Poles are made of lightweight high quality aluminum. ABS hand grips are ergonomically designed for comfort and positive grip. Pole shafts are marked with cm increments to allow for ease of setting poles to your most comfortable length. Pole ends have carbide tips. Supplied with 3 additional ends, dome shaped cap for snow, angled hard rubber end and rubber cap for general use. Hiking pole, 2 section with padded wrist strap and hook and loop wrist adjustment. (Sold in pairs only.)