

A vapor-permeable and waterproof sole for shoes, particularly but not exclusively for open shoes such as sandals, sabots and the like comprising: a lower element (11, 111, 211, 311), on which a tread (12, 112) is integrated in a downward region; the lower element (11, 111, 211, 311) is chosen between an element that is vapor-permeable at least in an upward region and a perforated element; an upper vapor-permeable and/or perforated element (13, 113); a vapor-permeable and waterproof membrane (16, 116, 216, 316), interposed between the lower element (11, 111, 211, 311) and the upper element (13, 113) the membrane (16, 116, 216, 316) and the lower element (11, 111, 211, 311) and the upper element (13, 113) are joined hermetically in the perimetric regions of mutual contact; and at least one vapor-permeable comfort layer (14, 114), which composes the lower element (11, 111, 211, 311) and/or the upper element (13, 113) and is made of three-dimensional fabric, forming a ventilation gap (19, 119).