

Cascade Mountain Tech TP-3K-QL-CORK

Cascade Mountain Tech 3K Carbon Fiber Trekking Poles

Instruction Manual for Model TP-3K-QL-CORK

INTRODUCTION

Thank you for choosing Cascade Mountain Tech 3K Carbon Fiber Trekking Poles. These poles are designed for durability, lightweight performance, and comfort during your outdoor activities. This manual provides essential information for proper setup, operation, maintenance, and troubleshooting to ensure a safe and enjoyable experience.

WHAT'S INCLUDED

Your package includes the following components:

- 2 x 3K Carbon Fiber Trekking Poles
- 2 x Snow Baskets
- 2 x Sand/Mud Baskets
- 2 x Rubber Boot Tips
- 2 x Rubber Tips
- 1 x Trekking Pole Clip
- 1 x Carry Bag



Image: All included accessories and the carry bag for your trekking poles.

SETUP INSTRUCTIONS

1. Attaching Tips and Baskets

The trekking poles come with a variety of interchangeable tips and baskets to suit different terrains. The standard tungsten carbide tip is suitable for most conditions. For softer ground, snow, or mud, attach the appropriate baskets or rubber tips.

- **Rubber Tips:** Slide these over the tungsten carbide tips for use on hard surfaces like pavement or rocks to improve grip and reduce noise.
- **Rubber Boot Tips:** These provide enhanced grip and cushioning, ideal for varied terrain.
- **Snow Baskets:** Screw these onto the lower shaft above the tip to prevent the poles from sinking too deep into snow.
- **Sand/Mud Baskets:** Similar to snow baskets, these prevent the poles from sinking into soft sand or mud.

DOUBLE THE GRIP DOUBLE THE COMFORT



HIGH-GRADE RUBBER TOPS

CORK UPPER GRIP

MOISTURE WICKING

EVA LOWER GRIP



Image: Different types of tips and baskets for various terrains.

2. Adjusting Pole Length

Your trekking poles feature a quick-lock adjustment system for easy and secure length modification. The poles can be adjusted from 26 inches (fully collapsed) to 54 inches (fully extended).

1. **Open the Quick Lock:** Flip open the quick lock lever on each section of the pole.
2. **Extend/Retract:** Extend or retract the pole sections to your desired height. For general hiking, your elbow should form a 90-

degree angle when holding the pole with the tip on the ground.

3. **Tighten the Thumb Screw:** If the pole slips after locking, open the quick lock lever and turn the small thumb screw clockwise to increase tension. Close the lever firmly. The lever should require some effort to close, indicating proper tension.
4. **Close the Quick Lock:** Once the desired length is set, firmly close the quick lock lever. Ensure it is securely fastened to prevent accidental collapse during use.



FIND THE PERFECT FIT WITH AN ADJUSTABLE RANGE OF 26" - 54"



Image: Visual guide for adjusting the pole length using the quick lock system.



Image: Detailed view of the quick lock for precise adjustments.

3. Wrist Strap Adjustment

The adjustable wrist straps provide additional support and help prevent dropping the poles. Insert your hand up through the bottom of the strap, then grasp the grip and the strap together. Adjust the strap length for a snug but comfortable fit around your wrist.

OPERATING INSTRUCTIONS

1. Proper Grip and Use

The poles feature comfortable cork grips that wick away sweat and an extended EVA down grip for quick transitions on varied terrain.

- **Standard Grip:** Hold the cork grip firmly, utilizing the wrist strap for support.
- **Extended Down Grip:** For short uphill sections or quick changes in terrain, slide your hand down to the extended EVA foam grip below the main cork grip. This allows for a temporary shorter pole length without needing to readjust the quick locks.

READY FOR ANY ADVENTURE



IMPROVE YOUR TRACTION WITH ADDITIONAL RUBBER TIPS

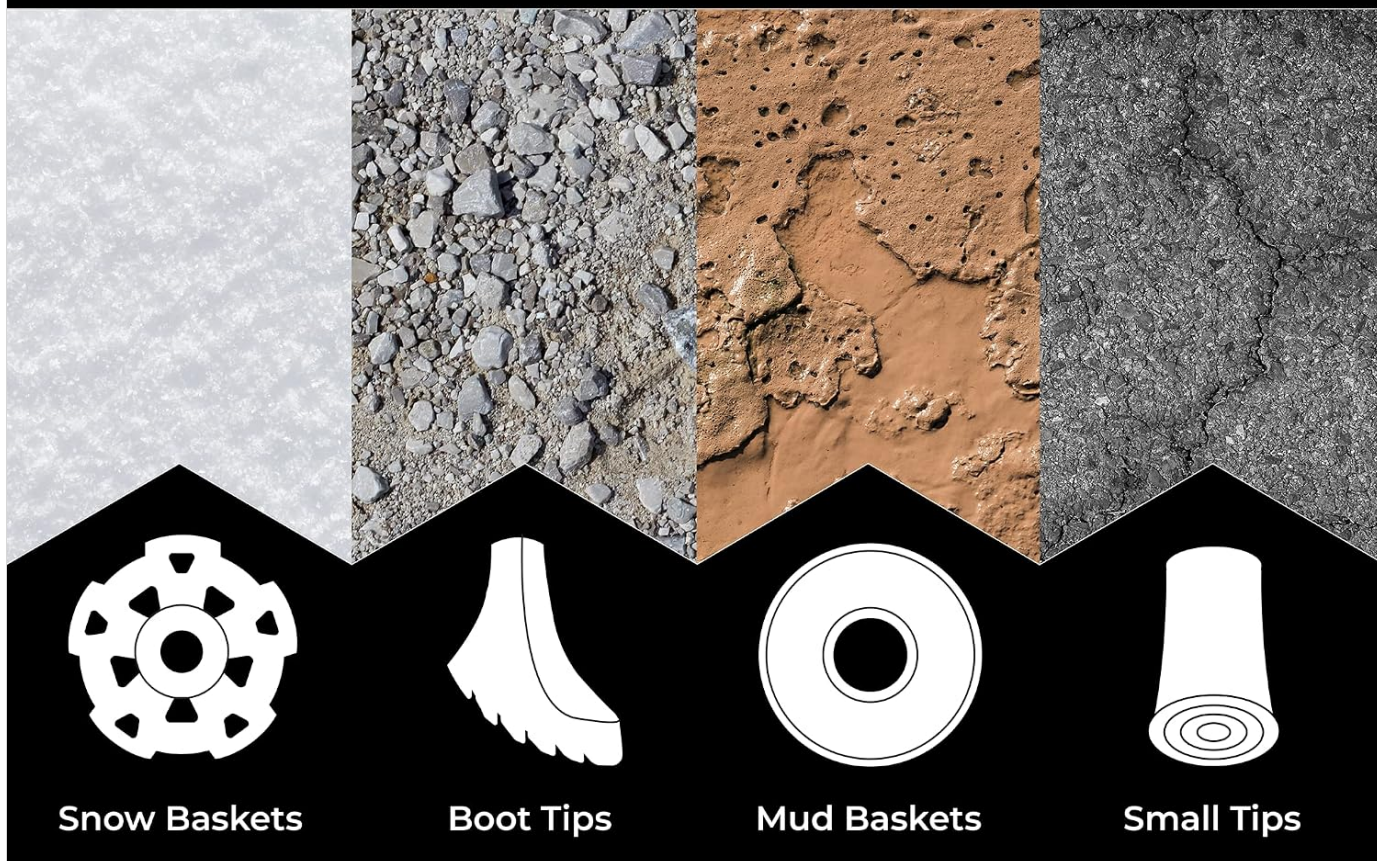


Image: Details of the cork and EVA grips for enhanced comfort and versatility.

2. Walking Technique

Use the poles to maintain balance, reduce strain on your joints, and provide propulsion. Generally, swing your poles forward with the opposite arm as your leg. Plant the pole firmly before shifting your weight.

- **Uphill:** Shorten the poles slightly or use the extended down grip to maintain an efficient push.
- **Downhill:** Lengthen the poles slightly to provide stability and absorb impact.
- **Flat Terrain:** Maintain a comfortable length that allows for a natural arm swing.



Image: Trekking poles in use, showcasing their robust yet lightweight construction.

3. Official Product Video

Your browser does not support the video tag.

Video: Official overview of Cascade Mountain Tech 3K Carbon Fiber Adjustable Trekking Poles, demonstrating features and use.

MAINTENANCE

Regular maintenance will extend the life of your trekking poles.

- **Cleaning:** After each use, especially in wet or muddy conditions, wipe down the pole sections with a damp cloth. Ensure all sections are dry before collapsing and storing to prevent corrosion.
- **Inspect Quick Locks:** Periodically check the quick lock levers and thumb screws for proper function. Adjust tension as needed.
- **Tip and Basket Replacement:** Replace worn-out rubber tips or damaged baskets to maintain optimal performance and safety.

- **Storage:** Store poles in a dry place, preferably slightly extended to prevent sections from sticking. Use the provided carry bag for protection during transport.

TROUBLESHOOTING

- **Poles Slip During Use:** This indicates that the quick lock tension is too loose. Open the quick lock lever, turn the thumb screw clockwise to tighten, and then firmly close the lever. Test the pole by applying downward pressure. Repeat if necessary until the pole holds securely.
- **Difficulty Adjusting Pole Length:** Ensure the quick lock levers are fully open before attempting to adjust. If sections are stiff, gently twist and pull. Avoid excessive force.
- **Lost or Damaged Accessories:** Replacement tips, baskets, and other components may be available from Cascade Mountain Tech customer service.

SPECIFICATIONS

Brand	Cascade Mountain Tech
Model Number	TP-3K-QL-CORK
Material	Carbon Fiber, Rubber
Color	Black Cork
Shaft Material	Carbon Fiber
Handle Material	Cork, Ethylene Vinyl Acetate (EVA)
Base Material	Rubber
Lock Type	Quick Lock
Extended Length	54 inches (137 cm)
Folded Size	26 inches (66 cm)
Item Weight (per pole)	8 ounces (227 grams)

WARRANTY INFORMATION

Cascade Mountain Tech offers a limited manufacturer's warranty on all products for a minimum of one year from the date of purchase to the original retail buyer. For products with longer warranty periods, please refer to your individual product documentation. Our limited manufacturer's warranty covers defects in materials and workmanship for intended uses only. In the case of a defect, we will provide replacement parts or product to resolve the issue. This warranty does not cover misuse or unintended purposes (e.g., using trekking poles for skiing or as tent poles, or bending poles beyond normal tolerances). Lost parts are not covered, but replacement parts are available for purchase.

SUPPORT

For further assistance, questions, or to inquire about replacement parts, please visit the official Cascade Mountain Tech website or contact their customer service department. Refer to your product packaging or the brand's website for the most current contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question