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8 Best HOKA Shoes of 2024

By [Nicolette Accardi](#)



Edited by [Marlo Jappen Porto](#)

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HOKA shoes have drawn a large following thanks to their impressive support and functionality. These sneakers are a top choice among runners and exercise enthusiasts for long-distance races, training, walking, and recovery.

Each shoe meets a different need with specific features that cater best to different activities. The brand has even fallen on the radar of casual wearers. The Bondi 8 earns our recommendation for the best overall HOKA shoe because it's lightweight, supportive, and available in multiple widths and sizes, meaning it can work for everyday use. We also chose other top picks based on personal experience and advice from three experts to help you find the best pair for your needs.

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Best Overall

HOKA Bondi 8 »

**PROS:**

- ✓ Lightweight foam
- ✓ Supportive
- ✓ Wide sizing

CONS:

- ✗ Very thick sole
- ✗ Not the best option for speed

[Buy From HOKA](#)

The HOKA Bondi 8 is one of the most practical and popular models across all groups of people, which is why we chose it as our top choice. It's the most cushioned shoe the brand offers while still having a lightweight sole. The extended heel geometry creates balance and stability during long runs, and the author of this piece, Nicolette Accardi, felt a decrease in impact when heel striking.

"Cushioning helps to mediate force loads, sparing your joints and spine from excess wear and tear," says Lev Kalika, DC, clinical director of New York Dynamic Neuromuscular Rehabilitation & Physical Therapy (NYDNRehab). Supportive shoes protect your foot's intricate network of bones, muscles, and fascia, and provide stability on uneven terrain."

Michelle Barron, the digital production and operations manager at U.S. News, wears the Bondi 8 while she plays volleyball four to five times a week.

“These shoes are comfortable for long periods of standing, running, and – my favorite part – jumping! I feel like these shoes give me an extra boost when I'm jumping for a hit or block.”

The extra support of the Bondi 8 also makes it a suitable lifestyle shoe, whether you want to get your daily steps in or walk to the office. “The high instep on the arch tends to leave people feeling a hugging sensation around their foot that makes them feel supported,” says Jimmy Williams, PT, DPT, of Finish Line Physical Therapy.

For Megan Wood, the senior editor of Home Goods at U.S. News, the Bondi 8s are her go-to walking shoe. “They're lightweight, comfortable, and I can feel the difference in my back and feet after finally wearing proper walking shoes,” she shares.

These shoes come in wide and extra-wide sizes to accommodate different types of feet. They also feature a memory foam collar to keep ankles secure.

Specs

List Price:	\$165
Materials:	Recycled polyester
Heel-to-toe Drop:	4 mm
Weight:	10.80 oz.

EXPAND LIST ▾

[Buy From HOKA »](#)

Best Budget

HOKA Speedgoat 6 »

**PROS:**

- ✓ Relatively affordable compared to other HOKA shoes
- ✓ Breathable upper
- ✓ Grippy traction suitable for various terrain
- ✓ Lighter than previous Speedgoat models

CONS:

- ✗ Meant just for trails
- ✗ Narrow toe box

[Buy From HOKA](#)

The Speedgoat 6 is one of HOKA's most affordable models, with a list price of \$155. Typically, HOKA shoes sell for about \$200 at full price so, in comparison, it's a great deal.

HOKA's Speedgoat line is designed for trail running and hiking. Compared to the previous iteration, this version has a lighter and more responsive midsole and a woven upper for improved breathability.

A solid match for outdoor adventures, this shoe has 5-millimeter, multi-direction lugs to provide grippy traction on trails, and a toe bumper for protection against rocks and debris.

Specs

List Price:	\$155
Materials:	Foam, woven materials
Heel-to-toe Drop:	5 mm
Weight:	9.80 oz.

EXPAND LIST ▾

[Buy From HOKA »](#)

Best for Running

HOKA Mach X »



PROS:

- ✓ Good for speed
- ✓ Pebax plate promotes bounce-back
- ✓ High-rebound

CONS:

- ✗ Not for walking
- ✗ Not for easy runs

Buy From HOKA

Dr. Miguel Cunha, DPM, podiatrist and founder of Gotham Footcare in Manhattan, New York, says the Mach X strikes a balance between cushioning and responsiveness with its lightweight design.

A standout feature is the Pebax plate inserted in the midsole. Lightweight and elastic, this component gives runners bounce. The writer of this article experienced superior bounce-back with each step while running with these shoes, ultimately leading to better performance.

This shoe is best for runners seeking an everyday trainer to help them accelerate their pace. While boosting speed, the high-rebound is a by-product of its strong PEBA (polyether block amide) and EVA foams that support the Pebax in the sole. These fit snug while not being narrow, which is great considering they don't come in wide sizing. They also don't irritate [bunions](#), which is a highlight for the writer. The Mach X is a spin-off of the original Mach model.

Specs

List Price:	\$180
Materials:	Recycled polyester and nylon
Heel-to-toe Drop:	5 mm
Weight:	9.40 oz.

EXPAND LIST ▾

Best for Long Distance Races

HOKA Cielo X1 »



PROS:

- ✓ Carbon-plated
- ✓ Increases speed
- ✓ Sock-like fit

CONS:

- ✗ Expensive
- ✗ Only for racing

[Buy From HOKA](#)

The Cielo X1 is one of HOKA's newer shoes designed for race day. It's on the pricier side, but it features a carbon fiber plate placed between two layers of its supportive PEBA foam similar to the Mach X. A key difference is that the plate is winged, resulting in more speed in your cadence. This shoe is considered a "super-trainer," which are running shoes that have a plate in the thick sole.

“The carbon plate’s interaction with the foam allows for a spring-like mechanism to occur when your foot hits the ground allowing you to run faster times with less effort,” says Williams.

Another interesting highlight is that it features cutouts at the sole for less weight. The sizing is gender-neutral, while the knit, breathable body makes the shoes fit like a glove. “If we don’t have a breathable mesh on our shoes, our feet can get very sweaty and cause things such as [athlete’s foot](#), blisters, and other podiatric foot conditions,” says Williams.

Specs

List Price:	\$275
Materials:	Breathable knit
Heel-to-toe Drop:	7.0 mm
Weight:	9.3 oz.

[EXPAND LIST](#) ▾

[Buy From HOKA](#) »

Best for Walking

HOKA Gaviota 5 »

**PROS:**

- ✓ Designed for walking and everyday runs
- ✓ High stability
- ✓ Secure ankle collar

CONS:

- ✗ Slightly heavier
- ✗ Not great for speed

[Buy From HOKA](#)

Kalika says his favorite HOKA model for walking around the city is the Gaviota 5. The shoe's body has an H-Frame base that offers improved stability from the brand's previous Gaviota models. "It provides stability, support, cushioning, and its low-key style transitions perfectly from the street to the office," he says.

It's slightly heavier than the Bondi 8 but has the same overall level of plushness for daily walking. Anyone prone to ankle rolling would benefit from this model since this pair ranks the highest on HOKA's stability scale.

The Gaviota 5 features the brand's early-stage MetaRocker, which helps wearers keep a stable gait. Dr. Cunha says the boat-like curvature sole promotes a fluid, rolling motion. While these are being recommended for

walking, they’re also popular among runners for maintaining a stable ride during high mileage. “This design may also help improve agility and reduce fatigue over longer distances,” says Dr. Cunha. Wide sizing is available, along with a secure ankle collar.

Specs

List Price:	\$175
Materials:	Breathable mesh
Heel-to-toe Drop:	6.0 mm
Weight:	10.9 oz.

EXPAND LIST ▾

[Buy From HOKA »](#)

Best for Standing All Day

HOKA Clifton 9 »

**PROS:**

- ✓ Increased stack height
- ✓ Lighter sole
- ✓ Weather-proof option

CONS:

- ✗ Neutral stability
- ✗ Not ideal for speed

[Buy From HOKA](#)

All of HOKA's shoes are known for providing supreme comfort, but the Clifton 9 is a style that works best for being on your feet all day. It has neutral stability without the extra bells and whistles of the Gaviota 5, although it does feature the brand's early-stage MetaRocker sole.

Compared to the last Clifton model, the sole is lighter while providing more stack height. Accardi, the writer of this piece, found that this feature puts less pressure on the knees and joints to make standing for long periods more bearable. The design also creates a hugging sensation on the foot, while the shoe's sockliner adds additional comfort.

Marlo Jappen Porto, the editor of this piece, wears Clifton 9s. "These shoes are so comfortable," she says. "Even though they provide plenty of cushioning, I like how they're lightweight."

If standing outdoors, there’s a weather-proof version that features a tractioned sole and GORE-TEX, a fabric that has a thin porous membrane that blocks out water while allowing vapor (like sweat) to dissipate. Both of these models are viable options depending on your terrain.

Specs

List Price:	\$145
Materials:	Recycled polyester and nylon
Heel-to-toe Drop:	5 mm
Weight:	8.7 oz.

EXPAND LIST ▾

[Buy From HOKA »](#)

Best for Plantar Fasciitis

HOKA Arahi 7 »

**PROS:**

- ✓ Balanced cushioning
- ✓ Maximum stability
- ✓ Durable

CONS:

- ✗ Slightly heavier
- ✗ Stiffer midsole

[Buy From HOKA](#)

If you're unfamiliar, [plantar fasciitis](#) happens when the plantar fascia (tissue in the foot) gets inflamed from overuse, according to [John Hopkins Medicine](#).

Dr. Cunha says the Arahi 7 is the best HOKA model for those who deal with plantar fasciitis thanks to its proprietary J-Frame midsole that helps users avoid overpronation, which is when your ankles roll inward. "These shoes provide the perfect balance between lightweight agility and maximal stability with plush comfort for people who need to prevent any excessive inward rolling of the ankle," he says.

Besides offering HOKA's maximum stability, these shoes have "zonal rubber" for durability in each step, balanced cushioning for decreased impact when

going faster, and breathable knit mesh fabric. They're slightly heavier than the brand's other models at almost 10 ounces.

Specs

List Price:	\$145
Materials:	Breathable knit
Heel-to-toe Drop:	5 mm
Weight:	9.9 oz.

[EXPAND LIST](#) ▾

[Buy From HOKA](#) »

Best for Hiking

HOKA Anacapa Breeze Low »



PROS:

- ✓ High traction
- ✓ Ventilating air mesh
- ✓ Good heel-to-toe transition

CONS:

- ✗ Better for warm climates
- ✗ No wide sizing

Buy From HOKA

Hiking shoes need to have dependable traction at the sole to prevent slipping while on muddy, rocky, or dusty terrain.

“Rubber soles with a deep, widely-spaced lug pattern improve grip and traction while deflecting mud and water – a heel brake stops you from sliding on a slippery descent,” says Kalika.

The Anacapa Breeze Low features HOKA’s SwallowTail heel technology, which allows easier heel-to-toe movements in bumpy conditions. Hubble heel geometry is also an impact-reducing game changer in this model, while its Vibram Megagrip outsole provides the traction needed with 5-millimeter lugs.

The shoe’s body is designed with air mesh made from recycled yarns for high circulation. These are specifically made for warm climates if you plan on doing any summer hikes. “In general, there are two main features one should stick to if they deal with sweaty feet – moisture-wicking material and breathability,” says Dr. Cunha.

Specs

List Price:	\$155
Materials:	Recycled polyester
Heel-to-toe Drop:	6 mm
Weight:	12.4 oz.

[EXPAND LIST](#) ▼[Buy From HOKA »](#)

The Bottom Line

Each HOKA shoe offers something specific, so it's best to examine what your needs are before making a purchase. Some models are all-around great for walking and running, while some are only meant for racing, speed training, or hiking. The HOKA Bondi 8 is our top choice because it offers plenty of cushioning while still being lightweight. This support makes it great for everyday activities. Plus, it's available in regular, wide, and extra-wide sizes, so it can work for all different types of feet.

Things To Consider When Buying HOKA Shoes

Size and Fit: HOKA shoes have a different fit depending on the model. Some styles have an extra-wide fit option, while others only offer wide sizing aside from a regular fit. The site features a size chart and chat box on each product page to ask about fit if needed. Dr. Cunha says these shoes possess a "spacious toe box that allows your toes to move freely with no restrictions, therefore minimizing discomfort placed on the arch of the foot."

Consider how much room you may want in a shoe. These shoes fit snug to keep feet secure while in transit, so if you like a roomy fit it's best to opt for a wide fit. The writer of this article finds them to fit true to size, although their regular fit could be considered narrow for someone with wide feet. If you're someone who struggles with bunions, the extra-wide fit could be the best option depending on the severity.

Material: Every HOKA shoe is made with breathable materials such as mesh derived from recycled polyester. This helps feet stay dry, whether that be sweating from a hard workout or brisk walking. Dr. Cunha says breathable mesh is crucial in

“controlling temperature, managing moisture, and facilitating airflow” to avoid irritation and blisters. “It is crucial for hiking and strolling since it helps regulate moisture in a variety of terrains and weather situations while preserving a dry and comfortable interior environment,” says Dr. Cunha.

Many HOKA shoe models are vegan. Over 99% of HOKA shoes feature at least one sustainable material, according to the brand.

Waterproof GORE-TEX is also a featured material in HOKA’s [hiking shoes](#) and boots to sustain terrain like mud, trails, and slippery areas. Along with mesh, this material combination makes for a dependable outdoor shoe. “Breathable mesh also prevents water from pooling inside your shoes in wet conditions,” says Kalika.

Weight: A thick sole automatically sounds like the shoe would be heavy, but that’s a misconception. HOKA’s soles are known to be incredibly light despite their substantial size. Foams used in the sole are always being upgraded to be made lighter to increase their bounce-back effect.

“Lightweight shoes are best for sprints and races because less weight means lower resistance, giving you a competitive edge,” says Kalika. “But, you want more cushioning and support for long-distance runs and training, which means slightly heavier shoes.”

Generally, carbon and Pebax-plated shoes will be lighter than average running shoes since their purpose is to produce more speed in each stride. So, it’s important to distinguish your needs in a running shoe to determine which model is best for you.

Sole Design: Its MetaRocker is an iconic feature of HOKA shoes. Besides standing out with its curvy, boat-like design, it helps keep your feet stable while in motion. The sole is responsible for how it ranks on the brand’s stability scale: neutral, moderate, and stable. The sole of each model serves a different purpose with different intricate features.

“HOKA’s MetaRocker sole allows for a smooth transition from the rear-foot to mid-foot off of the toes –the extra cushion definitely makes a lot of people feel a little less beat up after a run,” says Williams.

The midsole is also crucial, especially in a running shoe. It’s designed to absorb shock in each step, minimizing the impact on joints and feet while running. HOKA

shoes provide pillow-soft comfort at different levels depending on the model.

Heel-to-toe Drop: A shoe's heel-to-toe drop is the difference between heel height and forefoot height. HOKA has a lower heel-to-toe drop compared to other major running shoe brands. Accardi, the writer of this piece, experiences varied running forms depending on the shoe model she wears. The thicker the sole will make heel-striking more likely while a lighter sole creates an easier transition to the midsole. All of this is personal and greatly depends on individual running form.

Traction: Dr. Cunha says traction is what determines what the shoe is best for. "For road running, an outsole with good grip that is less aggressive and smoother is usually favored," he says. "Shoes designed for trail running could feature a more aggressive lug pattern to offer stability on uneven and rough terrain."

Good rubber also protects users against slipping. Best-selling HOKA models feature a Durabrasion rubber outsole that protects the foam while giving traction in each step. As for running, walking, or hiking in certain conditions such as slushy snow or ice, it's still important to take precautions despite having good footwear.

Cushioning and Support: The amount of cushion and support the shoe offers depends on the model. The thicker the sole the more plush and supportive it will be, and Dr. Cunha says HOKA has a superior cushion system compared to other brands.

Its engineered EVA foam and cushioned midsole are shock-absorbing to take away the bad effects of stomping pavement. Accardi found select models to help alleviate severe knee pain when dealing with runner's knees during half-marathon training.

Dr. Cunha shares that the shoes with a "well-cushioned footbed and anatomical arch support" help reduce pain and fatigue while preventing the arch from collapsing.

How We Chose the Best HOKA Shoes

We spoke to three experts that specialize in either podiatry or running: Lev Kalika, DC, clinical director of [NYDNRehab](#), Dr. Miguel Cunha, podiatrist and founder of [Gotham Footcare](#) in Manhattan, and Jimmy Williams, a physical therapist at [Finish Line Physical Therapy](#).

We used their recommendations, along with the author's personal experience, to choose the best HOKA shoes. Each model was evaluated by fit, cushioning, support, traction, sole design, heel-to-toe drop, weight, and material. The best choice for each individual will be determined by your specific needs and daily activities.

WHY SHOULD YOU TRUST US?

[Nicolette Accardi](#), the author of this piece, is a freelance writer based in New York City who specializes in e-commerce and retail news. She's an avid runner and has tested various HOKA shoe models. She previously served as an affiliate writer at VICE Media, covering fitness, tech, style, TikTok trends, home appliances, and skincare.

[Marlo Jappen Porto](#), the editor of this piece, covers fitness as a home goods editor at 360 Reviews. She has edited reviews for various health and wellness products, including [shoes for standing all day](#), compression leggings, and [elliptical machines](#).

FAQ

What makes HOKA shoes stand out from other footwear brands? +

Does HOKA offer wide sizes? +

What's the difference between HOKA running shoes and HOKA walking shoes? +

About Our Team

Nicolette Accardi

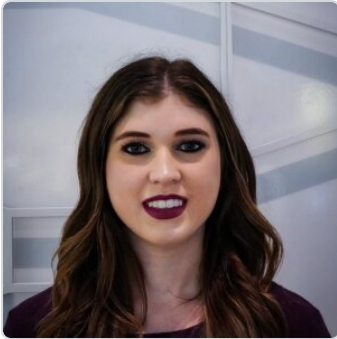
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Nicolette Accardi is a freelance writer based in New York City. Previously, she was a full-time commerce writer for VICE Media, covering fitness, tech, style, TikTok trends, home appliances, and skincare. Additionally, Accardi's work has been featured in Rolling Stone.

[Read more](#)



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