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8 Best Walking Sandals for Women of 2024

By [Corey Whelan](#)



Edited by [Marlo Jappen Porto](#)

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Walking sandals give the best of both worlds: the breathability of a flip-flop and the support of a tennis shoe. A well-constructed pair provides proper arch support and all-around comfort for your feet, back, and legs. This means you can get your steps in without chafing, blistering, or foot fatigue.

To generate this list, we interviewed a doctor of physical therapy and a board-certified podiatrist (a healthcare professional specializing in therapeutic footwear and supportive orthotic devices for the foot) to get their input on features you should look for in foot-supportive sandals. Based on their insights, we chose the Birkenstock Arizona Soft Footbed as our best overall pick. It has all the attributes that the best walking sandals for women need: a thick foam layer for cushioning, supportive tread, adjustable straps, and moldable, custom arch support that gets better with wear.

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Best Overall

Birkenstock Arizona Soft Footbed »

**PROS:**

- ✓ Soft cushioned foam footbed
- ✓ Deep heel cup
- ✓ Custom arch support with wear
- ✓ Flexible, supportive sole
- ✓ Adjustable straps
- ✓ Comes in two widths

CONS:

- ✗ Pricey
- ✗ Break-in period required for optimum support

[Buy From Amazon](#)

Birkenstock sandal footbeds are designed to make you feel like you're walking on sand. The Arizona Soft Footbed sandal takes this one step further. It's constructed with an additional soft foam layer for extra comfort, allowing you to walk many miles without experiencing foot fatigue. "Birkenstock long-distance walking sandals look sharp, but keep your toes well-ventilated," says Milica McDowell, a doctor of physical therapy (DPT) who's a certified exercise physiologist and the vice president of operations at Gait Happens.

This sandal has a suede footbed lining that’s crafted to provide arch support. The footbed molds to your foot’s unique shape with wear, giving you a custom fit. The deep heel cup and flexible, lightweight ethylene-vinyl acetate (EVA) foam sole provide stability and comfort. The straps are adjustable for a secure fit. They’re a bit pricey, but McDowell notes that they can be repaired easily once they get worn down, making them a great investment for years to come.

Specs

List Price:	\$145
Material(s):	Oiled leather, suede, and EVA
Weight:	7.8 oz.
Sizes:	4/4.5-12/12.5

[Buy From Amazon »](#)

Best Budget

Footlogics Zullaz ‘Ella’ »

**PROS:**

- ✓ Budget-friendly
- ✓ Anatomical arch support
- ✓ Corrects overpronation
- ✓ Shock-absorbing outsole

CONS:

- ✗ Elastic straps across top of foot may be tight on people with wide feet
- ✗ Wide widths not available

[Buy From Footlogics](#)

These Footlogics Zullaz 'Ella' sandals may be budget-friendly, but they're anything but flimsy. Developed by Australian podiatrists, they're ultracushioned and designed to correct issues like overpronation (when the arch of the foot collapses excessively inward during landing when walking or running) and [plantar fasciitis](#), which is the inflammation of the band of connective tissue that lines the bottom of the foot.

The moisture-wicking footbed is plush and provides adequate arch support. The slightly raised heels take pressure off the back of the foot without transferring it to the toes. They're lightweight and have a no-skid EVA sole

and an elasticized heel strap that stabilizes the foot. McDowell recommends sandals with heel straps to her patients. “Keeping your foot connected to the shoe is key to reducing fatigue, especially if you walk long distances or walk on city surfaces,” she explains.

Specs

List Price:	\$39.95
Material(s):	EVA, rubber, and elasticized fabric
Weight:	4 oz.
Sizes:	6-11

[Buy From Footlogics »](#)

Best for Long-Distance Walking

Teva Women’s Tirra Sandal »



PROS:

- ✓ Cushioned padding under heel for comfort
- ✓ Rubber outsole maintains traction
- ✓ Nylon shank keeps feet stable on uneven terrain
- ✓ Contoured midsole provides arch support

CONS:

- ✗ Hand-wash-only
- ✗ No wide widths

Buy From Teva

The Teva Women’s Tirra Sandal is designed for long-distance walking and light hiking. The sandals are constructed with an internal nylon shank (the piece of material between the insole and outsole) that stabilizes and supports your feet on all types of terrain. The rubber outsole also provides added support and traction. The EVA-cushioned midsole (the part meant to provide arch support and cushioning) is significantly higher than what’s found in the average sandal to provide adaptable arch support. A cushioned pad sits under the heel to absorb impact while striding. If you enjoy taking long walks, these sandals will let you rack up on the miles on urban trails or sandy beaches. They’re made from quick-dry recycled webbing material that withstands rain, puddles, and streambeds. These sandals are treated with a peppermint-based odor absorber for freshness.

Specs

List Price:	\$85
Material(s):	EVA, recycled plastic, and nylon
Weight:	9 oz.
Sizes:	5-11

[Buy From Teva »](#)

Best for Travel

Clark's Kitly Avenue »



PROS:

- ✓ Design takes you from day to night
- ✓ Breathable suede socks
- ✓ Adjustable straps
- ✓ Contoured, cushioned footbed
- ✓ Available in wide widths

CONS:

- ✗ Not water-resistant
- ✗ Some customers note the ankle strap can feel loose

[Buy From Clarks](#)

Clark's Kitly Avenue doesn't skimp on style or comfort. If you're planning a trip, these sandals may be a great day-to-night choice. Plus, they're ergonomically designed and highly cushioned so your feet won't be in agony

after spending hours exploring a new city. The antimicrobial, breathable suede lining will keep your feet feeling and smelling fresh, and the grippy treading offers light traction. These sandals come in black, white, or bronze leather to match any outfit you’ve packed.

Specs

List Price:	\$100
Material(s):	Leather, suede, and rubber
Weight:	13.2 oz.
Sizes:	5-12

[Buy From Clarks »](#)

Best for Wide Feet

SAS Nudu - Heel Strap Sandal »



PROS:

- ✓ Available in Wide and Double Wide sizes
- ✓ Multilayered insole supports three pressure points
- ✓ Three adjustable straps
- ✓ Padded leather uppers
- ✓ Nonslip sole

CONS:

- ✗ Pricey
- ✗ Users mention the leather stretches

[Buy From Amazon](#)

The SAS Nudu - Heel Strap Sandal comes in Slim, Narrow, Medium, Wide, and Double Wide widths. In addition to these sizing options, you can further adjust your fit with Velcro straps that fasten across the toe and top of the foot, as well as an elasticized buckle strap that sits across the heel. Jerick Sobie, a board-certified pedorthist and co-owner of Lucky Feet Shoes, recommends sandals with adjustable straps because they’re comfortable and keep feet pain-free. (For reference, certified pedorthists are healthcare professionals who receive extensive training in the use of therapeutic footwear and orthotics to treat conditions of the foot.) “Adjustable straps are important for getting a good fit. Other important attributes include good arch support and shock-absorbing soles,” he says.

The SAS Nudu Heel Strap Sandal has a contoured, multilayered [insole](#) that provides shock absorption and support for three pressure points: the heel, the inside ball of the foot, and the outside ball of the foot. The soft suede insole is cushy for bare feet to sink into. The leather upper is padded to eliminate chafing.

Specs

List Price:	\$158.95
Material(s):	Leather and suede

Weight:

1.4 lbs.

Sizes:

4-12

[Buy From Amazon »](#)

Best for Plantar Fasciitis

KURU Coda Muse Knit »

**PROS:**

- ✓ Rocker bottom design aids plantar fasciitis recovery
- ✓ Ergonomic insole supports arch of foot
- ✓ Cushioned footbed provides comfort

CONS:

- ✗ Pricey
- ✗ Rocker bottom may take time to get used to

[Buy From KURU](#)

Walking in shoes with thin, unsupportive soles and no arch support can cause or worsen plantar fasciitis. If you have this condition, you know how painful it can be. Wearing a rocker bottom sandal reduces strain on the plantar fascia but may take some getting used to. The KURU Coda Muse Knit has a deeply cushioned insole so your feet will feel comfortable while you adjust. The sandals also feature an ergonomic design and a curved heel cup. The rolling motion of the rocker reduces impact and lets your plantar fascia stretch while you walk.

Specs

List Price:	\$140
Material(s):	Knit fabric
Weight:	8.3 oz.
Sizes:	5-12

[Buy From KURU »](#)

Best for Water Resistance

Orthofeet Lake »

**PROS:**

- ✓ Made from quick-dry, antimicrobial fabric
- ✓ Rubber outsole provides grip to prevent slipping
- ✓ Adjustable straps for secure fit
- ✓ Wide widths available

CONS:

- ✗ On the pricey side
- ✗ Runs slightly big

[Buy From Orthofeet](#)

Nobody likes having soggy feet! Thankfully, Orthofeet Lake sandals are made from quick-dry fabric, keeping your feet comfortable and dry whether you're participating in water activities, like canoeing or [kayaking](#), or simply taking a stroll at the beach. The rubber outsole has a grip tread to protect you from sliding on slippery surfaces. Additionally, these sandals have an adjustable strap design for a secure fit. Ergonomic soles and cushioned heels provide pain relief and keep your feet supported.

Specs

List Price:	\$125
Material(s):	Rubber, fabric, and foam
Weight:	6.6 oz.
Sizes:	5-12

[Buy From Orthofeet »](#)

Best for Hiking

KURU Tread »



PROS:	CONS:
✔ Multidirectional lugs provide uphill and downhill traction	✗ Pricey
	✗ Wide widths unavailable

- ✓ Waterproof
- ✓ Contoured footbed
- ✓ Significant arch support
- ✓ Curved heel cup design

Buy From KURU

The KURU Tread is designed to protect your feet on rough terrain and is comfortable enough to wear while running errands or enjoying strolls, too. “For hiking and long walks, you need sandals with good grip,” says Sobie. The KURU Tread fits that bill. These sandals have a sturdy rubber outsole with a multidirectional lug (protruding tread) design. This helps keep your feet in place even if you’re [hiking](#) uphill or downhill on slippery surfaces.

In addition to great arch support and a contoured footbed, these sandals have shock-absorption cushioning under the heels to protect them from impact. They’re also waterproof, making them suitable for wet conditions, including water crossings. Adjustable straps have hook-and-loop closures for easy adjustments on the trails.

Specs

List Price:	\$145
Material(s):	Leather, microsuede, and rubber
Weight:	10 oz.
Sizes:	5-12

[Buy From KURU »](#)

The Bottom Line

Walking sandals should provide arch support, heel cushioning, and overall comfort. When purchasing walking sandals, think about the types of terrain you'll be walking on and the average length of your walks. Walking sandals should accommodate your fitness goals as well as your current needs. Our best overall choice, the Birkenstock Arizona Soft Footbed, is a functional, comfortable sandal for women that's constructed to last for years. The soft foam footbed, adjustable straps, and deep heel cups make them a viable choice for long walks on sand, concrete, dirt, and grass.

Things To Consider When Buying Walking Sandals for Women

Both of the experts we interviewed for this piece were adamant that flat-soled flip-flops should be avoided. Instead, these were the attributes they mentioned as being important.

Fit and Adjustability: Shoes that don't fit properly can't support you on long walks. They may also cause pain and posture irregularities. "It's a best practice to get your shoe size checked by a professional in a shoe store yearly, as foot size changes as people age," says McDowell. You can also use a foot-scanning app or an online shoe-size calculator. When buying online, make sure you can return or exchange shoes that don't fit properly.

Straps provide adjustability that enables you to zero in on exactly the right fit. It's common to have one foot that's slightly larger than the other. You may also have a common foot issue like [bunions](#), which alters the size of the shoe you need. Velcro, buckle, or hook-and-eye straps let you adjust your shoes accurately to enhance comfort and alleviate pain.

Materials and Durability: Walking sandals have uppers that are made from a wide range of materials, from leather to fabric. These materials may last for years, but will eventually need repair (or tossing). No matter what your shoe's upper is made from, look for a rubber or rubberlike outsole that provides traction. Also, keep water resistance in mind if you plan to wear your sandals near or in the water. As for

insoles, EVA is a lightweight type of plastic that's used for insole cushioning in shoes. It's durable, soft, and flexible.

Arch Support: Wearing flat sandals that don't have arch support puts you in line for all types of problems, from overpronation to plantar fasciitis. If your arches aren't supported adequately, you won't be able to walk as far or as comfortably. Look for sandals with built-in height in the middle of your foot on the big toe side where your arch is located. You can also opt for innersoles with conforming cushioning that cradles your arches.

Cushioning: Deeply cushioned innersoles feel luxurious. They also provide impact absorption under your heels. Sandals with built-in cushioning eliminate the need to add removable innersoles that can wrinkle or move around while walking.

Traction: No amount of traction will save you from every potential fall or slip (think potholes, oil spills, and mudslides). Good traction will, however, provide enough protection to let you concentrate on the beauty of your surroundings rather than your next step. Look for outsoles made from grippy materials like rubber. Also, check the design. Highly grooved or patterned lugs enhance traction, furthering foot stabilization and support.

How We Chose the Best Walking Sandals for Women

When choosing the best walking sandals for women, we considered attributes like arch support and cushioning to keep feet comfortable and pain-free. We spoke with Milica McDowell, a DPT and certified exercise physiologist and the vice president of operations at [Gait Happens](#) about attributes like adjustable straps and outsole treads. We also spoke with Jerick Sobie, a board-certified podiatrist and co-owner of [Lucky Feet Shoes](#), to get his insights into the best sandals for long-distance walking.

WHY SHOULD YOU TRUST US?

[Corey Whelan](#), the author of this piece, is a former runner turned long-distance walker who cured her plantar fasciitis by ditching her flimsy flip-flops. Corey is an experienced health writer who has been researching and writing about health products for many years. For U.S. News 360 Reviews, she's covered the best [shoes](#)

for back pain, walking shoes for women, and recovery slides. Marlo Jappen Porto is a fitness editor at U.S. News 360 Reviews who's passionate about helping people find products that improve their health, wellness, and comfort.

FAQ

Are walking shoes more supportive than walking sandals? +

Can you wear walking sandals for long distances? +

What features should I look for in walking sandals? +

When should I replace my walking sandals? +

About Our Team



Corey Whelan

Contributor



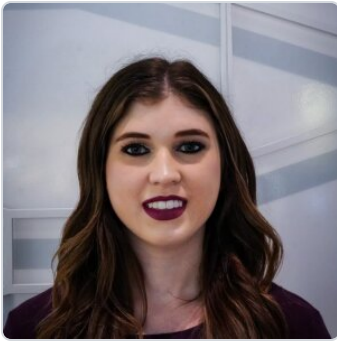
Corey Whelan is a patient advocate, freelance health writer, and small business owner based in Brooklyn, New York. She specializes in reviewing consumer products that make people healthier, happier, and safer. Whelan contributes content to a wide range of sites including Verywell Health, Healthline, and Well+Good.

[Read more](#)

Marlo Jappen Porto

Editor





Marlo Jappen Porto is an editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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