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## Best Walking Shoes for Men of 2024

By [Corey Whelan](#)



Reviewed by [Marlo Jappen Porto](#)

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Save

Walking can boost heart health, elevate mood, and burn calories. No need for equipment – just pop on comfortable, supportive walking shoes and get going. But, choosing the wrong pair can lead to foot fatigue and blisters.

Walking shoes for men vary in style, features, affordability, and fit. In our list of the best walking shoes, we focused on attributes like cushioning, slip resistance, and arch support. We also spoke to foot and shoe specialists to get their input.

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**PROS:**

- ✓ Orthotic system provides superior arch support and cushioning
- ✓ Adjustable laces and easy-on pull tab
- ✓ Antimicrobial insole
- ✓ Padded collar and tongue reduce blister formation
- ✓ 30-day free trial plus free returns

**CONS:**

- ✗ Pricey
- ✗ Free shipping only available to Aetrex Access members

[Buy From Aetrex](#)

The Aetrex Chase comes highly recommended by Shine John, DPM, FACFAS, podiatric surgeon and owner of Shine Foot & Ankle Center in Austin, Texas. We chose this pair as the best overall walking shoe because it has an orthotic system that provides toe-to-heel, underfoot support. "Great walking shoes should blend stability of the sole with adequate cushioning," says Dr.

John, who emphasizes the need for contoured arch support at the midsole, and cushioning in the heels and balls of your feet.

The Aetrex Chase is designed to reduce heel pressure and forefoot strain. A targeted arch support system supports your foot’s natural alignment and may help [reduce plantar fasciitis pain](#). The padded collar and tongue reduce chafing through socks or on bare skin. The removable insole is made from antimicrobial materials that reduce bacterial growth and unpleasant odors. A pull-tab makes these shoes convenient to put on, and they’re machine-washable for easy maintenance.

**Specs:**

List Price:	\$149.95
Material:	Rubber and mesh
Sizes:	8-14

[Buy From Aetrex »](#)

**Best Budget**

**Saucony Integrity Walker 3 »**

**PROS:**

- ✓ Reasonable price tag
- ✓ Approved by the American Podiatric Medical Association (APMA)
- ✓ Available in regular and wide widths

**CONS:**

- ✗ Leather upper may feel firm or tight
- ✗ Not meant for running

[Buy From Saucony](#)

The Integrity Walker is a well-priced, neutral walking shoe with a durable rubber sole. It's flexible, lightweight, and nicely cushioned for all-day walking and long periods of standing.

This pair is made with Saucony's proprietary beaded foam cushioning, which incorporates a blend of Polyether block amide (PEBA) polymers. This material is extremely bouncy, lightweight, and durable.

Full-grain leather uppers give these shoes a secure fit, though they may feel tight on some feet. These shoes come in regular and wide widths. If your

feet swell or you prefer a roomier toe box, then a wide-width size may be best for you.

Specs:

List Price:	\$90
Material:	Full-grain leather upper, synthetic sole
Weight:	11.4 ozs
Sizes:	7-15

[Buy From Saucony »](#)

Best for Older Men

Orthofeet Yari Hands-Free »



PROS:	CONS:
✓ Hands-free, slip-on	✗ Not machine-washable

design eliminates bending, a plus for men with arthritis or mobility issues

- ✓ Mild rocker bottom
- ✓ Removable orthotic insoles provide anatomical arch support
- ✓ Comes in standard, wide, and extra-wide sizes

✗ Heavier than some walking shoes

Buy From Orthofeet

Bending down to tie and untie shoes puts a strain on the lower back and knees. Constantly needing to tie and untie laces can also be challenging for people with hand arthritis or dexterity issues. The Orthofeet Yari has a hands-free, slip-on design, as well as laces that only need to be tied once. Other features include a slip-resistant outsole, a wide toe box, and cushioned arch support.

A rocker bottom adds “spring” and improves foot comfort while walking and standing. “Older adults do best with a slight rocker sole, to decrease ankle strain,” says podiatric surgeon, Jacob Wynes, DPM, MS, FACFAS, associate professor of orthopaedic surgery at the University of Maryland School of Medicine. Dr. Wynes also notes that rocker bottoms can improve older men’s overall gait and walking efficiency.

Specs:

List Price:	\$155
Material:	Mesh and rubber
Weight:	12.66 ozs
Sizes:	7-14

[Buy From Orthofeet »](#)

## Best for Plantar Fasciitis

### KURU Quantum 2.0 »



#### PROS:

- ✓ Deep heel cup protects the plantar fascia ligament
- ✓ Cushioned arch support
- ✓ Wide toe box
- ✓ Breathable uppers

#### CONS:

- ✗ Pricey
- ✗ Not machine-washable

[Buy From KURU](#)

Plantar fasciitis, the inflammation of a thick band of tissues that connects the heel bone to the toes, can be caused or aggravated by wearing the wrong



footwear, such as flat or unsupportive shoes. KURU Quantum 2.0 shoes have increased thermoplastic polyurethane (TPU) height over their earlier models, with an 8.5-millimeter heel-to-toe drop. This adds heel cushioning and arch support that may ease plantar fasciitis pain. According to the company, this shoe’s sole construction is their most advanced to date and an improvement to the original Quantum shoe.

A deeply-curved heel cup flexes with each step to reduce shock absorption and to continually hug your heels. This shoe also has a generously sized toe box and breathable mesh uppers.

**Specs:**

List Price:	\$165
Material:	Mesh, synthetic, rubber
Weight:	13.05 ozs
Sizes:	7-14

[Buy From KURU »](#)

Best for Travel

**KANE Revive »**

**PROS:**

- ✓ Wide toe box accommodates swollen feet after and during flights
- ✓ Lightweight
- ✓ Uppersole perforations support airflow
- ✓ Ethylene-vinyl acetate (EVA) foam cushioning
- ✓ Raised footbed nodes stimulate blood flow

**CONS:**

- ✗ Not hands-free
- ✗ Shoes may warp or shrink in too-hot environments

[Buy From Kane](#)

Kane Revives were designed by New York-based sports podiatrist and CEO of Kane Footwear, Daniel Geller, DPM, to enable foot recovery after runs. They're highly cushioned and have nodes in the footbed that activate pressure points, and enhance circulation. These shoes are great for walking but aren't designed to be worn as a running shoe.

Corey Whelan, the author of this piece, has the Kane Revives in a women’s size. She likes them for plane and car travel because they’re lightweight on the foot and in a suitcase. They also accommodate foot and toe swelling. The Kane Revives hug her heels and arches. Additionally, they’re comfortable for long walks, making them a dependable option to wear while sightseeing.

Specs:

List Price:

\$75

Material:

vegan, bio-based materials, including EVA foam and water-based glue

Weight:

12.875-17.989 ozs (depends on size)

Sizes:

3-18

[Buy From Kane »](#)

Best for Wide Feet

Orthofeet Edgewater Stretch »

**PROS:**

- ✓ Comes in four widths
- ✓ Stretchable upper for added width
- ✓ Wide toe box
- ✓ Approved by the APMA

**CONS:**

- ✗ Not machine-washable
- ✗ Pricey

[Buy From Orthofeet](#)

These Orthofeet sneakers come in wide, x-wide, and xx-wide widths. The mesh upper is stretchable, so it can expand to accommodate foot swelling and bunions.

Three removable fitting spacers come with these shoes. If you're not sure of your fit or want a snugger feel, adding a spacer will tighten the fit of the shoes. You also get a removable orthotic insole and an arch booster that provides additional hug and arch support.

The padded interior reduces friction and irritation. Rubber outsoles provide a stability-enhancing grip. These sneakers come with a 60-day, money-back guarantee.

Specs:

List Price:	\$145
Material:	Synthetic fabric and rubber
Weight:	11.50 ozs
Sizes:	7-15

[Buy From Orthofeet »](#)

Best for Long-Distance Walking

HOKA Clifton 9 »



PROS:	CONS:
✓ Lightweight, breathable construction	✗ Pricey

[Buy From HOKA](#)

- ✓

Low heel-to-toe drop
- ✓

Cushioned midsole
- ✓

Rocker bottom
- ✗

Free shipping and extended 60-day returns are only available to HOKA members

The Clifton 9 is one of Dr. John’s recommendations for a well-cushioned and durable long-distance walking shoe. They’re available in two widths, wide or regular.

At 8.70 ounces, these sneakers are significantly lighter than many other brands. Light shoes reduce foot fatigue, even on long walks. The breathable knit uppers lessen heat absorption, another perk for long-distance treks.

Walking for miles can be tough on heels and the forefront of the foot, especially if you’re on hard, packed surfaces or concrete. The 5-millimeter heel-to-toe drop and neutral full-sole cushioning of these shoes reduce impact and support an easy toe-off (the period when the front of the foot leaves the ground during each stride).

HOKA’s slightly curved, early-stage meta-rocker bottom supports smooth striding and seamless heel-to-toe transitions. Additionally, durabrasion rubber outsoles provide traction and support stability.

Specs:

List Price:	\$145
Material:	Polyester and rubber
Weight:	8.70 ozs
Sizes:	7- 15

[Buy From HOKA »](#)

## Best for Trails

### HOKA Hopara 2 »



#### PROS:

- ✓ Sticky rubber outsole provides stability on tough terrain
- ✓ Water-repellent uppers
- ✓ Mesh overlays allow water drainage, keep out trail debris
- ✓ Quick-toggle no-tie laces
- ✓ Rubber toe cap protects toes from impact and compression

#### CONS:

- ✗ Doesn't come in wide widths
- ✗ Some users say they run big

Buy From HOKA

The HOKA Hopara 2 sandal is designed for water and land trail hiking. Sticky rubber outsoles, a supportive base, and balanced cushioning provide support on a variety of terrain types, including creek beds and forest floors. This is important, because trail surfaces, both underwater and above ground, can be unpredictable.

“Walking on trails is a bit different than walking on a sidewalk because trails are uneven terrain. Each step may be very unique when you’re walking on a trail, so shoes need to be built in a way that helps provide stability,” says John A. Mercer, Ph.D., professor of kinesiology and nutrition sciences, University of Nevada.

They’re made from vegan, recycled materials and come in three colors.

Specs:

List Price:	\$135
Material:	Recycled fabric and rubber
Weight:	12.90 ozs
Sizes:	7-14

[Buy From HOKA »](#)

Best for Style

**Bruno Marc Men’s Casual Wingtip Sneakers »**



**PROS:**

- ✓ Combines the comfort and stability of sneakers with the refined look of dress shoes
- ✓ Has brogue detailing, wingtip accents, and a color-contrast welt
- ✓ Rear pull-tab makes it easy to put on and take off the shoes
- ✓ Budget price

**CONS:**

- ✗ Small sizes not available
- ✗ Not available in wide widths

[Buy From Bruno Marc](#)

Dress shoes can be unsupportive and uncomfortable, especially if you're standing on your feet or walking all day. These wingtip sneakers have a dressy appearance but provide the type of shock-absorbent cushioning and surface stability that you'd expect from a sneaker.

The cushioned midsole adds arch support. The stretchy, knitted collar cushions the ankle for added comfort and a snug fit. The mesh-covered lining provides breathability and reduces heat absorption. Additionally, the non-slip soles make for easy walking on city streets and indoors.

## Specs:

**List Price:** \$45.99

**Material:** Ethylene Polyurethane (PU) leather, vinyl acetate soles, and knitted lining

**Weight:** 1.13 lbs.

**Sizes:** 8-13

[Buy From Bruno Marc »](#)

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## The Bottom Line

The best walking shoes for men provide all-day comfort, arch support, and stability. The Aetrex Chase Arch Support Sneakers are our top pick because their orthotic and arch-support systems provide significant cushioning and shock absorption. Notably, users say they're comfortable and lightweight.

## Things To Consider When Buying Walking Shoes

**Size and Fit:** If your shoes don't fit well, they can't support or cushion your feet effectively. Ill-fitting shoes may also chafe and pinch. Keep in mind that sizing varies by brand, and even by style. Don't assume that a walking shoe will fit, simply because it's in your usual shoe size. Feet can also widen and change size over time. If you're

buying shoes online and aren't sure of the fit, purchase a pair that comes with a money-back guarantee or exchange policy.

**Material:** Look for materials that are durable and able to withstand seasonal weather based on where you live and the activities you enjoy. Rubber soles provide stability and slip resistance on most types of surfaces. Inner soles should be made from cushioning materials like EVA foam, which provide shape retention and durability. Breathable mesh uppers keep your feet cool but aren't water-resistant. If you water hike or like walking in rainy weather, look for water-resistant materials instead.

**Cushioning:** Well-cushioned innersoles are essential for maintaining foot comfort, especially if you walk long distances on pavement. Neutral walking shoes have a relatively even cushioning surface throughout the entire inner sole. If you need additional arch support, look for a walking shoe with added cushioning in the midfoot section of the shoe.

**Support:** Each structural element of a shoe's design should come together to provide adequate support for your foot. The length of the shoe, heel cup depth, and type of closures used should all be taken into account. The outer sole should be sturdy, durable, and slip-resistant. The inner sole should provide cushioning as well as arch support.

**Style and Color Options:** Walking shoes and sneakers come in a virtual rainbow of colors and color combinations. With a little sleuthing, you should be able to find the perfect pair that suits your style.

## How We Chose the Best Walking Shoes

To choose the best walking shoes for men, we reached out to Dr. Shine John, DPM, FACFAS of [Shine Foot & Ankle Center](#), Dr. John A. Mercer, Ph.D., professor of kinesiology and nutrition at the [University of Nevada](#), and podiatric surgeon, Jacob Wynes DPM, MS, FACFAS, associate professor of orthopaedic surgery at the [University of Maryland School of Medicine](#) for their insight. We asked them about the features that distinguish good walking shoes from great ones and discussed attributes like arch support, cushioning levels, and outer sole stability. We also

researched brand transparency, customer service, and product quality claims to bring you our top choices.

## WHY SHOULD YOU TRUST US?

[Corey Whelan](#), the author of this piece, has more than a decade of experience writing about health products. A regular contributor to U.S. News 360 Reviews (covering the best [treadmills](#), [heating pads](#), and [resistance bands](#), among other topics), she also has bylines in Verywell Health, Healthline, and Well+Good.

## FAQ

**What should men look for when shopping for walking shoes?** +

**How often should I replace walking shoes?** +

**What's the most durable material for 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.

[Read more](#)



## 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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