



Ancient Strides

Socks



Ancient Strides Socks – Dinosaur Colorwork Knitting Pattern 🦖🧶
Step back in time with the Ancient Strides Socks, a bold and playful sock pattern featuring a striking dinosaur colorwork design. Designed for adult feet with adventurous flair, these socks are perfect for knitters ready to explore stranded knitting with a prehistoric twist.

Pattern Details:

Skill Level: Intermediate (ideal for those comfortable with stranded colorwork)

Yarn: Drops Nord or any 4-ply/fingering weight yarn

Needles: 2.25mm circular needles for magic loop

(Recommended: go up a needle size for the colorwork section to maintain gauge)

Gauge: 36 stitches x 38 rows = 10 cm (4 inches) in stockinette

Construction: Knit top-down with a smooth German short row heel

Sizing: Includes Small and Large adult sizes, with a fully adjustable foot length

Whether you're a lifelong dino-lover or just looking for a fun, graphic sock project, Ancient Strides is a roaring good time. These socks make a great gift—or a cozy statement piece for your own Jurassic adventures! 🦖🌟

Supplies

Yarn:

Drops Nord

MC - Light Peach

CC1- Forest Green

CC2- Off White

Needles:

2.25mm 80cm circular needles

2.75mm 80cm circular needles

Gauge

36 stitches and 38 rows per 10 cm.

Size -

S/L - 18cm/22cm circumference

Variable foot length

Extras:

Stich Markers

Tapestry needles for weaving in ends

Abbreviations

St – Stitch

K – Knit

P – Purl

Sl – Slip stitch

ktbl - Knit though the back loop

WS- Wrong side

RS- Right Side

MC - Main Colour

CC1 - Contrast Colour 1

CC2 - Contrast Colour 2

K2tog – Knit 2 stitches together

P2tog – Purl 2 stitches together

SSK – Slip slip knit

PM - Place Marker

SM - Slip Marker

MDS - Make double stitch

BOR - Beginning of round

Rep - Repeat



Pattern

Cuff

Cast on 60/72 stitches in CC using the cast on method of your choice, I like to use the German twisted cast on . Divide the stitches evenly between your needles. Join for working in the round, taking care not to twist the stitches.

Round 1: *Ktbl 1, p1, repeat from * to end of round.

Rep Round 1 until desired cuff length has been achieved.

Leg

You may wish to switch to a larger needle size for the colour work section of the socks to keep to the gauge.

Continue knitting in the round, follow chart A1/A2. Rep chart A1/A2 until desired leg length has been achieved.

Heel - Set up

Using CC1 only - you will need the MC for the two rounds in the centre of the heel. If you are not confident carrying the yarn over on the heel, I recommend cutting the MC yarn and re joining it when needed weaving in the long tails at the end.

R1 - K10, PM, K10, PM, K10, turn

Turn your work so WS of needle 1 is facing you. Put the remaining stitches on needle 2 on hold on another needle or on your circular needle cable.

R1: MDS, P to end, turn

R2: MDS, K to 1st double stitch, turn

R3: MDS, P to 1st double stitch, turn

Repeat Rows 2 & 3 until all stitches left and right of the markers have been worked.

Knit across all stitches on needles 1&2 twice ending back at the first stitch marker. When you get to the double stitches, these are knit together through the back loop. The two rounds knit on Needle 2 count as rows 1 and 2 of chart A1/A2 so you will need to attach your MC yarn.

Using CC1 yarn only

R1 - K to next stitch marker, remove marker, K1, turn.

R2 - MDS, P to marker, remove marker, p1, turn.

R3 - MDS, k to 1st double stitch, knit double stitch through the back loop, k1, turn

R4 - MDS, P to 1st double stitch, Purl double stitch together, P1, turn

Rep rounds 3 & 4 until all stitches have been worked.

Foot

Continue knitting in the round and follow chart A1/A2 until the foot measures the desired length. Remember to begin knitting the chart at Row 3. When you have completed the chart, begin again at row 1 and continue until desired foot length has been achieved.

Womens foot length guide

Size 3 - 20cm

Size 4 - 21cm

Size 5 - 22cm

Size 6 - 23cm

Size 7 - 24cm

Toe

Cut MC leaving a long end for weaving in.

Using CC1 only.

Round 1: Knit all stitches

Round 2: K1, ktog, k to to 3 stitches before end of needle, SSK, K1 * Rep on needle 2

Repeat rounds 1 & 2 $5\frac{5}{8}$ more times

Then just round 2 another 5 times.

You should now have 20 stitches left on the needles.

Cut the yarn leaving a long tail for sewing and using the Kitchener Stitch or the stitch of your choosing sew the last stitches together.

Weave in the ends and block.

Chart A1

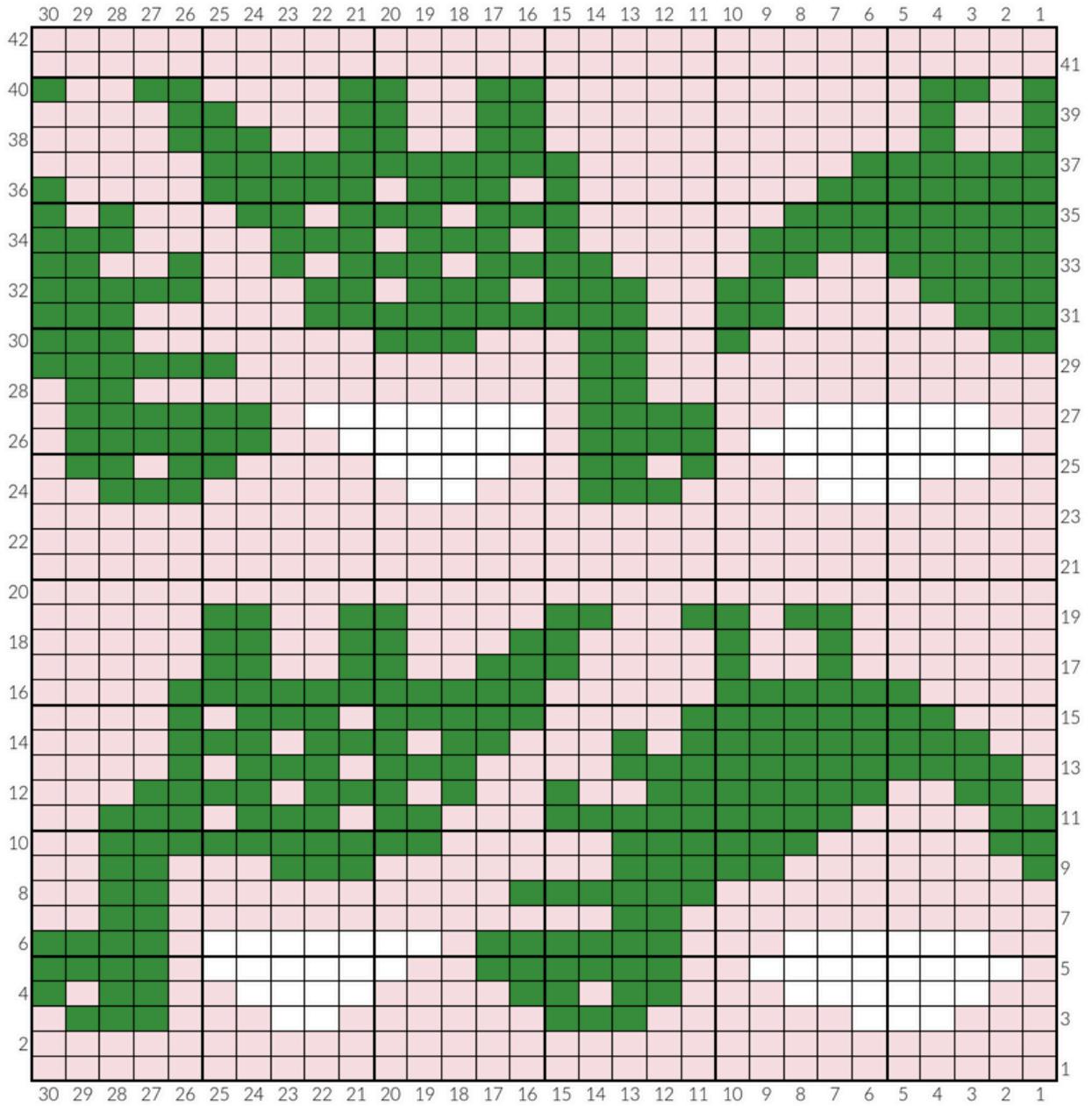


Chart A2

