

HOKA Speedgoat 6 Mid GTX – Gear Review

Product Overview

The HOKA Speedgoat 6 Mid GTX is a lightweight waterproof trail-running and hiking shoe that blends the cushioning of a trail runner with the added protection of a mid-height collar. Built with a GORE■TEX waterproof membrane, Vibram® Megagrip outsole, and HOKA's signature high-cushion platform, it is designed for fast hiking, trail running, and all-weather mountain adventures.

Weight

Manufacturer specifications list the men's Speedgoat 6 Mid GTX at approximately **11.4 oz (324 g) per shoe** in a men's size 10. Pair weight is approximately **22.8 oz (648 g)**. Sources from HOKA, RoadTrailRun, and Backcountry are consistent on this specification.

Key Specifications

- Weight: 11.4 oz (324 g) per shoe
- Heel-to-Toe Drop: 5 mm
- Waterproof: GORE■TEX membrane
- Midsole: Compression-molded EVA foam
- Outsole: Vibram® Megagrip with Traction Lug technology
- Lug Depth: 5 mm
- Best Uses: Trail running, hiking, fastpacking, wet-weather adventures

Fit & Comfort

The Speedgoat 6 Mid GTX delivers the plush underfoot feel that has made the Speedgoat series popular among trail runners and hikers. The updated mid-height collar is more flexible than previous versions and feels closer to a trail-running shoe than a traditional hiking boot. Cushioning is generous without feeling overly soft, making it comfortable on long days over mixed terrain.

Traction

The Vibram® Megagrip outsole remains one of the strongest features of the Speedgoat platform. The aggressive lug pattern provides excellent grip on loose dirt, rock, mud, and wet surfaces. Many users report confidence-inspiring traction in difficult trail conditions.

Weather Protection

The GORE■TEX membrane effectively blocks rain, snow, and wet vegetation while maintaining reasonable breathability. The higher collar also helps keep trail debris and moisture from entering the shoe.

Durability

The reinforced upper and protective toe rand improve durability over previous generations. While primarily designed as a trail-running shoe, many hikers successfully use the Speedgoat 6 Mid GTX for day hikes, backpacking trips, and mountain travel.

Pros

- Lightweight for a waterproof mid-height trail shoe
- Excellent cushioning for long miles
- Outstanding Vibram® Megagrip traction
- Waterproof GORE■TEX protection
- Fast and agile feel compared to traditional hiking boots

Cons

- Less ankle support than a traditional hiking boot
- Premium price point
- Some users report durability concerns with heavy off-trail use

Best For

Fast hikers, trail runners, backpackers carrying lighter loads, and outdoor enthusiasts seeking a highly cushioned waterproof trail shoe that can handle long days on technical terrain.

Editor's Rating: 9.1 / 10

The HOKA Speedgoat 6 Mid GTX successfully combines trail-running speed with hiking versatility. Its lightweight construction, waterproof protection, exceptional traction, and long-distance comfort make it one of the strongest options available for hikers who prefer trail-runner-style footwear.