

Simple Trekking Socks

DESIGNED BY MIRIAM L. FELTON



These socks were designed to showcase the beautiful colors and subtle variegations of Trekking XXL sock yarn, but could be done beautifully in any subtly variegated yarn.

The simple texture at cuff and toe gives a bit of interest for both the knitter and the wearer. The k2 p2 ribbing and the reinforced stitch on the heel flap give comfort and durability to the socks, making them great for hiking, walking, or any activity where your feet need extra protection.

SPECIFICATIONS

Yarn: 1 100 gram skein of Trekking XXL sock yarn (462 yards). Color shown is 105.

Gauge: 18 sts and 22 rows per 2 square inches in stockinette stitch.

Needles: Set of 5 double points in US 1 (2.25 mm) or size needed to obtain gauge. A needle one or two sizes larger for casting on.

Finished Size: 7" from top of cuff to top of heel flap, 2.25" heel flap, 9.75" from back of heel to toe.

Notions: Tapestry needle to weave in ends. Stitch marker or coilless safety pin to mark the beg. of round if desired.

ABBREVIATIONS

k: knit
p: purl
k2tog: knit 2 together
rnd(s): round(s)

sl: slip 1 stitch as if to purl
ssk: slip 2 sts separately knit-wise, then knit them together tbl
RS: Right Side of work
WS: Wrong Side of work

CONSTRUCTION:

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These socks are worked from the cuff down, in k2 p2 ribbing with an alternating rib at cuff and toe. The heel is a turned modified round heel working in reinforced "heel" stitch for added durability. The toe is a wedge toe worked over 2" with decrease rows spaced to make for a rounder more comfortable fit.

NOTES:

- If you need a wider foot, you can reduce the number of decreases in the gusset, but make sure that you are still left with a multiple of 4 sts so that the toe patterning will work out. Also, please remember to divide foot stitches evenly over 4 needles before working the toe.
- The pattern is numbered for using 4 needles for the cuff and 5 needles for the foot. If you prefer to use 4 needles for the foot, simply count needles 2 & 3 as needle 2 and consider needle 4 to be needle 3.
- You will be instructed to cast on with a larger size needle, this will ensure that your cast on will be stretchy enough to accommodate the ribbing. If you prefer, you may cast on with a double thickness of yarn instead, it will achieve the same results.

PATTERN:

Cuff (worked in the round)

-Cast on 72 sts using a needle 1 or 2 sizes larger than your main needles, transfer stitches to 4 of the smaller needles (18 sts per needle) & join in the round.

Rnds 1-15: k2 p2 around.

Rnds 16 & 17: Knit.

Rnds 18-25: p2 k2 around.

Rnds 26 & 27: Knit.

-Switch back to k2 p2 ribbing and work that for 57 rows or until the total cuff measures 7" from cast on edge.

Heel Flap (worked flat)

Place sts from needles 3 & 4 onto the same dpn. Use these 36 sts for heel flap.

Heel Row 1 (WS): sl 1, p 35.

Heel Row 2 (RS): *sl 1, k1 (repeat from * across the row).

Heel Row 3 (WS): sl 1, purl across.



Work Heel Rows 2 & 3 a total 18 times, and then work Heel Row 2 once more.

Heel Turn (worked flat with short rows)

Sl 1, p 19, p2tog, p1,

turn

Sl 1, k5, ssk, k1, turn.

Sl 1, p6, p2tog, p1, turn.

Sl 1, k7, ssk, k1, turn.

Sl 1, p8, p2tog, p1, turn.

Sl 1, k9, ssk, k1, turn.

Sl 1, p10, p2tog, p1, turn.

Sl 1, k11, ssk, k1, turn.

Sl 1, p12, p2tog, p1, turn.

Sl 1, k13, ssk, k1, turn.

Sl 1, p14, p2tog, p1, turn.

Sl 1, k15, ssk, k1, turn.

Sl 1, p16, p2tog, p1, turn.

Sl 1, k17, ssk, k1, turn. (All sts have been worked and 20 sts rem.)

Gusset

With heel stitches still on needle, pick up and knit 21 sts along left side of heel flap (needle 1), knit across instep stitches on 2 needles (needle 2 & 3), then with empty dpn pick up and knit 21 sts from right side of heel flap & work 10 sts from heel on needle 1. (31 sts on needle 1, 36 sts total on needles 2 & 3, 31 sts on needle 4, and **new round begins in the middle of the heel.**)

Gusset Round 1: needle 1, knit to last 3 sts, k2tog, k1. needles 2 & 3, knit in k2 p2 rib as established for instep. needle 4, k1, ssk, knit to end.

Gusset Round 2: Knit needles 1 & 4 even and work needles 2 & 3 in rib as established.

Repeat Gusset Rounds 1 & 2 until 18 sts remain on each needle (unless altered as in *Note 1*. **72 sts total.**)

Work foot with ribbing on needles 2 & 3 (instep) and plain stockinette on needles 1 & 4 until sock measures 3.75" less than desired foot length.

- Knit 2 rounds even.
- Work p2 k2 alternate rib for 7 rounds.
- Knit 2 rounds even.
- Work k2 p2 rib for 5 rounds.

Toe

Toe Rnd 1: needles 1 & 3, knit to last 3 sts, k2 tog, k1; needles 2 & 4, k1, ssk, knit to end.

Toe Rnd 2: Knit all needles even.



-Repeat these 2 rounds 8 times for a total of 16 rows (10 sts per needle remain, 40 sts total).

-Then repeat only Round 1, 6 times (4 sts per needle remain, 16 sts total).

-Knit 4 sts from needle 1 onto needle 4, and transfer sts from needles 2 & 3 onto the same needle. Cut yarn with an 8" tail and graft rem. sts using Kitchener's Stitch.

Weave in ends and repeat for second sock.



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