



FULL VERSION MANUAL

SILVA RUNNING & TREKKING POLES with Silva Blueberry System

PRODUCT OVERVIEW

This manual covers Silva Running and Trekking poles equipped with the Silva Blueberry System.

Each model includes a selection of components depending on type:

- 2x Poles
- 2x Gloves or Wrist Straps
- 2x Mud Baskets
- 2x Snow Baskets (All season alpine pole)
- 2x Velcro Straps (Z-folded poles)

For more information and videos on how to choose and use your poles, visit:

- Our [Guide to poles](#) on silvasweden.com
- [Silva poles](#) on Youtube

BEFORE HEADING OUT

Always make sure your poles are in good condition before use.

- Check that all parts are properly attached and that the flick locks are functional.
- Inspect aluminium or carbon sections for dents, cracks or deep scratches. Check plastic components for visible damage and make sure there are no tears in straps or gloves.
- If a pole has been exposed to impact, inspect it carefully before use.

Note! Silva poles are designed for hiking, trekking and running. They are built to be lightweight and will not tolerate excessive force or use beyond their intended purpose.

Note! Damaged poles may fail suddenly and could cause injury if used.

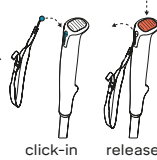
BLUEBERRY SYSTEM

Silva poles equipped with the Blueberry System feature an innovative click-in / quick-release connection between handle and glove or wrist strap. The system provides a secure attachment and allows easy switching between setups.

Blueberry wrist strap

The Blueberry System connects the wrist strap securely to the pole handle and allows you to switch easily between wrist straps and gloves.

- The straps are marked with RIGHT and LEFT to ensure correct hand placement (the poles themselves are not side-specific).
- Adjust the buckle on the straps for fit and comfort.
- Click in – listen for the click and make sure it is firmly attached.
- Push the top button and click out to release.

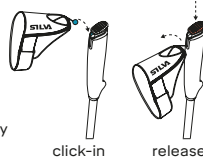


Note: It is easiest to click the strap in and out of the handle when the strap is not on your hand.

Blueberry glove

The Blueberry System connects the glove securely to the pole handle and allows quick release with a simple click for seamless transitions – without taking your hand out of the glove.

- The gloves are marked with RIGHT and LEFT to ensure correct hand placement (the poles themselves are not side-specific).
- Adjust the Velcro strap on the side of the glove for fit and comfort.
- Click in – listen for the click and check that the glove is securely attached.
- Push the top button and click out to release.



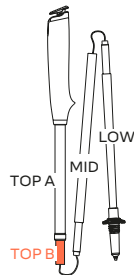
Note: It is easiest to click the glove in and out of the handle when wearing the glove.

UNFOLD THE POLES (Z-FOLDED POLES)

View our [instruction videos](#) for more details.

Silva Z-fold poles consist of 3 sections, connected by an internal cord and secured by a quick stretch lock.

1. Connect the 3 sections so the inner cord is not visible.
2. The top section of the pole has 2 parts (A and B). Hold the "TOP A" part with one hand and firmly pull out the "TOP B" part with the other hand to extend the pole and stretch the inner cord. The "TOP B" part also has the word "PULL" marked on the pole.
3. Continue to pull until the locking button pops out. The locking button will pop out with a click when the pole is fully extended and secured.
4. Check that the button is fully visible before use.
5. Your pole is now locked and ready for use.



Fold the poles

1. Press the locking button to release the sections.
2. Separate the sections, slide "TOP B" part into "TOP A" part and then fold the pole.
3. Secure the folded pole with the included Velcro strap for storage or transport: Thread the Velcro strap through its opening and attach it to the TOP section of the pole. Then wrap the Velcro around all the sections so they are tightly secured.

ADJUST THE POLE LENGTH

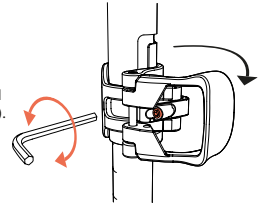
Your height multiplied by 0.7 gives an approximate pole length in centimetres. Adjust according to terrain and personal preference – your elbow should be at a 90° angle when holding the pole. For winter use or deep snow, slightly longer poles may be preferred.

1. Open the flick lock.
2. Extend or shorten the pole to the desired length.
3. Do not pull beyond the STOP line marked on the pole.
4. Close the flick lock to secure.
5. Check that the pole is locked before use.

For telescopic models with two length scales, adjust both sections to the same number.

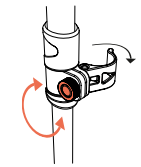
Flick lock (running poles)

Before heading out, make sure the flick lock is properly adjusted (the separate sections should not shift or slide when under load). A 1.3 mm hex key is required to fine-tune the buckle tension. Adjust only when the lock is open, and do not overtighten.



Flick lock (trekking poles)

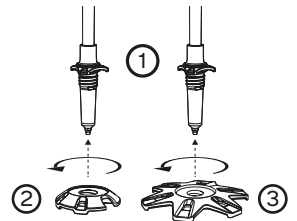
Check the flick lock before use. No tools are needed – the tension screw can be adjusted by hand. Adjust when the lock is open and avoid overtightening.



BASKETS

Your pole comes with a small basket ① pre-attached – do not remove it.

- To attach a mud basket, ② turn it clockwise until it fits securely against the small basket.
- To attach a snow basket, ③ remove the mud basket and screw on the snow basket instead.



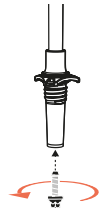
CARBIDE TIPS

Carbide tips provide optimal grip and stability on trails, gravel roads and uneven terrain. They are durable and lightweight and can be replaced when worn to maintain performance.

To replace the carbide tips:

1. Use a 6 mm wrench.
1. Unscrew the worn tip counterclockwise.
2. Screw on the new tip clockwise and tighten until no gap is visible.

Replacement tips fit all Silva poles with replaceable tips.



RUBBER PAWS

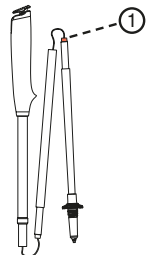
Rubber paws provide better grip and cushioning on hard surfaces such as asphalt or stone. They also protect the carbide tips and reduce noise when walking or running. Rubber paws fit all Silva poles and are sold separately. They are easy to attach and remove – simply push them on or pull them off the pole tips.



LOWER SECTION

The lower section of the pole can be bought separately and replaced if damaged. Purchase the correct lower section for your pole model.

1. Unscrew the black plug ① counterclockwise and pull it out together with the spring and cord.
2. Insert the new section and screw the plug back in place until secure.





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STORAGE

- Store indoors, in a cool and dry environment.
- Avoid direct sunlight and do not leave poles wet for extended periods.
- Keep flick locks unlocked during storage to prevent the straps from stretching over time.
- Recommended storage temperature: -20 °C to +60 °C.

MAINTENANCE

Keep your poles clean and dry to ensure long-lasting performance.

- Clean handles, straps and pole sections (cork, aluminium, carbon and plastic) with a damp cloth and mild soap if needed.
- Let all parts air dry completely before storage.
- If water enters the pole (e.g. after heavy rain or wading), unfold the pole, unscrew the lower section (see "Lower section") and drain the pole. Allow it to dry completely before storage.
- To maintain the cork handles, wipe with lukewarm water and a small amount of mild detergent. Occasionally, you can apply a very thin layer of cork or linseed oil (no more than 1–2 times per year).
- Do not use silicone products or hand cream on cork handles.
- Avoid getting dirt or debris inside the Blueberry connection.
- Do not store or use the poles upside down – this may cause unnecessary wear on the handles and Blueberry mechanism.
- See 'Carbide Tips' for instructions on replacing the carbide tips.
- See 'Lower section' for instructions on replacing the lower section.
- Before each use, refer to 'Before Heading Out' for safety checks.

TECHNICAL SPECIFICATIONS

Weight:	Varies between models
Operating temperature range:	-20 °C to +60 °C
Storage temperature range:	-20 °C to +60 °C
Material:	T800 or T300 carbon fibre, 7075 aluminium, natural cork, plastic and textile components, carbide tips

PROTECTING THE ENVIRONMENT / QR CODE.

- Each pole features a QR code that gives quick access to detailed product information. This makes it easier to maintain your poles, pass them on to a new user and extend their lifetime – reducing environmental impact.
- Poles* and packaging are recyclable. Please dispose of all materials at designated recycling stations.

* Carbon fibre components are not recyclable.

WARRANTY

Silva warrants that your Silva poles are free from defects in materials and workmanship for two (2) years from the date of purchase, under normal use.

For full warranty terms and instructions, visit: silvasweden.com/en/pages/warranty

For more information, please visit www.silvaweden.com