



Grampian Peaks

by Lorraine Rayson

Inspired by William Wordsworth's poem 'Lines composed a few miles above Tintern Abbey' (1798) and a magnificent panoramic view of the beautiful Grampians in Western Victoria, Australia.

Out on a ride one day, we came over a crest and were presented with the most stunning view of the Grampian¹ ranges, rising up from the plains. A view worthy to inspire this design.

These stranded colour work socks are worked toe up with a heel flap and gusset.

Sizes

Adult Small (Medium, Large) – S-64 (M-72, L-80) sts

Finished circumference (approximate) – 18 (20.5, 23) cm/7 (8, 9) inches.

Yarn

Fingering weight sock yarn in 2 colours with good contrast.

Allow 70-80 g for MC and 50-60 g for CC. A solid or tonal would work well for MC.

Gauge (measured after washing and laying flat to dry)

36 sts/40 rounds = 10 cm/4 inches over stranded colour work.

Needles (for working small circumference in the round)

2.25 mm/US1 needles (or size required to achieve gauge).

Notions

Stitch markers (BOR marker, side marker, 2 gusset markers and 1 removable marker), plus your normal collection of notions.

“The sounding cataract haunted me like a passion: the tall rock, the mountain, and the deep and gloomy wood, their colours and their forms, were then to me an appetite; a feeling and a love, that had no need of a remoter charm, by thought supplied, nor any interest unborrowed from the eye.”

— William Wordsworth, Lines composed a few miles above Tintern Abbey, 1798

¹ [Grampians National Park](#)

NOTES

Sizing information

Choose a size to give you approximately 10% negative ease in circumference (measure foot circumference and multiple by 0.9).

I knit non-stranded colour work socks on 2.25 mm/US1 needles with 60-64 sts, and for stranded colour work socks I use the same needle size but with 70-72 sts.

Pattern notes

The pattern is written using stitch markers to separate sections of the sock, therefore the pattern can be easily adapted for use with any configuration of needles.

Slip markers as required.

The first half of the round is the front of the sock, the second half of the round is the back of the sock.

The ϕ symbol is used within the pattern to indicate that further information is available in techniques and resources.

Read the pattern through before starting.

Charts

All charts have fully written instructions.

There are two sets of charts – one set where the MC is dark and the other set where the MC is light.

Colour work knitting

When knitting stranded colour work, be consistent with your strand orientation. If your MC crosses above your CC at the back of your work, keep it that way throughout your project. ϕ

Working your socks inside out helps with better tension/float lengths. ϕ

LBJ is a good technique for catching long floats and allowing stretch. ϕ

When making increases in colour work, lift the bar of the same colour yarn as you are making the increase with.

Pattern layout and printing information

The charts and chart written instructions are located after the pattern instructions.

The printing guide below offers two options for printing the pattern. The first set of page numbers are the pages you need for the pattern. The page numbers in brackets will print the pages in such a way that the chart (or chart written instructions) will not be printed on the opposite side of pattern instructions. This avoids having to frustratingly flip between instructions and chart information. The pages you need to print are:

Pattern and charts

Dark MC chart – p 1-8 **or** (1-3, 8, 4-7)

Light MC chart – p 1-7, 9 **or** (1-3, 9, 4-7)

Pattern and chart written instructions – p 1-7, 10 **or** (1-3, 10, 4-7)

Pattern, charts and chart written instructions

Dark MC chart – p 1-8, 10 **or** (1-3, 8, 4-7, 10)

Light MC chart – p 1-7, 9-10 **or** (1-3, 9, 4-7, 10)

Abbreviations

BOR – beginning of round
CC/MC – contrast colour/main colour
RS/WS – right side/wrong side
st/sts – stitch/stitches
[] – repeat instructions
markers
gm# – gusset marker number
pm – place marker
sm – slip marker
basic stitches

k – knit

p – purl

sl – slip stitch – slip stitch purlwise, unless otherwise stated

increases/decreases

kfb – knit front and back – knit into front and back of stitch (1 st increased)

m1L – make 1 left – insert left needle from front lifting the bar between the current and the next stitch; through back loop (1 st increased)

m1R – make 1 right – insert left needle from back lifting the bar between the current and next stitch; knit through front loop (1 st increased)

RLIφ – right lifted increase – insert right needle from front into purl bump of stitch on left needle; knit; alternative method; pick up right leg of stitch below the next stitch on left-hand needle and knit (1 st increased)

k2tog – knit 2 together – knit 2 stitches together (1 st decreased)

p2tog – purl 2 together – purl 2 stitches together (1 st decreased)

ssk – slip slip knit – slip 2 stitches knitwise, one at a time; knit slipped stitches together through back loops (1 st decreased)

other stitches

LBJφ – ladder back jacquard

TSφ – twin stitch

Techniques

LBJφ – ladder back jacquard

Creating LBJ stitches – work to where you want to catch the float yarn; bring working yarn to front of work between needles; with float yarn create a LBJ stitch by working a backwards loop cast on; take working yarn to back of work between needles.

Working LBJ stitches – bring working yarn to front of work between needles; with float yarn knit LBJ stitch; take working yarn to back of work between needles.

Closing LBJ stitches – close LBJ stitches by working the LBJ stitch together with a stitch of the same colour, where possible. Close LBJ stitches, when required, by working either a k2tog (work LBJ stitch with next stitch) or a ssk (s1, slip LBJ stitch, knit together through back loops).

TSφ – twin stitch

RS – knit to 1 stitch before you want to make a twin stitch. Work a RLI; pass the newly created stitch to left needle; turn.

WS – purl to 1 stitch before you want to make a TS. Slip next stitch from left needle to right needle; insert left needle tip, from below up through the head of the purl bump just below the needle; purl. Pass the newly created stitch and the slipped stitch together back to left needle; turn.

Resources

Colour dominance (Knit Purl Hunter)
Half-Hitch/Stem stitch bind off
(Roxanne Richardson)
Judy's magic cast on (Roxanne Richardson)
Knitting inside out (KnittyMelissa)
LBJ video (Northwest Yarns) or blog (Ysolda)
Lifted increases (Arenda Holiday)
Shadow wrap short rows (Patty Lyons)
Vanilla Sock with Gusset & Choice of Heel
(Jo Torr)

PATTERN INSTRUCTIONS

Toe

With MC and using Judy's magic cast on (or another comparable method), cast on 24 (28, 32) sts.

Round 1: Place BOR marker, [kfb, k9 (11, 13), kfb, k1], pm (side marker), repeat. (4 sts inc)

Round 2: [Kfb, knit to 2 stitches before marker, kfb, k1], sm, repeat. (4 sts inc)

Round 3: Knit.

Repeat rounds 2 and 3 until you have 32 (36, 40) sts between markers.

64 (72, 80) sts

Foot

Work main chart 4 times per round, removing side marker when you come to it. After you have worked over 4 cm/1.5 inch of stranded colour work, measure your row gauge to help determine when to start the gusset.

Continue working main chart until the sock is 12 (13, 14) cm/ 4.5 (5, 5.5) inches shorter than your foot.

Depending on your personal requirements, decide how many gusset increases you need for fit, remembering that stranded colour work is not as stretchy as non-stranded colour work.

The gusset and heel instructions will work regardless of how many gusset increases you work. Stitch counts given in the pattern are based on gusset increases of 32 (36, 40) sts, so if you work more/less increases your stitch count will differ.

If you want a shorter gusset but a greater number of increases, Jo Torr has an excellent pattern "Vanilla Sock with Gusset & Choice of Heel" which provides instructions on adding in extra gusset increases in an additional round.

If your row gauge differs from the pattern, you will need to recalculate the above measurement for your row gauge (see "How to calculate" below).

How to calculate when to start the gusset if your row gauge differs from pattern row gauge:

Step 1 – calculate your row gauge (measure your row gauge over 2.5 cm/1 inch of stranded colour work).

Step 2 – divide the number of gusset rows 32 (36, 40) by your row gauge. For metric multiple the number you get by 2.5.

Step 3 – add 4 cm/1.5 inches (for heel turn and negative ease) to the measurement obtained in step 2.

Step 4 – subtract the number obtained in step 3 from your foot length. This is how much shorter than your foot the sock needs to be before starting the gusset.

"If I should be where I no more can hear thy voice, nor catch from thy wild eyes
these gleams of past existence—wilt thou then forget that on the banks of this
delightful stream we stood together; and that I, so long a worshipper of Nature,
hither came unwearied in that service; rather say with warmer love
—oh! with far deeper zeal of holier love. Nor wilt thou then forget,
that after many wanderings, many years of absence,
these steep woods and lofty cliffs, and this green pastoral landscape,
were to me more dear, both for themselves and for thy sake!"

— William Wordsworth, *Lines composed a few miles above Tintern Abbey*, 1798

Gusset

Gusset set-up

Round 1: Work 3 repeats of main chart, pm (gm1), MC m1L, pm (gm2), work 1 repeat of main chart. (1 st inc)

Make a note of which repeat and row you have just worked _____ (for sock 2).

The gusset is worked between repeats 3 and 4 of main chart. The gusset and all gusset increases are worked between the gusset markers.

Round 2: Work as established to gm1, sm, MC m1R, MC k1, sm, continue to end of round. (1 st inc)

Round 3: Work as established to gm1, sm, work stitches as presented to marker, sm, continue to end of round.

Round 4: Work as established to gm1, sm, MC m1R, MC k2, MC m1L, sm, continue to end of round. (2 sts inc)



Gusset increases

Work as follows (see gusset chart):

Round 1: Work as established to gm1, sm, work stitches as presented to marker, sm, continue to end of round.

Round 2: Work as established to gm1, sm, MC k1, CC m1R, work stitches as presented to 1 stitch before marker, CC m1L, MC k1, sm, continue to end of round. (2 sts inc)

Round 3: Work as established to gm1, sm, work stitches as presented to marker, sm, continue to end of round.

Round 4: Work as established to gm1, sm, MC k1, MC m1R, work stitches as presented to 1 stitch before marker, MC m1L, MC k1, sm, continue to end of round. (2 sts inc)

Repeat rounds 1-4 until you have 32 (36, 40) sts between gusset markers, or have worked the number of gusset increases desired. **96 (108, 120) sts**

Try on your sock as you get close to finishing the gusset increases to ensure it fits.

The sock should finish approximately 4 cm/1.5 inches before the back of the heel when slightly stretched.



Heel

The heel is worked over the central 24 stitches between side and BOR markers.

Place a removable marker in the middle of your gusset (centre heel marker).

The heel incorporates both the heel turn and the heel flap.

Shadow wrap short rows are used to create twin stitches (TS), remember to turn after making a TS.

The first row of the heel turn continues using the main chart as noted above. This will eventually become the first round on the back of the leg.

Remove gusset and centre heel markers as you come to them.

Heel turn

The heel turn is worked in Eye of Partridge stitch pattern as follows:

Row 1 (RS): Work 2 repeats of main chart, replace side marker, continue working main chart for the next 5 (7, 9) sts, catching the CC close to the last stitch if required. Make a note of which row you are working _____.

Leave the CC here – we will come back to it just before the end of the heel flap.

Working with MC only, knit to centre heel marker, k11, make TS.

Row 2 (WS): P22, make TS.

Row 3: K1, [sl1, k1] to 1 stitch before TS, make TS.

Row 4: Purl to 1 stitch before TS, make TS.

Repeat rows 3 and 4 until you have 9 TS each side and 6 stitches between the TS.

Heel flap

The heel flap is worked in slipped stitch pattern as follows:

Row 1 (RS): Knit to last TS, working each TS as a single stitch when you come to it, ssk (the last TS and next stitch), turn. (1 st dec)

Row 2 (WS): Sl1, purl to last TS, p2tog (the last TS and next stitch), turn. (1 st dec)

Row 3: Sl1, [k1, sl1] to 1 stitch before gap, ssk, turn. (1 st dec)

Row 4: Sl1, purl to 1 stitch before gap, p2tog, turn. (1 st dec)

Repeat rows 3 and 4 until there are 34 (38, 42) sts between side and BOR markers.



“In all things of nature there is something of the marvelous”
— Aristotle

Leg

The main chart is now worked over all stitches.

The 2 extra stitches from the heel will be decreased out and the gaps closed in the next 2 rounds.

Begin working in the round again, with both yarns as follows:

Back of leg: Sl1, continue working main chart (from the row you noted above) starting from stitch 6 (8, 10) to 1 stitch before gap, ssk, continue to end of round. (1 st dec)

Next Round: Work next row of main chart to side marker, remove marker, continue working main chart to 1 stitch before gap, k2tog, continue to end of round. (1 st dec)

64 (72, 80) sts

Continue as established until leg is approximately 5 cm/2 inches short of desired length, finishing after completing all rows of main chart.

Cut CC yarn.

Cuff

With MC knit 2 rounds then work either 1x1 or 2x2 ribbing for 20 rounds or until desired length.

Bind off using the Half-Hitch/Stem Stitch method (or another comparable stretchy bind off).

Finishing

Weave in your ends, block and enjoy your socks.

Acknowledgements

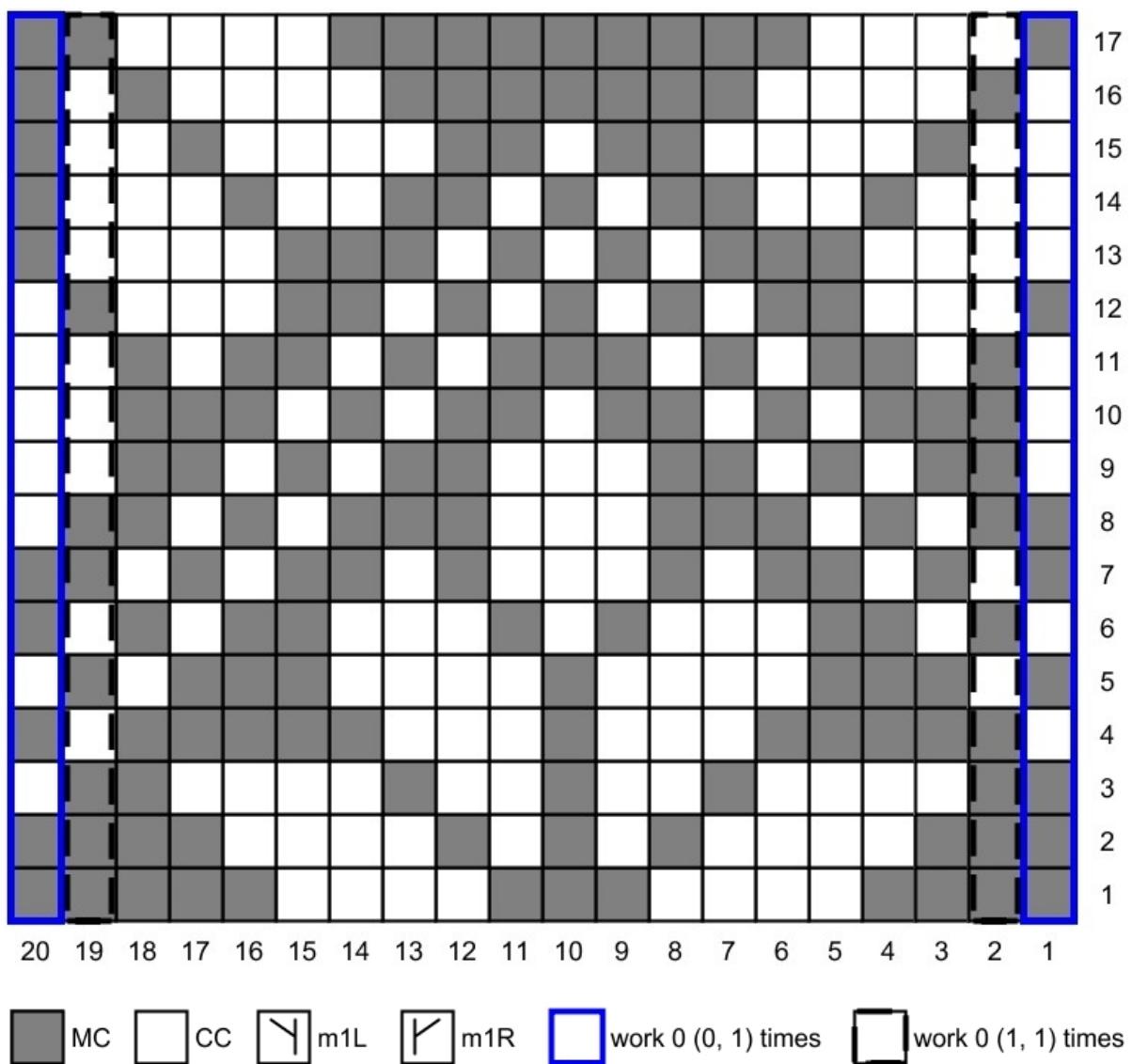
Sincere thanks to those who tested the pattern and provided valuable feedback.

A huge thank you also to Condichick, yarnymama, SNSSO and yalta for their valued ongoing advice, guidance, feedback and encouragement.



Dark MC charts

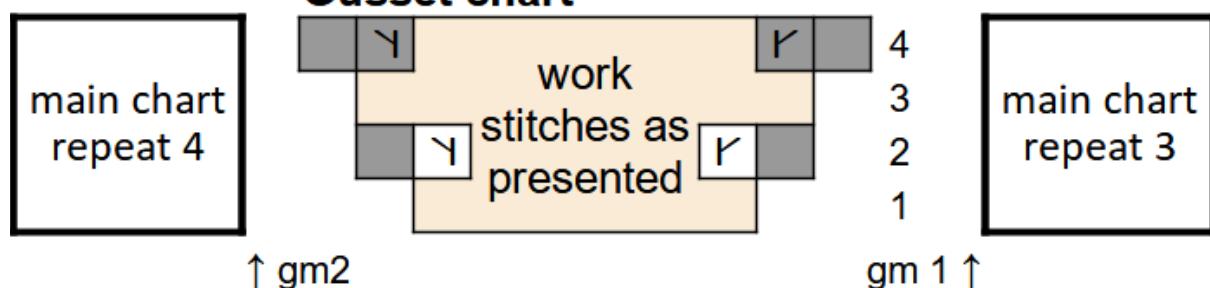
Main chart



Notes:

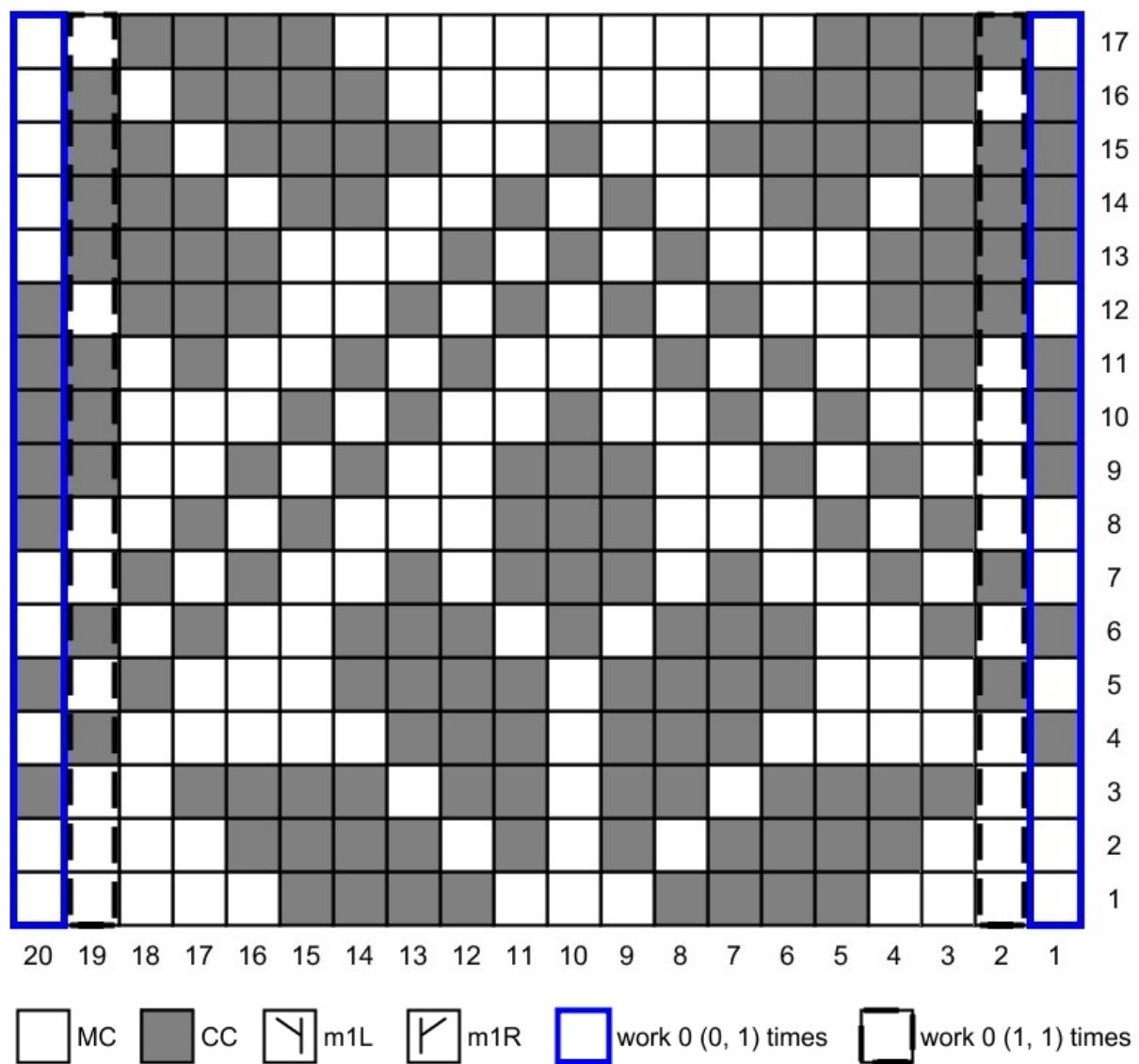
- gusset increases started repeat _____, row _____
- last main chart row worked across instep before starting heel _____

Gusset chart



Light MC charts

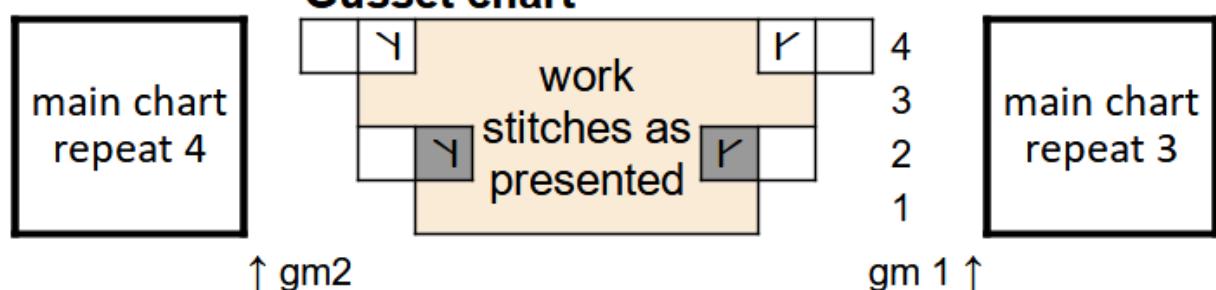
Main chart



Notes:

- gusset increases started repeat _____, row _____
- last main chart row worked across instep before starting heel _____

Gusset chart



WRITTEN CHART INSTRUCTIONS

Main chart (all stitches are knit unless otherwise stated)

Row 1: MC 2 (3, 4), CC 4, MC 3, CC 4, MC 3 (4, 5). **16 (18, 20) sts**

Row 2: MC 1 (2, 3), CC 4, MC 1, CC 1, MC 1, CC 1, MC 1, CC 4, MC 2 (3, 4).

Row 3: MC 0 (1, 2), CC 4, MC 1, CC 2, MC 1, CC 2, MC 1, CC 4, MC 1 (2, 2), CC 0 (0, 1).

Row 4: CC 0 (0, 1), MC 4 (5, 5), CC 3, MC 1, CC 3, MC 5, CC 0 (1, 1), MC 0 (0, 1).

Row 5: MC 0 (0, 1), CC 0 (1, 1), MC 3, CC 4, MC 1, CC 4, MC 3, CC 1, MC 0 (1, 1), CC 0 (0, 1).

Row 6: CC 0 (0, 1), MC 0 (1, 1), CC 1, MC 2, CC 3, MC 1, CC 1, MC 1, CC 3, MC 2, CC 1, MC 1, CC 0 (1, 1), MC 0 (0, 1).

Row 7: MC 0 (0, 1), CC 0 (1, 1), MC 1, CC 1, MC 2, CC 1, MC 1, CC 3, MC 1, CC 1, MC 2, CC 1, MC 1, CC 1, MC 0 (1, 2).

Row 8: MC 0 (1, 2), CC 1, MC 1, CC 1, MC 3, CC 3, MC 3, CC 1, MC 1, CC 1, MC 1 (2, 2), CC 0 (0, 1).

Row 9: CC 0 (0, 1), MC 1 (2, 2), CC 1, MC 1, CC 1, MC 2, CC 3, MC 2, CC 1, MC 1, CC 1, MC 2, CC 0 (1, 2).

Row 10: CC 0 (0, 1), MC 2 (3, 3), CC 1, MC 1, CC 1, MC 2, CC 1, MC 2, CC 1, MC 1, CC 1, MC 3, CC 0 (1, 2).

Row 11: CC 0 (0, 1), MC 0 (1, 1), CC 1, MC 2, CC 1, MC 1, CC 1, MC 3, CC 1, MC 1, CC 1, MC 2, CC 1, MC 1, CC 0 (1, 2).

Row 12: MC 0 (0, 1), CC 2 (3, 3), MC 2, [CC 1, MC 1] three times, CC 1, MC 2, CC 3, MC 0 (1, 1), CC 0 (0, 1).

Row 13: CC 2 (3, 4), MC 3, CC 1, MC 1, CC 1, MC 1, CC 1, MC 3, CC 3 (4, 4), MC 0 (0, 1).

Row 14: CC 1 (2, 3), MC 1, CC 2, MC 2, CC 1, MC 1, CC 1, MC 2, CC 2, MC 1, CC 2 (3, 3), MC 0 (0, 1).

Row 15: CC 0 (1, 2), MC 1, CC 4, MC 2, CC 1, MC 2, CC 4, MC 1, CC 1 (2, 2), MC 0 (0, 1).

Row 16: CC 0 (0, 1), MC 0 (1, 1), CC 4, MC 7, CC 4, MC 1, CC 0 (1, 1), MC 0 (0, 1).

Row 17: MC 0 (0, 1), CC 3 (4, 4), MC 9, CC 4, MC 0 (1, 2).

Gusset chart

Row 1: Work stitches as presented between gusset markers.

Row 2: MC 1, CC m1R, work stitches as presented to 1 stitch before marker, CC m1L, MC 1.

Row 3: Work stitches as presented between gusset markers.

Row 4: MC 1, MC m1R, work stitches as presented to 1 stitch before marker, MC m1L, MC 1.