON VARIO LITE		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	220g (per piece)	MT Basket 40	105 - 125 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ60323	MTX CARBON		Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:9	193g (sample length 125cm)	MT Basket 40	100 - 135 (5cm)	-	Middle Ferrule + Carbide Tip	Softtouch
OZ60423	MTX CALU VARIO		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	251g (per piece)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ60523	MTX CALU VARIO LITE		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	244g (per piece)	MT Basket 40	105 - 125 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ60623	MTX AL VARIO		Alu 7075	MT Fusion Grip long	MT Fusion Strap	18:16:14:9	328g (per piece)	MT Basket 40	115 - 135 (variable)	Quick Lock	Long Ferrule + Carbide Tip	Softtouch
OZ60723	MTX AL VARIO LITE		Alu 7075	MT Fusion Grip long	MT Fusion Strap	18:16:14:9	317g (per piece)	MT Basket 40	105 - 125 (variable)	Quick Lock	Long Ferrule + Carbide Tip	Softtouch

Article no.	Model	Image	Material Shaft	Grip	Strap	Shaft ø (mm)	Weight per piece	Basket	Lengths	Locking	Tip	Finish
MT SERIES												
OZ61023	MT CALU DARK		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	248g	MT Basket 40	110 - 145 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ61123	MT CALU		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	246g	MT Basket 40	110 - 145 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ61223	MT CALU LITE		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	229g	MT Basket 40	90 - 125 (variable)	Metal Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ61323	MT AL 1		3S Alu 7075	MT Fusion Grip long	MT Fusion Strap	16:14:12:9	300g	MT Basket 40	110 - 145 (variable)	Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ61423	MT AL 1 LITE		3S Alu 7075	MT Fusion Grip long	MT Fusion Strap	16:14:12:9	284g	MT Basket 40	90 - 125 (variable)	Quick Lock	Middle Ferrule + Carbide Tip	Softtouch
OZ61523	MT AL 2		2S Alu 7075	MT Fusion Grip short	MT Fusion Strap	16:14:12:9	295g	MT Basket 40	110 - 145 (variable)	Quick Lock	Long Ferrule + Carbide Tip	Matt
OZ61623	MT AL 2 LITE		2S Alu 7075	MT Fusion Grip short	MT Fusion Strap	16:14:12:9	277g	MT Basket 40	90 - 125 (variable)	Quick Lock	Long Ferrule + Carbide Tip	Matt
OZ61723	MT AL 3		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	275g	MT Basket 40	110 - 145 (variable)	Twist Lock	Middle Ferrule + Carbide Tip	Anodized
OZ61823	MT AL 3 LITE		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	257g	MT Basket 40	90 - 125 (variable)	Twist Lock	Middle Ferrule + Carbide Tip	Anodized
OZ61923	MT AL 3 AS		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	287g	MT Basket 40	110 - 145 (variable)	Twist Lock Antishock	Middle Ferrule + Carbide Tip	Anodized
OZ62023	MT AL 3 LITE AS		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	269g	MT Basket 40	90 - 125 (variable)	Twist Lock Antishock	Middle Ferrule + Carbide Tip	Anodized

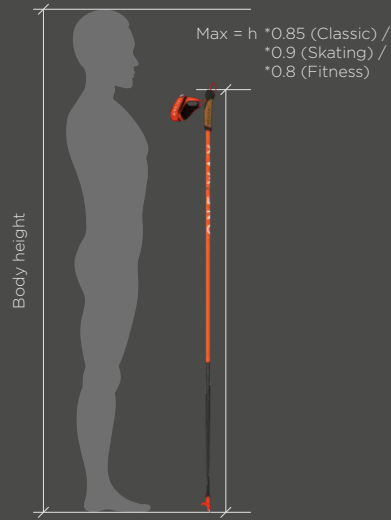
LINE-UP ROLLERSKI & NORDIC WALKING

Article no.	Model	Image	Material Shaft	Grip	Strap	Strap size	Shaft ø (mm)	Weight per meter	Basket	Lengths	Tip	Finish
ROLLERSKI												
OZ54222	STORM 2 STREET KIT		Carbon 100%	Carbon Grip	AV WC Strap	L 150 - 170cm M 135 - 145cm S 130cm	16:9	75g	Exchange Basket Roller (asphalt)	150, 160, 170, 180	Sintered Tip	Softtouch
OZ54422	STORM 5 STREET		Carbon 50%	Carbon Grip	AV Race Strap	L 150 - 170cm M 135 - 145cm S 130cm	16:9	90g	Rollertip (flame)	130 - 175 (5cm)	Sintered Tip	Softtouch

NORDIC WALKING												
OZ50122	TEAM VARIO MAG		Carbon 50%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:14:9	70g	NW Duotec Basket	95 - 130 (adjustable)	Incl. in the basket	Softtouch
OZ50222	TEAM 1 MAG		Carbon 90%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	75g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch
OZ50322	TEAM 2 MAG		Carbon 70%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	78g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch
OZ50422	TEAM 3		Carbon 50%	Cork Grip full	AV Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50522	TEAM 4 MAG - BLACKBERRY		Carbon 10%	Mag Point Grip	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50622	TEAM 4 MAG - ASPHALT		Carbon 10%	Mag Point Grip	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50722	TEAM 4		Carbon 10%	Cork Grip full	AV Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50822	TEAM 5		Carbon 10%	Cork Grip half	AV Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch

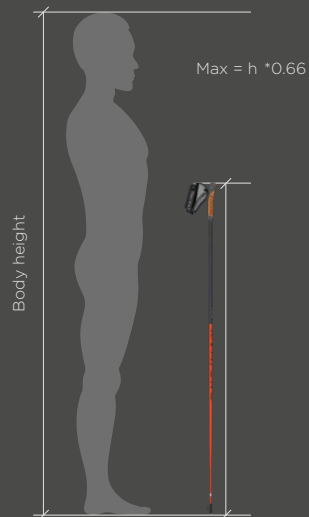
POLE LENGTH ADVICE

ROLLERSKI



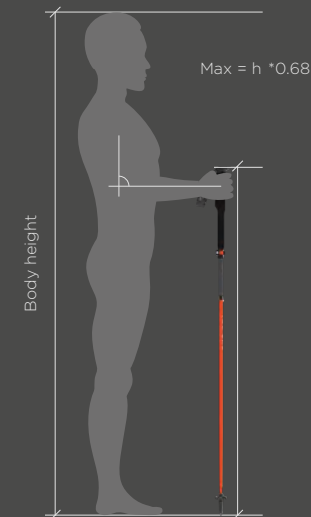
Body Height cm	Skating		Classic	
	from	to	from	to
200	175	180	167.5	172.5
195	170	175	162.5	167.5
190	167.5	172.5	157.5	162.5
185	162.5	167.5	155	160
180	160	165	150	155
175	155	160	145	150
170	150	155	140	145
165	145	150	137.5	142.5
160	140	145	135	137.5
155	135	140	130	135
150	130	135	125	130
145	125	130	120	125
140	120	125	115	120
135	115	120	110	115
130	110	115	105	110
125	105	110	100	105

NORDIC WALKING



Body Height cm	Nordic Walking		Calculated pole length cm
	from	to	cm
200	130	135	134
195	130	135	130,7
190	125	130	127,3
185	125	130	124
180	120	125	120,6
175	115	120	117,3
170	115	120	113,9
165	110	120	110,6
160	105	110	107,2
155	100	105	103,9
150	100	105	100,5
145	95	100	97,2
140	95	100	93,8
135	90	95	90,5
130	85	90	87,1
125	85	90	83,8

TREKKING



Body Height cm	Trekking
	cm
200	136
195	132,6
190	129,2
185	125,8
180	122,4
175	119
170	115,6
165	112,2
160	108,8
155	105,4
150	102
145	98,6
140	95,2
135	91,8
130	88,4
125	85

Length should be adapted according to steepness and inclination: Uphill 5-10 cm shorter / Downhill 5-10 cm longer.



ONE WAY®
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