

Best Climbing Shoe for Women

If you are an adventure lover, then you must have all the essential gears. Climbing is that one adventure sport that is almost everybody's favourite. Therefore, for climbing, you must have a perfect pair of climbing shoes, which will make your climbing experience better and a comfortable one. As different shaped feet require different types of climbing shoes. Besides, there are different types of climbing activities, for which varied kinds of climbing shoes are made with different types of closures.

To help you find the best climbing shoes for women, MomJunction is here with a list of best Climbing Shoe.

15 Best Climbing Shoes for Women

1. La Sportiva TarantuLace Climbing Shoe

La Sportiva TarantuLace is the top best climbing shoe for women because of its comfort and performance. The shoe has a rugged rubber heel that lends grip, support and sensitivity while climbing.

Pros:

- Provides grip and support
- Comfortable
- Rugged Rubber heel provides grip
- A great choice for vertical routes

Cons:

- Might be costlier than other shoes
- Leather upper stretches which might be uncomfortable

<https://www.amazon.com/Sportiva-TarantuLace-Performance-Climbing-Turquoise/dp/B00DTHK038?th=1>

2. SCARPA Womens Origin Climbing Green

These climbing shoes are for beginners. The shoes are made with lush leather, have proper padding to provide comfort to your feet, and keeps your feet relaxed. The hook-and-loop closure keeps the foot well positioned to prevent falling and cosy.

Pros:

- Feet stay positioned
- Enhanced performance
- Reasonably Priced
- Size can be adjusted

Cons:

- Rubber might not support well
- It might affect durability
- Takes time in adaptation

<https://www.amazon.com/SCARPA-Womens-Origin-Climbing-Green/dp/B01HTPoPRQ?th=1>

3. Five Ten Climbing Shoes

These are the high-friction footwear that enhance performance and makes it the best shoes for most of the adventure sports. Also, these are made with the combination of world-class rubber that provides grip and support.

Pros:

- Easy closure
- Stiff rubber
- Durable
- Solid edges

Cons:

- Sizes run small
- Design might not impress

<https://www.amazon.com/Five-Ten-Womens-Climbing-Charcoal/dp/B00BFQ31FY?th=1>

4. Evolv Skyhawk

These lace-up climbing shoes are a pleasant pair for the aggressive climbers. The shoes are the perfect combination of comfort and high-performance. Also, they have a tight fit, which keeps the feet well-positioned.

Pros:

- High-friction rubber sole
- Enhanced performance
- Sticky sole

- Size can be adjusted

Cons:

- Costlier than other options
- Takes time to adapt
- Heel cup is bulky

<https://www.amazon.com/Evolv-Skyhawk-Climbing-Shoe-Womens/dp/B074WBK7FP?th=1>

5. Evolv Kira

Engineered with durable polyester fabric, the climbing shoe has a great fit. The fit is comfortable and enhances performance. At the closure, it has a buckle along with a pull strap for an easy take off and wear.

Pros:

- Synthetic fibre made
- Durability
- Asymmetrical
- Comfortable because of downturned design

Cons:

- Suitable for small feet
- Shoes might retain sweat

<https://www.amazon.com/Evolv-Kira-Climbing-Shoe-Womens/dp/B014GWBG8>

6. Black Diamond Momentum

With these lace-up climbing shoes, Momentum has reached the peak and keeps up to your expectations. The rubber is 4.3 mm and provides consistent grip. Also, the fabric is breathable.

Pros:

- Easy to wear
- Neutral and flat
- Synthetic upper
- Adjustable straps

Cons:

- Not for a professional climber
- Top-notch rubber sole is missing, which affects inner climbing experience

<https://www.amazon.com/Black-Diamond-Momentum-Lace-Climbing/dp/B078NF4DCB>

7. Sportiva OXYGYM

These climbing shoes are comfortable and breathable. The upper fabric has moisture control and can be worn all day. The feet stay positioned and are super comfortable.

Pros:

- Adjustable closure
- Breathable fabric
- Moisture management
- Versatile

Cons:

- May not be durable
- Fabric might rip

<https://www.amazon.com/Sportiva-OXYGYM-Womens-Mint-Coral/dp/B01K7YOIHE>

8. SCARPA Arpia

The climbing has all the sides covered with sticky rubber and even the forefoot is wrapped in rubber. These climbers are a best choice for the boulders, who climb on overhanging ways. These are a perfect pair for professional climbers.

Pros:

- Rubber Sole
- Perfect for professional climbers
- Durable
- Sticky soles

Cons:

- Not for beginners
- Might be a costly product

<https://www.amazon.com/SCARPA-Arpa-Climbing-Shoe-Womens/dp/B07NSF2CRD>

9. So iLL Runner Climbing Shoes

These high performance climbing shoes are the best climbing shoes for women. The shoes have rubber padding that provides grip and proper support to the feet. Also, these downturned shoes are best for boulders.

Pros:

- Downturned
- Synthetic upper
- Three point closure
- Padded

Cons:

- Size runs small
- The sole might detach

<https://www.amazon.com/So-iLL-Runner-Climbing-Shoe/dp/B01M3Q5WH1>

10. Teva Vina Chelsea

When going on any adventure, all you need is Teva, as it supports outdoor adventurous lifestyle. These climbing shoes stay committed to innovation, which lets the office goers have some adventure in life.

Pros:

- Waterproof leather
- Durable
- Rubber sole for grip and support
- Durable upper fabric

Cons:

- Not a suitable product for vegans
- Might be costlier than other options

<https://www.amazon.com/Teva-Womens-Vina-Chelsea-Bungee/dp/B01NAKWL3F>

11. Tenaya Masai Climbing Shoe

Tenaya Masai is designed well to climb higher mountains. These masai climbing shoes deliver edging power with a supportive midsole that keeps your feet positioned and comfortable.

Pros:

- Enhanced performance
- Durable
- Lace-up closure
- Lacing comfort

Cons:

- Aggressive fit might affect climbing experience
- Tight fit might bruise your feet

<https://www.amazon.com/Tenaya-Masai-Climbing-Shoe-Womens/dp/B008XB29X4>

12. La Sportiva Women's Miura Rock

These lace-up shoes are a great choice for the boulders, overhanging route climber, gym climber and technical face climbers. However, these are made for professional climbers.

Pros:

- Synthetic upper
- Quick lacing system
- Ideal for boulders, overhanging and technical face climbing
- Velcro straps for comfort

Cons:

- Not aggressive
- Might fit tightly and hurt

<https://www.amazon.com/dp/B000PWMV96>

13. La Sportiva Women's Solution

These shoes are quite comfortable and have an aggressive fit. The sole of the shoe feels soft and keeps the feet positioned. The fit is snuggy and you feel extremely comfortable, if you have to wear them for longer hours.

Pros:

- Aggressive fit
- Sensitive and precise on steep rocks
- Made for aggressive climbing

Cons:

- Might be costlier
- Not for beginners

<https://www.amazon.com/dp/B00DTHKMU4>

14. Evolv Elektra

One of the best climbing shoes for women with amazing comfort, value and enhanced performance. The shoes are an ideal choice for both beginners and professionals. The high friction rubber provides support and grip and improves performance.

Pros:

- Synthetic upper
- High-friction rubber
- Enhanced Performance
- Reasonably priced

Cons:

- Size runs small
- Aggressive fit might hurt your feet

<https://www.amazon.com/dp/B00E41SOEU>

15. Five Ten Blackwing

The footwear is made for most of the dangerous sports. The climbing shoes are a best choice for overhanging routes. It has high performance and a great fit that doesn't hurt your feet.

Pros:

- Polyester made
- Padded tongue for supersoft experience
- Sticky soles
- Better results in rock climbing

Cons:

- Not comfortable to wear

- Loose heel cup
- Size runs small

<https://www.amazon.com/dp/B008XECDD2>

What Makes Women's Climbing Shoes Different From Those Of Men?

Women climbing shoes are specific because these models have a different design than men's. Women's specific shoes have a lower-volume heel, softer from inside, thin rubber support from easy flex, and are narrower. As women foot mold is not as similar to men, which is why the women climbing shoes have smaller mold and comes in a variety of colours.

Types of Climbing Shoes

There are three types of climbing shoes available as the closure is different in all. Also, after choosing the material, closure has an impact on flexibility and grip. The types are:

1. Velcro

The benefit of velcro is that you can easily take them off and wear it with no spending of extra time and creating fuss.

2. Lace-up

Lace-up climbing shoes are a great choice for trad and alpine climbers, who do not remove the shoe more often and have to be sure that the shoe does not come off easily while climbing.

3. Slipper

These climbing shoes are worn and taken off easily. Also, climbers who are boulderers, gym climbers, and sport climbers prefer slipper climbing shoes. As they keep removing them in between.

How To Choose The Best Climbing Shoe For Women?

While choosing climbing shoe for women, consider the following points:

- Identify your style of climbing, for it requires different types of shoes. If you are looking for a pair that is suitable for rock climbing, you need the shoes with extra rubber grip and a better fit for easy flex.
- The shape of the shoe matters a lot. Most of the climbing types require shoes with a tight grip and high performance. Also, shoes for women have a smaller mold that positions the feet accordingly for a comfortable climb.

- Choose the fabric of shoes that is durable and lasts in tough climbs. It is better to buy a synthetic upper climbing shoe than to go for leather upper. Leather upper climbing shoes are not durable and are low in performance. Whereas, synthetic uppers are comfortable, last long, tightly fit and are good for competition.

Frequently Asked Questions

1. How often should you replace climbing shoes?

It is not necessary to replace the climbing shoes more often. If you climb regularly, a pair of climbing shoes can last for an year and more, only if you take proper care of the shoes. If not taken care of, you might have to buy a new one every other time.

2. How do you know when your climbing shoes need resoling?

To know when to get the resoling done, follow the steps:

- Press the centre of the sole with the thumb, if the area feels weak and spongy, it is time and you must go for resoling.
- If there is a wearing pattern on the bottom of the climbing shoe, it is time to replace the sole.

Hope, you have finally selected the climbing shoe of your choice! Well, there are many factors that need to be considered while purchasing a pair of climbing shoes. Yet, all of this depends upon your choice and type of climbing and which parameter is more important to you. If you are a beginner, try buying a low-cost shoe to make your feet comfortable and well-positioned. Besides, the above mentioned climbing shoes will be a great choice.

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