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... / Men's Backpacking Boots / #175485



There's a newer version of La Sportiva Nucleo High II GTX Hiking Boots - Men's

This product is not available. Good news: we have a newer version.

Shop newer version



Feedback



La Sportiva

### Nucleo High II GTX Hiking Boots - Men's

★★★★☆ 4.0 | 373 Reviews

AWARD WINNER

This product is not available. Good news: we have a newer version.

Lightweight and super-comfortable, the men's La Sportiva Nucleo High II GTX boots with GORE-TEX SURROUND™ tech combine durability, breathability and waterproofing to keep you trekking all day long.

Shop newer version

#### Available right now



Lowa  
Renegade Evo GTX Mid Hiking Boots - Men's  
★★★★☆ (104)  
\$280.00



Lowa  
Camino Evo GTX Hiking Boots - Men's  
★★★★☆ (22)  
\$375.00



Zamberlan  
996 Vioz GTX Hiking Boots - Men's  
★★★★☆ (45)  
\$390.00



Zamberlan  
Trail Lite GTX Hiking Boots - Men's  
★★★★☆ (6)  
\$300.00



Zamberlan  
1110 Baltoro Lite GTX RR Hiking Boots - Men's  
★★★★☆ (5)  
\$400.00

[Shop All Men's Backpacking Boots](#)

#### Key Details

**Waterproof**  
Yes

**Upper**  
Nubuck leather

**Weight (Pair)**  
2 lbs. 1 oz.

#### Features

- Durable nubuck leather uppers provide protection while the integrated Nano-Cell™ technology delivers maximum breathability to keep your feet cool
- Nano-Cell™ technology works with the GORE-TEX SURROUND waterproof membranes to enable unprecedented breathability underfoot
- Compression-molded midsoles provide superior cushion and support and a noticeable bounce in every stride for all-day comfort
- Vibram® Nano outsoles with Impact Brake System™ provide maximum traction and grip on trails
- Available in Regular and Wide sizes to accommodate a broader variety of foot sizes and shapes

Imported.

[View the La Sportiva Nucleo Product Line](#)

[View all La Sportiva Men's Backpacking Boots](#)

#### Technical Specs

<b>Best Use</b>	Backpacking
<b>Footwear Height</b>	Over-the-ankle
<b>Footwear Closure</b>	Lace-up
<b>Waterproof</b>	Yes
<b>Type of Waterproofing</b>	GORE-TEX SURROUND waterproof/breathable membrane
<b>Upper</b>	Nubuck leather
<b>Lining</b>	Synthetic
<b>Midsole</b>	Compression-molded EVA
<b>Support</b>	2.5 mm polypropylene stiffener
<b>Outsole</b>	Vibram Nano XS-Trek rubber compound
<b>Can Be Resoled</b>	Yes
<b>Weight (Pair)</b>	2 lbs. 1 oz.
<b>Gender</b>	Men's

Feedback



### Need help choosing gear?

Get real advice from our experts who have been there, done that.

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## How to Choose Hiking Boots and Shoes

### Hiking shoe vs. hiking boot

#### Hiking shoes

- Often lighter weight, lower cut, more flexible and more breathable
- Ideal for day hikes or backpacking with lighter loads

#### Hiking boots

- Burlier, with stiffer uppers, over-the-ankle coverage and typically waterproof
- Ideal for multi-day treks with heavier loads

#### Types of hiking boots

- **Day-hiking boots:** Mid- to high-cut models that require less break in time; intended for day hikes or short backpacking trips with light loads
- **Backpacking boots:** Often over-the-ankle height and heavier-built with stiffer midsoles; designed to support multiday treks with heavier loads

#### Consider the lugs

- Deep, thick lugs improve grip
- Wider lug spaces sheds mud and offer good traction



Eldorado Canyon State Park

Feedback

8 min read: [How to Choose Hiking Boots and Shoes](#)

### More expert advice



Hiking Boots vs. Hiking Shoes: What's the Difference?



The 9 Best Hiking Boots of 2026: Tested



Hiking for Beginners

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La Sportiva Nucleo High II GTX Hiking Boots - Men's  
★★★★★ (105)  
\$259.00



Salomon X Ultra 5 Mid GORE-TEX Hiking Boots - Men's  
★★★★★ (242)  
\$190.00



La Sportiva Nucleo High II GTX Hiking Boots - Women's  
★★★★★ (76)  
\$259.00



Danner Mountain 600 Leaf GTX Hiking Boots - Men's  
★★★★★ (78)  
\$249.95



Merrell Moab 3 Mid Waterproof Hiking Boots - Men's  
★★★★★ (2204)  
\$170.00



HOKA Kaha 3 G Hiking Boots - Men's  
★★★★★  
\$240.00

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★★★★★ (19)  
\$8.00



Sawyer Permethrin Pump Spray - 24 oz.  
★★★★★ (354)  
\$18.50



Gear Aid Tenacious Tape Repair Tape  
★★★★★ (416)  
\$6.95-\$7.95



Aquatabs Water Purification Tablets - Package of 30  
★★★★★ (61)  
\$14.95



Sawyer Picaridin Insect Repellent - 3 oz.  
★★★★★ (221)  
\$9.95

SOL Emergen  
★★★★★  
\$6.95

Reviews

4.0 ★★★★★ | 373 Reviews

69% | 157 of 226 reviewers recommended

- 5 stars
- 4 stars
- 3 stars
- 2 stars
- 1 stars

- 216
- 54
- 34
- 31
- 38

Write a Review



Adding a review will require a valid email for verification

Average Width

Runs Narrow | Runs Wide

Average Overall Fit Rating

Runs Small | Runs Large

Customer Images



Most Helpful Favorable Review

19 people found this review helpful

★★★★★

3 years ago

Best boots i have ever owned.

Very light weight with good support. I am replacing some other boots i bought from Amazon that were not stiff enough in the sole. These boots have a great Vibram sole that can withstand all the rocks and roots the trail throws at you. The fit for me was...

Show Full Review

Doug R

Most Helpful Critical Review

39 people found this review helpful

★☆☆☆☆

3 years ago

Poor Quality Boot

I bought a pair of these boots in February 2021 and was looking forward to using them over the years to come. They were comfortable and looked similar to my old KSB boots. But 18 months later both boots have split where the fabric joins the sole...

Show Full Review

No, I do not recommend this product

Anonymous  
DC

Sort by

Most Relevant

- 5 stars
- 4 stars
- 3 stars
- 2 stars
- 1 star

BackyPacky

☆☆☆☆☆

2 years ago

Location: Rochester, NY

Age: 45-54

Weight: 150-175 lbs.

Height: 6'2"

Typical Shoe Size: Mens 11

Light, comfortable but short-lived

No, I do not recommend this product

I very much liked the fit, and the lightness of this pair. On the plus side they turned out to be reasonably water resistant (except on snow). However, they have several major weaknesses, especially when considering the price. First, both shoes started breaking after about 6-7 months of use(- 25-40 days of hiking & backpacking). Both shoes ripped in the exact same place (the gore-tex along both sides of the shoes). For a cost of > \$200, that's not what I would expect. I initially had them repaired since I was on a longer backpacking trip, but within a year both sides of one shoe and one side of the other shoe gave in beyond repair. Another, somewhat more subjective, downside is that I found the shoes to offer comparatively little side-stability (the sole is rather soft, which is comfortable but feels a bit 'wobbly' when walking on a narrow ridge or similar terrain). Still, if there wasn't the issue of quality, I'd highly recommend them for trekking (but not for more alpine adventures).



Overall Fit Rating



Runs Small

Runs Large

Width



Runs Narrow

Runs Wide

Helpful?  7  2 Report as inappropriate

Lukie\_gee

☆☆☆☆☆

2 years ago

Location: NJ

Age: 25-34

Weight: 150-175 lbs.

Height: 5'7"

Typical Shoe Size: Mens 9.5

Super Comfortable - Less Durable

Bought a pair of the carbon/chili flavor after returning some Solomon Quest 4s. Initially I was super happy with the purchase because they felt way more comfortable and light but after I put them through the ringer on 4 tough trips in the Northeast US (give or take 100 miles), the rubber on the toes began to separate from the leather. So far I haven't had a problem with permeability but I expect since water is now able to get between the seams, the separation will only get worse. Happy using them (for now) but without any sort of manufacturers warranty this isn't what I expect when I purchase a pair of boots for \$250.



Overall Fit Rating



Runs Small

Runs Large

Width



Runs Narrow

Runs Wide

Helpful?  1  0 Report as inappropriate

LukeCal

☆☆☆☆☆

2 years ago

Location: California

Age: 25-34

Weight: 175-200 lbs.

Height: 6'0"

Typical Shoe Size: Mens 11.5

Good for about 2 months of use

No, I do not recommend this product

They run small and somewhat narrow. Very poor durability. I've had mine for about a year and they are completely falling apart. In terms of performance, they were good while they lasted. The water proof feature lasted about 2 months. The sole is too fragile so it gets pretty uncomfortable to walk in them after a couple hundred miles. I hike a lot and was hoping to have a somewhat long-term shoe when I bought these. I will not be buying another pair as they can't withstand the rigors demanded by outdoor usage.



Overall Fit Rating



Runs Small

Runs Large

Width



Runs Narrow

Runs Wide

Helpful?  4  7 Report as inappropriate

Other Aaron

☆☆☆☆☆

3 years ago

Location: Seattle

Great fit and grip, not super durable

To start with, these boots have an almost perfect fit, great dry grip, average wet grip, and great snow grip. Fit wise, I would like to see a lower set of lace hooks over the instep, but otherwise these have a nice snug fit. My only problem is that the fabric and rubber on the inside of the arch on each foot is not durable enough for rocky terrain. I have tears on both boots that will need to be patched. Fortunately the tears are only in the outer fabric, not the goretex "sock". I would like to see this area be solid leather



Overall Fit Rating



Width



Runs Small

Runs Large Runs Narrow

Runs Wide

Helpful? 6 0 Report as inappropriate

Eric

☆☆☆☆☆

3 years ago

Location: Port Townsend  
Age: 65-74  
Weight: 150-175 lbs.  
Height: 5'5"  
Typical Shoe Size: Mens 8.5

**Comfortable, but didn't hold up well.**

No, I do not recommend this product

Over the course of 6 months, I did 6 backpack trips in these, plus a few dozen day hikes. They fit well, they were comfortable, they were pretty good at keeping my feet dry, but they weren't very durable. The web-patterned rubber panel on the inner side of the boot disintegrated, followed by the leather underneath. This obviously compromised the waterproofness. One other smaller complaint is that the factory laces are flimsy, so you need to replace them with something decent, and the top three lace hooks have this weird locking tab that makes them hard to lace and unlace. I returned these to REI for a refund.



Overall Fit Rating

Width

Runs Small

Runs Large

Runs Narrow

Runs Wide

Helpful? 8 0 Report as inappropriate

Mike

☆☆☆☆☆

2 years ago

Location: Olympia WA  
Age: 65-74  
Weight: 150-175 lbs.  
Height: 5'9"  
Typical Shoe Size: Mens 9.5

**Wear out fast**

No, I do not recommend this product

I've had these boots for a year and hiked 334 miles in them. First the good. They are very comfortable and worked well in snow and on trails. They are the driest boots I've had in a long while, which is nice in Washington. Now the bad. The laces suck, so bring an extra pair with you. Most important, they are not durable. The weird material along the length of the foot, between the upper and the sole wears out fast. My last pair of hiking boots lasted 2.5 years and 800 miles. It's disappointing to have these nice boots wear out in a year.



Overall Fit Rating

Width

Runs Small

Runs Large

Runs Narrow

Runs Wide

Helpful? 5 0 Report as inappropriate

Disappointed Backpacker

☆☆☆☆☆

2 years ago

Location: Ohio  
Age: 45-54  
Weight: 200-225 lbs.  
Height: 6'0"  
Typical Shoe Size: Mens 10.5

**Boots failed in < 1 year**

No, I do not recommend this product

Boots fell apart after < 1 year and just over 200 miles of backpacking. I bought on the strong recommendation of REI salesman. Side split out of both boots, similar to experience of other reviewers. REI and La Sportiva should stop selling these, as they have a clear design failure.



Overall Fit Rating

Width

Runs Small

Runs Large

Runs Narrow

Runs Wide

Helpful? 6 2 Report as inappropriate

Doug

☆☆☆☆☆

2 years ago

Location: Mesa, AZ

**Do not buy these boot if you hike on rocky terrain**

While the boots held up well for everyday wear before I moved to Arizona, they unfortunately couldn't handle the rugged terrain I encountered here. In the past two months, I've hiked about 40 miles on rocky trails, and the harsh environment did a number on them. A quarter-inch hole has formed on the bottom of one boot, and a three-inch gash now tears open the side, exposing the interior. Clearly, these boots were designed for gentler paths and weren't built to withstand the hard rocks of Arizona. For anyone planning on hitting similar trails, I wouldn't recommend them. A quarter-inch hole and a three-inch gash after 40 miles on Arizona rocks? These boots need serious reinforcement.



Helpful? 9 1 Report as inappropriate

Feedback

Anonymous  
Location: DC



Poor Quality Boot

3 years ago

No, I do not recommend this product

I bought a pair of these boots in February 2021 and was looking forward to using them over the years to come. They were comfortable and looked similar to my old KSB boots. But 18 months later both boots have split where the fabric joins the sole (as shown in photos). I have not used them much since February 2022 and over the previous year I only wore them at weekends on trails. They have not had heavy mileage. I have contacted La Sportiva directly and they have been less than helpful. They simply note that boots wear out. If you are happy to pay over \$200 for a pair of boots that only last 18 months with irregular and not heavy use then these are the ones for you as they are comfortable. However, if you expect boots to last for a decent period of time then do not buy them. My previous boots (Karrimor KSBs) lasted for over 10 years before they needed replacing, including two years of daily use in Afghanistan. REI have only been marginally more helpful but as I now live out of the US the option of returning them to a store is not possible. I have looked at posting them, but the cost is more than half that of the purchase price with no guarantee of any refund. They have given me \$25 voucher to spend in a store, again failing to note I am not in the US. In summary boots that look good, are comfortable, but poor quality. The fact both boots have split in the same place shows it is not simply heavy wear or that I somehow damaged one of them. Neither REI or La Sportiva want to acknowledge this.



Helpful?  39  6 Report as inappropriate

Electri6man  
Location: American Fork Utah  
Age: 45-54  
Weight: 200-225 lbs.  
Height: 6'4"  
Typical Shoe Size: Mens 12



Unacceptable Shoe Lace System

4 years ago

No, I do not recommend this product

How can you go through two pairs of shoelaces on one hike? I read some of the other reviews on the shoelaces but thought that I would try it out for myself. So I also purchased the REI heavy duty shoelaces and took those with me as back ups. Well I'm glad that I took them because my hike would have been ruined if I hadn't. The shoelace eyelets are of such poor design that it even chewed through the REI heavy duty shoelaces on one trip. The way that the shoe eyelets are designed it makes it tough to tighten up the shoes and so you don't achieve proper fitment and as a result this is the first time in 30 years that I've had blisters and black toenails as a result. I do not recommend these boots I think this is one of the worst designs I've ever experienced.



Overall Fit Rating Width

Runs Small Runs Large Runs Narrow Runs Wide

Helpful?  13  0 Report as inappropriate

1 - 10 of 373 Reviews



Questions & Answers

Questions

Have a question? Ask people who own it.

Example: Shipping information

Start typing your question and we'll check if it was already asked and answered.

1 - 10 of 44 Questions

Sort by Staff answers

**Q: Got these for my son for a backpacking trip. After wearing them hiking through snow he noticed the outer part of the shoe appeared to remain wet for several days. And water did not bead up on the outer part of the boot. Is this normal for the out layer?**

**Hikingmom**  
a year ago

1 Answer

Answer the question

**A:** What you are describing is typical. The Gore-Tex liner is on the inside of the boot and water may absorb into the leather without permeating the material entirely. Depending on the circumstances, the boot may take a few days to dry completely.

**REI Service**

a year ago

Helpful?  (0)  (0) Report as inappropriate

**Q: are these good for snowshoeing?**

**Danny**

a year ago

1 Answer

Answer the question

**A:** These boots can be used for snowshoeing. We recommend adding leg gaiters or use with snow pants that have a boot cuff gaiter to prevent snow from entering at the top.

**REI service**

a year ago

Helpful?  (1)  (0) Report as inappropriate

**Q: My right foot measured 11 and the left measured 10.5. I wear wide shoes. What size do you recommend?**

**SizeMeUp**

2 years ago

1 Answer

Answer the question

**A:** A foot measurement of 11 inches is approximately 44.5 wide EU.

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: Trying to understand the lacing theory...where there are usually speed-laces, these have nearly closed eyelets, hard to slide the laces through the thin slot. Also, no lacerlock eyelets at arch. Are you supposed to leave laces through all the eyelets??**

**Squirrel**

2 years ago

1 Answer

Answer the question

**A:** You do not have to leave the laces through all eyelets. If you would like to use different lacing techniques to prevent pressure or rubbing on your foot, you can certainly do so with these boots.

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: What if they don't fit and I purchase the wrong size?**

**Mikucki**

2 years ago

1 Answer

Answer the question

**A:** These boots do tend to run on the smaller side, so most of our customers tend to go up a half size, in order to have enough room. We also recommend trying them on inside first and if possible, trying to simulate walking down an incline, to make sure your toes have enough room. Ultimately though, we love our gear and want you to love it too! Please see our return policy for details:

<https://www.rei.com/help/returns>

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: Can seal oil/wax type products be used for water proofing?**

**Hiker63**

2 years ago

1 Answer

Answer the question

**A:** We would recommend a Nikwax product to re-treat these shoes as needed, item #142162.

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: Good for winter hiking and camping?**

**Chad**

2 years ago

1 Answer

Answer the question

**A:** These boots can be used for winter hiking. Keep in mind that the boots do not have any insulation. Warmth is dependent on the type and thickness of socks being used.

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: Can these be resoled**

**Kinnon**

2 years ago

1 Answer

Answer the question

**A:** Yes, these boots can be resoled.

**REIservice**

2 years ago

Helpful? (0) (0) Report as inappropriate

**Q: Are these boots rated to use crampons? If so, which crampon C1 through C3**

**MrLee316**

2 years ago

1 Answer

Answer the question

**A:** These boots are not recommended for use with traditional mountaineering crampons. Traction devices such as the Hillsound Trail Crampons are a better choice.

<https://www.rei.com/c/winter-traction-devices>

**REIservice**

2 years ago

Helpful? (0) (1) Report as inappropriate

**Q: Need to replace worn out laces. The eyelets and speedlaces on this boot are extremely small and I cannot find anything anywhere that is usable. La Sportiva website is no help. Is there a source for laces that are no more than 3 mm in diameter?**

**Ken**

2 years ago

2 Answers

Answer the question

**A:** I bought the "RJ-Sport Metal Aglet Wavy Hiking/Work Boot Laces Heavy Duty & Non Slip" laces from Amazon in size: 155cm(60") for \$6.99 and they are GREAT.  
<https://www.amazon.com/gp/product/B0BN894P9C>

**wally**

2 years ago

Helpful? (4) (0)

[Report as inappropriate](#)

See answer (1)

1 - 10 of 44 Questions



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