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10 Best Walking Shoes for Women of 2024

By [Corey Whelan](#)



Edited by [Marlo Jappen Porto](#)

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Choosing the right pair of walking shoes for women requires more than just ditching high heels. You may not realize it, but you carry your own weight when you walk and that has a major impact on your feet. Aside from working your muscles, walking can help reduce your risk of [heart disease](#). But, you need to put in at least 30 minutes a day to nab those benefits. And you can't do that if your feet hurt.

To narrow down your search for the best walking shoes, we put in the research and spoke to foot and shoe specialists to get their input on the best walking shoes for women. The Rykă Devotion X Walking Shoe is our top recommendation because it features ample cushioning, built-in insoles for optimal arch and heel support, and a spacious toe box. Our list also includes options to suit a range of needs, such as travel, plantar fasciitis pain, or wide feet.

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Best Overall

Ryka Devotion X Walking Shoe »

**PROS:**

- ✓ Designed for high-performance walking
- ✓ Approved by the American Podiatric Medical Association
- ✓ Responsive cushioning provides shock absorption and impact protection
- ✓ Roomy toe box
- ✓ Extra arch and heel support

CONS:

- ✗ Soles may not be stiff or firm enough for rough terrain hiking
- ✗ Not designed for running

[Buy From Amazon](#)

The Rykă Devotion has many of the features that make a good walking shoe great. Its plush, responsive cushioning supports balance and stability. These shoes provide impact protection for hard surfaces like packed ground or city streets. “Walking shoes should have a proper sole structure for the terrain

you'll be using them on. For pavement, more cushioning is ideal," says Austin-based foot and ankle surgeon Shine John, DPM, FACFAS. Additionally, Dr. John recommends choosing a walking shoe that provides contoured arch support at the midsole and cushioning in the heels and balls of your foot.

The Rykă Devotion has anatomical insoles that provide arch and heel support. Designed specifically for women's feet, it has a narrower heel and roomy toe box. Many users say these shoes run true to size, so the arch is likely to sit in the right spot if you buy your regular size.

They also have a supportive 10-millimeter heel-to-toe drop, which may be good for people with heavy strides or tight calves. The heel-to-toe drop, or offset, refers to the difference in cushioning under the heel and forefoot.

According to the manufacturer, this shoe's design is based on the specific angle of women's quadriceps muscles. The "Q" angle impacts upon posture and the impact of body weight distribution on feet. The Rykă Devotion is available in 10 colors, so there are lots of options to choose from.

Specs

List Price:	\$109.99
Material:	Mesh upper, ethylene-vinyl acetate (EVA) foam, rubber sole
Weight:	8.7 oz. per shoe
Sizes:	5-12

[Buy From Amazon »](#)

Best Budget

Skechers Go Walk 7 »

**PROS:**

- ✓ Affordable price
- ✓ Breathable insoles
- ✓ Machine-washable
- ✓ Lightweight
- ✓ Hands-free slip-ins

CONS:

- ✗ Not supportive enough for hiking or athletic walking
- ✗ Very few color choices

[Buy From Amazon](#)

The writer of this article, Corey Whelan, owns these shoes and loves them so much she would wear them to bed. They're lightweight and comfortable for a long day of walking. If you're planning a marathon shopping spree or a sunset stroll, these shoes are an easy go-to. They're not meant for serious [hiking](#) or trail walks, however.

They have a generous amount of cushioning under the heel and arch. A stretch-knit upper and memory foam cushioning enables airflow while providing a nice amount of give if your feet swell up during long walks. They're machine-washable, which makes for easy maintenance.

Specs

List Price:	\$95
Material:	Vegan mesh upper, memory foam, EVA soles
Sizes:	5-13

[Buy From Amazon »](#)

Best for Plantar Fasciitis

The Healing Sole Everett Sandal »



PROS:

- ✔ Supports plantar fasciitis recovery

CONS:

- ✘ Requires a break-in period
- ✘ No half sizes

[Buy From Healing Sole](#)

- ✓ Designed by an orthopedic foot surgeon
- ✓ Easy, slip-on design
- ✓ Rocker bottom sole construction

If you have [plantar fasciitis](#), the pain in your heels may keep you from walking even short distances. To combat this, the Everett Sandal actively supports plantar fasciitis recovery by stretching the muscles of your lower body while you're wearing them. They also have a protective rocker bottom, which offloads pressure by reducing the force of impact on your feet.

The inventor of these shoes, Meredith Warner, MD, MBA, stresses that people with this condition should not wear shoes that apply pressure to the area of attachment of the plantar fascia (the bottom inside part of the heel). This will add pain, rather than alleviating it. "I prefer shoes that promote the use of foot muscles, as most of us lack foot strength. Your shoes should also allow for stretching and movement of the entire foot and ankle during the day," Dr. Warner says.

Rocker bottoms, while beneficial, take time to get used to. Dr. Warner doesn't recommend wearing your Everetts all day until they're broken in. She also recommends switching it up, shoe-wise. "I personally think people should switch shoes every day. This allows different muscles to be worked on, and different areas of the foot to be loaded and unloaded," she says.

These sandals, which come in black and navy, have a 30-day money guarantee. They're also [Health Savings Account \(HSA\)](#) and [Flexible Spending Account \(FSA\)](#) eligible.

Specs

List Price:

\$115

Material:

Rubber outsole

Sizes:**5-12**[Buy From Healing Sole »](#)

Best for Women Over 50

Orthofeet Kita Hands-Free Sneakers »

**PROS:**

- ✓ Comes in three widths
- ✓ Removable arch boosters
- ✓ Anatomical arch support
- ✓ Ergonomic sole
- ✓ Hands-free slip-on design
- ✓ Slip-resistant outsoles

CONS:

- ✗ Not machine-washable
- ✗ Pricier than other options

[Buy From Orthofeet](#)

✓ 60-day money-back
guarantee

Just like the rest of you, feet change with age. “It’s important to know that your foot size may change as you get older, so make sure it fits correctly,” says John A. Mercer, Ph.D., professor of kinesiology and nutrition sciences at the University of Nevada. Dr. Mercer says that older adults should check the length and width of the shoes, making sure the pair is wide enough and won’t chafe.

The Orthofeet Kita comes in three widths that accommodate most-sized feet. Ergonomic soles, extra cushioning under the heels, and orthotic insoles provide comfort for walkers, as well as for people who spend the majority of their day standing. Slip-resistant outsoles support balance and may reduce falls. They also have a wide toe box and removable arch boosters.

This pair comes with a 60-day money back guarantee, free returns, and free shipping.

Specs

List Price:	\$155
Material:	Synthetic fabric uppers, perforated foam, rubber soles
Weight:	9.74 oz. per shoe
Sizes:	5-12

[Buy From Orthofeet »](#)

Best for Travel

Kane Revive »

**PROS:**

- ✓ Wide toe box to accommodate swollen feet
- ✓ Lightweight
- ✓ Hand-washable, fast-drying
- ✓ Footbed nodes stimulate blood flow
- ✓ Good arch support

CONS:

- ✗ May require a break-in period
- ✗ No half sizes

[Buy From Kane](#)

Kane Revive shoes were designed for foot stimulation and recovery before and after runs. They contain tiny nodes in their soles that ease pressure points and stimulate blood flow. They also provide cushioning for comfort and arch support. All of these attributes make Kanes a really comfortable shoe for long-distance walking and airplane travel.

“Kane’s wide toe box accommodates swollen feet after flying, as they don’t constrict the foot. They also improve circulation and reduce swelling,”

explains their co-inventor, foot and ankle surgeon Daniel Geller, DPM. The writer of this article finds these shoes super comfortable to wear when striding through city streets or standing in long lines.

The Revives are very lightweight, another plus for travel. They come in a wide range of vibrant hues and color combinations. Keep in mind: These are sized like [running shoes](#), so you may need to go down a size if you have a narrow foot.

Specs

List Price:	\$75
Material:	Sugarcane-based EVA foam
Sizes:	5-20

[Buy From Kane »](#)

Best for Wide Feet

KURU Flex Via Wide »

**PROS:**

- ✓ Hugs heels to prevent slippage and blisters
- ✓ Flexible outsoles
- ✓ Roomy toe box
- ✓ Built-in arch support

CONS:

- ✗ Shoes run big
- ✗ Limited color choices

[Buy From Kuru](#)

Cramming wide feet into medium-width shoes is bound to cause blisters and pain. It can also exacerbate [problems like bunions and hammertoes](#). If you're not sure about your foot's width, measure the widest part of your footbed and compare it to your known shoe size. If your foot's measurement is more than half of the size number, your feet are considered wide in shoe sizing metrics.

"Foot width is an important part of selecting the right shoe. When you're shoe shopping, make sure you feel no tightness while walking," says Dr. Mercer. He also mentions that wearing an improperly sized shoe on a wide foot can aggravate plantar fasciitis.

Some users say that these sneakers help reduce or eliminate their back, knee, and foot pain while walking.

The KURU FlexVia comes in wide and medium widths. Unlike many walking shoes, this pair is available in half sizes, so you can zero in on the best fit for your feet.

Specs

List Price:	\$130
Material:	Mesh, rubber
Weight:	9.6 oz. per shoe
Sizes:	5-12

[Buy From Kuru »](#)

Best for Long-Distance Walking

HOKA Bondi 8 »

**PROS:**

- ✓ Mesh uppers promote airflow that keeps your feet cool on long walks
- ✓ Made with lightweight foam
- ✓ Plush cushioning reduces impact
- ✓ Earned the American Podiatric Medical Association (APMA) Seal of Acceptance

CONS:

- ✗ May not provide enough stability for people with balance issues
- ✗ Expensive

[Buy From Hoka](#)

The HOKA Bondi is one of Dr. John's top picks for a solid, long-distance walking shoe. "Great walking shoes should provide good contoured arch support at the midsole, and cushioning in the heels and balls of your foot. The HOKA Bondi provides all of the qualities of a mesh upper, durable materials, midsole arch support, and great cushioning technology," he says.

Megan Wood, the senior editor of Home Goods at 360 Reviews, purchased a pair of Bondi 8s specifically for daily hour-long walks.

“These are the only pair of shoes I've ever owned that didn't require a break-in period,” she says. “Though I've put hundreds of miles on them in two years, I've never experienced a blister. Once these wear out, I'm buying the exact same pair. “

These sneakers are highly cushioned – a signature feature of [HOKA shoes](#) – making them a comfy choice for long walks. They’re also a good running shoe, and may be a versatile choice for those who want their sneakers to do double duty.

But, they may not be the right choice for you if you have neuropathy or balance issues. Dr. Warner mentions that thick, cushioned shoes can reduce the brain’s ability to sense position and space, affecting balance. If this sounds like you, a less-cushioned shoe may be a better choice.

Specs

List Price:	\$165
Material:	Polyester mesh, rubber
Weight:	8.9 oz.
Sizes:	5-12

[Buy From Hoka »](#)

Best for Trails

Columbia Granite Trail Waterproof Shoe »

**PROS:**

- ✓ High-traction outsoles provide all-terrain stability in wet and dry conditions
- ✓ Breathable, lightweight construction
- ✓ Waterproof uppers
- ✓ Comes in standard and wide widths

CONS:

- ✗ Limited color choices
- ✗ Meant for hiking only

[Buy From Columbia](#)

Hiking on trails requires sturdy, durable footwear that's constructed to keep you safe on a wide range of terrain types. "For trail walking, look for a shoe sole that's somewhat firmer and stiffer than standard sneakers or walking shoes," says Dr. John.

Columbia's Granite Trail hiking shoes have a breathable, waterproof upper to keep your feet dry in rain or puddles. A cushioned, midsole foam layer provides impact absorption on rocky or tightly packed ground. The outsole is

constructed of non-marking rubber with a tread pattern to keep you stable on all types of terrain, despite weather conditions. Plus, this pair comes in half sizes, as well as standard and wide widths.

Specs

List Price:	\$90
Material:	Leather, rubber, and synthetic materials
Weight:	10.5 oz. per shoe
Sizes:	5-12

[Buy From Columbia »](#)

Best for Style

VIVAIA Pointed-Toe Ballet Flats (Aria 5°) »



PROS:

- ✓ Wide range of colors and patterns
- ✓ Wider-than-average toe box
- ✓ Antimicrobial materials
- ✓ Machine-washable
- ✓ Heel padding prevents blisters

CONS:

- ✗ Herbal insole may cause allergic reactions in some people
- ✗ Not enough heel height to reduce plantar fasciitis pain

Buy From Amazon

Ballet flats are a wardrobe staple that can take you anywhere from the beach to the opera. But, finding a comfortable, supportive pair can be challenging, especially if you want a pointy toe. The VIVAIA Aria 5° solves that problem with its front that’s 5 degrees wider than standard-sized, pointed-toe shoe boxes.

A removable arch support insole cradles arches for added walking comfort. The sole contains a proprietary herbal blend so, if you have allergies, consult the manufacturer for more info before wearing.

The heel has a padded layer that reduces ankle chafing. They also offer a no-slip outer sole, so you won’t have to break these in on concrete before use. VIVAIA offers shoppers 30-day free returns.

Specs

List Price:	\$105.99
Material:	Recycled plastic bottles and rubber
Sizes:	5-13

[Buy From Amazon »](#)

Best Slip-On

Kizik Women's Lima »

PROS:

- ✓ Hands-free slip-on technology for easy on and off
- ✓ Roomy toe box
- ✓ Breathable knit upper
- ✓ Available in wide and extra-wide sizes

CONS:

- ✗ Somewhat pricey
- ✗ Mesh upper isn't the best for inclement weather

[Buy From Kizik](#)

If you don't want to be bothered with tying and untying laces, these walking shoes from Kizik are easy to put on and take off. The brand's proprietary HandsFree lab technology allows you to simply step into the shoe. The heel will then spring back, eliminating the need for you to bend down to adjust the fit. This feature is handy for busy individuals or those with limited mobility.

"The convenience of being able to slip them on hands free has been really awesome," says Courtney Baker, Senior UX and Product Designer of Education at U.S. News & World Report.

Additionally, Baker likes how these slip-ons have a wide toe box and a supportive construction.

"They are super comfortable right out of the box and I have walked, ran, and exercised in them and they perform great," she says.

The Lima has a breathable mesh upper to keep your feet sweat-free, a proprietary Rabbit foam outsole for bounceback, and padding at the ankles and toes for cushioning.

Specs

List Price:	\$109
Material:	Rabbit foam, rubber, knit
Sizes:	5-13

[Buy From Kizik »](#)

The Bottom Line

After a long walk, your feet should feel comfortable instead of achy. We chose the Ryka Devotion X Walking Shoes as the best overall walking shoes for women because they're cushioned, roomy, and supportive. If you're also looking for the [best walking shoes for men](#), the Aetrex Chase Arch Support Sneakers earned our top recommendation because of its orthotic system, which provides exceptional arch support and cushioning.

Things To Consider When Buying Walking Shoes

Size and Fit: Even a great shoe will cause pain and reduce stability if it doesn't fit well. Dr. Mercer mentions that shoe designs are constantly changing. "Even specific models change from year to year. A shoe style that worked for you last year may not work for you this year," he says.

Trying shoes on in person is a good idea. If you prefer to shop online, measure the width and length of your shoe, and check the sizing guide for the style you're interested in.

Material: If you're buying a hiking shoe, look for water-resistant or waterproof materials, and a solid rubber outsole.

Any walking shoe should have uppers made from breathable fabrics, like mesh. This will support heat dissipation so your feet don't get overly sweaty or swollen.

Cushioning: Walking shoes require cushioning, but should not be so highly cushioned that they reduce balance or stability for the wearer. Look for a shoe that has enough cushioning to provide shock absorption. This makes walking on streets and hard-packed surfaces comfortable.

Try to find walking shoes that use EVA foam for cushioning. EVA foam readily conforms to your feet, is durable, and resists compression. It's also lightweight.

Support: A too-narrow or too-small shoe won't be able to adequately support your feet. In addition to proper fit, walking shoes should provide enough arch support to reduce foot fatigue. A small heel raise will better support your feet than a completely flat shoe. This is especially important if you have plantar fasciitis.

Style and Color Options: A shoe that lives in your closet and is never worn does you no good. Find a pair you feel good about wearing. Luckily, there's a wide array of stylish and functional walking shoes available. No matter your style, you're bound to find a pair that meets your preferences.

How We Chose the Best Walking Shoes

We spoke with Shine John, DPM, FACFAS of [Shine Foot & Ankle Center](#), and Dr. John A. Mercer, Ph.D., professor of kinesiology and nutrition at the [University of Nevada](#) for their input about what features one should look for in a walking shoe.

Additionally, we spoke to sports podiatrist [Daniel Geller, DPM](#) about the Kane Revive, which he helped invent, and Meredith Warner, MD, MBA, of [Warner Orthopedics & Wellness](#) about the Everett Sandal, which she designed specifically to reduce plantar fasciitis. We took all of this input as well as our own research into consideration when choosing the walking shoes on this list.

WHY SHOULD YOU TRUST US?

[Corey Whelan](#), the author of this piece, has been researching and writing about health products for more than 10 years. A runner-turned swimmer, her expertise includes sports equipment and fitness gear of all types. For U.S. News 360 Reviews, she has covered a range of health-related topics, including [heating pads](#), [resistance bands](#), and [treadmills](#). Additionally, Whelan has also written for Verywell Health, Healthline, and Well+Good.

[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](#), [light therapy lamps](#), and [rowing machines](#).

FAQ

What should women look for when shopping for walking shoes? +

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

How do you break-in walking shoes? +

About Our Team



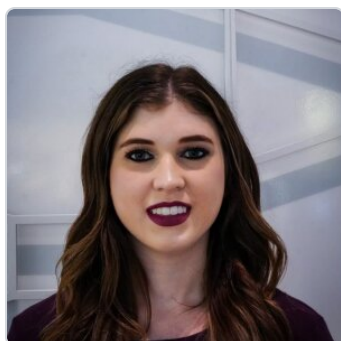
Corey Whelan

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.

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Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former 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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