



INSTRUCTIONS

Cast on 60 sts, 20 on each of three needles.

1st round:*k1, p1, repeat from*to end of round.
Repeat this round for 12.7 cm (5 inches).

Next round: knit to end of round.
Repeat this round until work measures 40.6 cm (16 inches).

SHAPE ANKLE

1st round: K10, K2tog; K8, K2tog; knit to end of round. [58 sts]
2nd round: K
Repeat last round until work measures 45.7 cm (18 inches).

Next round: K5, K2tog; k16, k2tog; knit to end of round. [56 sts]
2nd round: K
Repeat last round until work measures 53.3 cm (21 inches).

Slip the first 28 stitches on the first needle for the heel, and continue to work with these for the heel.

Divide remaining stitches on two needles and leave for instep.

SHAPE HEEL

1st row: k27, turn.
2nd row: p26, turn.
3rd row: k25, turn.
4th row: p24, turn.

Continue thus, working one stitch less on every row until the row ‘p10, turn’ has been worked.

Next row: k10; pick up the loop which lies immediately below the next stitch and knit it together with the next stitch, turn.

Next row: p11, pick up the loop which lies immediately below the next stitch and purl it together with the next stitch, turn.

Continue thus working one stitch more on every row until all the stitches are worked onto one needle again. [28 sts]

Next row: k14, thus completing heel.
Mark this point, which is the back of the leg, and the marker for the start of each round.

Slip the instep stitches back onto one needle again, so you have the stitches distributed over the 3 needles 14/28/14, and you are ready to start the next round.

Keep the two lots of 14 stitches in stocking stitch (this will make the sole) and continue the rib pattern in rounds until work measures 15.2 cm (6 inches) from marked point. If you want to adjust the length of the foot, do so here by knitting more or fewer cm/inches.

SHAPE TOE

1st round (1st needle): knit to the last 3 sts; k2tog, k1.
1st round (2nd needle): k1, k2tog tbl, knit to the last 3 sts; k2tog, k1.
1st round (3rd needle): k1, k2tog tbl, knit to the end of the round.
2nd round: knit.
Rep. these 2 rounds until 24 sts. remain.
Knit the stitches from first needle and then slip them on to the end of 3rd needle, (12 sts on each needle).

MAKING UP

Graft or cast off the stitches from two needles together.
Sew in all ends.
Press lightly, or shape over a sock shaper.
Fold the ribbing at the top in half to the right side.

MATERIALS

7 x 50g balls Aran weight yarn.

One set of four No 9 (3¼mm) needles, pointed at both ends.

TENSION

21sts x 29 rows to 10.1 cm (4inches) over stocking stitches.

SIZE MATTERS

Length of foot: 28 cm (11 inches) /adjustable.
Length from top to base of heel: 53.3 cm (21 ins).

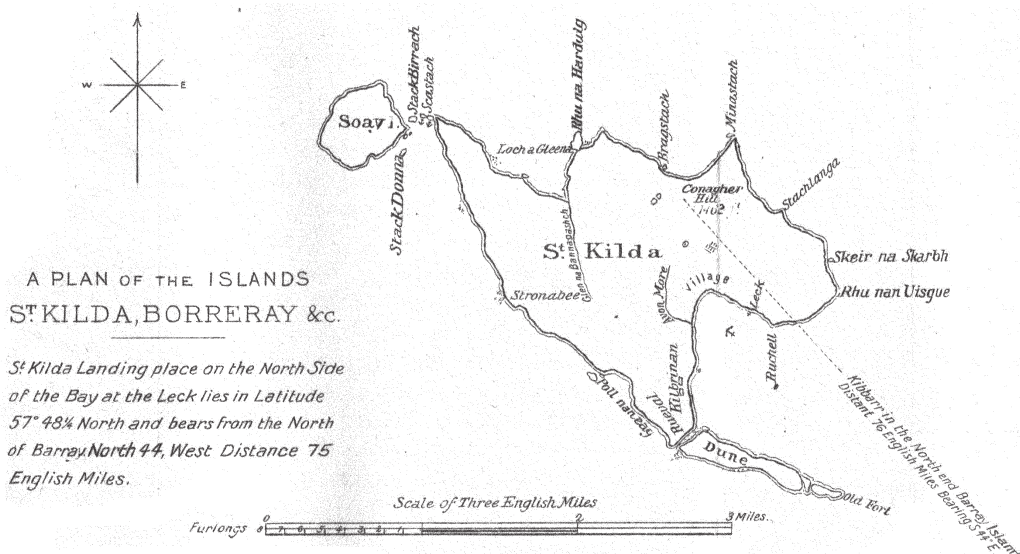
ABBREVIATIONS

k2tog: work 2 sts together to decrease.

k2tog tbl: knit 2 together through back loops (also known as “ssk”; or slip1, knit1, pass the slipped stitch over).

A WORD ON THE WOOL

Aran weight pure wool



THE GREAT WELLY SOCK CHALLENGE & ROW ST KILDA TO SKYE.

In 2014 a group of Skye men will be attempting to row the 100 miles from St Kilda to Portree.

The boat they will row was built about 1880, and was last used in 1913. They have been working over many months to restore the boat and training intensively to prepare the crew for the challenge ahead. They will be rowing such an incredible journey to raise funds for the RNLI and Skye & Lochalsh Young Carers.

In order to raise some money in support of the trip and charities involved ATLAS Arts is launching **The Great Welly Sock Challenge** part of the Spincycle-Skye project. We encourage you to have a go at knitting some welly socks. The socks will be for sale in various outlets in Portree.

In order to participate pick up or download this specially designed pattern from our website and the local outlets listed below. Please leave us your name and email address or phone number so that we can contact you and involve you in linked events.

Completed socks should be posted to:
**ATLAS Arts, PO Box 6318, Portree,
Isle of Skye, IV51 0AF**

Or handed in to one of the outlets listed below: Craft Over the Rainbow, Quay Brea, Portree and The Isle of Skye Baking Company, The Old Woolen Mill, Dunvegan Rd, Portree.

Spincycle-Skye is a yearlong multi-disciplinary project looking at culture, performance, music, visual arts, and crafts. Taking as its starting point the theme of spin, it draws inspiration from many areas and will explore things that revolve, turn, rotate, mirror, and repeat.

The project encompasses workshops, work-in-progress presentations, community events and exhibitions of new work across all art forms.

Follow lead artist Deirdre Nelson's research and project updates in her inspiring blog <http://spincycle-skye.tumblr.com>

To find out more about the project or download a pattern: www.atlas.org.uk, twitter [@skyeatlas](https://twitter.com/skyeatlas), www.facebook.com/atlasartpeopleplace and www.row-stkilda.co.uk

Spincycle-Skye is an audience development project funded by Creative Scotland



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