

All Birkenstocks include the classic all-natural CORK footbed that provides the real magic. The lower sandal is composed of an EVA sole for shock absorption, then layers of jute, latex and finally the natural CORK which makes up the footbed. What makes Birks special is that this CORK footbed shapes over time with wear to the unique contours of your foot and gives you a personalized fit. Also, the footbed itself has German engineered contours for arch support, a deep heel cup for stability and a toe bar – all designed to encourage natural motion, spread of the toes and correct posture. As you walk, your toes need space to spread out and move forward as you step, but then they also need that toe bar to grip against as you push back in your step. Whole new world.

- Most Birkenstock are the classic cork footbed which offers the most stability and posture support
- Some style/color are offered in a Soft Footbed option as well which adds an extra layer of Memory Foam for comfortability
- Soft Footbed is for people that prefer a little more squishiness or need a pair of Birks for extended walking sessions (i.e. travelling to Europe and will be doing a lot of walking each day)
- For most people we recommend the regular cork footbed