

These socks are made for walking

Try these for a first pair of socks, using thicker yarn makes the socks faster to knit. The pattern makes a pair of socks suitable for wearing in work or walking boots as they are a little thicker than 4 ply socks

This pattern is worked from the top down and uses the heel flap and turn method to create the heel.

Yarn: 100 g 6 ply sock yarn.

Needles: 3.0 mm, either double pointed needles or circulars for working in the round.

Notions: Tapestry needle, stitch markers.

Skills: Cast on, knit, purl, knitting in the round, picking up stitches, decreasing stitches, weaving in ends, grafting.

Gauge: 28 sts and 32 rows over 10 cm in stocking stitch.



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Sizing: Pattern gives stitch counts for extra small (small, medium, large, extra large) adult sizes with a finished circumference of 14 (15, 17, 18, 20) cm.

Abbreviations:

k knit

k2tog knit two stitches together

p purl

pm place stitch marker

p2tog purl two stitches together

Rnd round

sl slip stitch purlwise onto right needle without knitting it

sm slip marker from left needle to right

ssk slip two stitches knitwise one by one, knit these two stitches together

sts stitches

Cast on:

Cast on 40 (44, 48, 52, 56) sts using the [long tail cast on](#). This method of casting on gives a decent amount of stretch so the sock will fit over your heel.

Join for knitting in the round, placing a stitch marker to show the start of the round.

Cuff:

A ribbed cuff helps to hold the top of the sock in place on the leg.

Rnd 1: *k1, p1; repeat from * around.

Repeat round 1 10 (12, 12, 15, 15) times.

Leg:

The leg is worked in 3 x 1 ribbing to help the sock fit snugly on the leg.

Rnd 2: *k3, p1; repeat from * to end of round.

Repeat round 2 for 45 (50, 55, 60, 65) rounds or until leg is desired length.

Heel flap:

The heel flap is worked flat over the first 19 (21, 23, 25, 27) stitches of the round. The rest of the stitches can be stored on spare dpns or a spare circular needle.

Row 1: *sl1, k1; repeat from * over a total of 16 (18, 20, 22, 24) sts, sl1, k2tog. Turn work.

Row 2: sl1, p17 (19, 21, 23, 25). Turn work.

Row 3: *sl1, k1; repeat from * to end of row. Turn work.

Repeat rows 2 and 3 a total of 10 (11, 12, 13, 14) times— 21 (23, 25, 27, 29) rows total.

Heel turn:

Short rows are used to create the heel turn— a cup shaped section of knitting that sits under the heel and changes the direction of your knitted tube.

Row 1: *sl1, p10 (11, 13, 14, 15), p2tog, p1. Turn work.

Row 2: *sl1, k5 (5, 7, 7, 7), ssk, k1. Turn work.

Look carefully at the stitches on the needle. You will see a small gap between the decrease from row one and the following stitch.

Row 3: *sl1, p to one stitch before the visible gap, p2tog, p1. Turn work.

Row 4: *sl1, k to one stitch before the visible gap, ssk, k1. Turn work.

Repeat rows three and four until all stitches have been worked.

Gusset decreases:

Stitches are picked up along the edges of the heel flap to convert back to knitting in the round.

Pick up and knit one stitch in each of the slipped stitches along the edge of the heel flap.

Pick up an extra stitch in the space between the heel flap and the top of the foot to avoid a gap.

Place a stitch marker (marker 2).

Work across the stitches for the top of the foot in the ribbed pattern as established.

Place a stitch marker (marker 3).

Pick up a stitch in the space between the top of the foot and the heel flap to avoid a gap.

Pick up and knit one stitch in each of the slipped stitches along the edge of the heel flap.

Knit half the stitches from the heel.

Place a stitch marker. This is now the start of the round.

Arrange the stitches on your needle(s) as you feel most comfortable.

Decreases are worked to reduce the stitch count for a better fit on the foot.

Rnd 1: sm, k to marker 2, sm, work in ribbed pattern as established to marker 3, sm, k to end of round.

Rnd 2: sm, k to 3 sts before marker 2, k2tog, k1, sm, work in ribbed pattern as established to marker 3, sm, k1, ssk, k to end of round.

Repeat rounds one and two until the stitch count is back to the cast on figure- 40 (44, 48, 52, 56) sts.

Foot:

The rib pattern from the leg continues down the foot until it is the right length.

Sm, k to marker 2, sm, work in ribbed pattern as established to marker 3, sm, k to end of round.

Repeat until foot is 3.5 (4, 4.5, 5, 5.5) cm less than desired length, removing markers apart from start of round marker on your final round.

Toe:

The toe closes the sock.

Set up: Remove centre sole marker, k 10 (11, 12, 13, 14), place marker for start of round, k20 (22, 24, 26, 28), place a second marker, k to end.

Rnd 1: k around.

Rnd 2: *sm, k1, ssk, k to 3 sts before next marker, k2tog, k1; repeat from * around.

Repeat rounds one and two until 20 (24, 24, 28, 28) sts remain.

Repeat round two only until 16 (16, 16, 16, 16) sts remain.

Finishing:

Cut the yarn leaving at least a 15 cm tail. Graft the toe closed using [Kitchener stitch](#).

Weave in all ends.

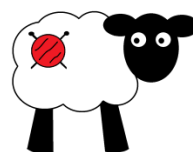
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