

Morning Walk

Shawl Knitting Pattern

Design by: **Fifty Four Ten Studio**

© 2025 All rights reserved.

Pattern Contents:

Photo & Yarn Used:	Page 1
Knitting Pattern:	Pages 2 - 4
Pattern Notes & Tips:	Page 2
Finishing:	Page 4
Size Modifications:	Page 4
Diagram:	Page 4
Contact Info:	Page 5
Photo & Inspiration:	Page 5



Yarn Used:

Malabrigo Rios
Worsted #4 Weight
Color: #210 Blue Jean

Morning Walk - Shawl Knitting Pattern

Design by: **Fifty Four Ten Studio** © 2025

SKILL LEVEL - Easy for a confident knitter

SIZE - One size approximately 63" wingspan x 13" deep

Refer to diagram on page 4.

It's easy to make the shawl larger. See page 4 for details.

SUPPLIES

- **Worsted #4 Weight Yarn: 400 - 420 yards**
- **US size 8 circular knitting needles (28" - 40" length), or size needed to obtain gauge.** If using a different weight yarn, choose needle size best suited for your yarn and knitting tension.
- **Tapestry needle**
- **Clip-on marker**

GAUGE

Garter stitch with US size 8 needles: 18 sts & 40 rows = 4"

Take time to test gauge by casting on 30 stitches and working in garter stitch for at least 4".

Select needle size that gives the best appearance for your choice of yarn and your knitting tension.

However, if you are using worsted #4 weight yarn and your gauge has *less than* 18 stitches per 4" the project may require more yarn than noted above.

ABBREVIATIONS

K	knit
K2tog	knit 2 stitches together
kfb	knit 1 into front and back of a stitch
mkr	marker
P	purl
RS	right side of knitting

sl1 wyif	slip 1 stitch purlwise with yarn in front
st	stitch
sts	stitches
ws	wrong side of knitting
yo	yarn over

PATTERN NOTES & TIPS

Clip Marker: Use a clip on marker to keep track of the right vs. wrong side of pattern.

Alternate Skeins: If using a hand dyed yarn, alternate between skeins at least a few times. For example, when about half of the first skein has been used, switch to another skein and knit a few inches. Then, switch to a third skein. Continue alternating from one skein to another. This helps minimize the appearance of distinctive lines in the knitting due to color variations between skeins.

Magic Knot: I used the magic knot method to change from one skein to another. The small knots will be most hidden if changes occur in the garter stitch sections.

Blocking: For best appearance, blocking of finished project is highly recommended.

Use this link to see step-by-step tips for blocking on my website: bit.ly/HowToBlockKnittingBLOG

YARN NOTES

Pattern is designed for **worsted #4** weight yarn.



Shawl looks attractive with solid or multi-color hand dyed colorways.

Pattern may be used with lighter or heavier weight yarn. Keep in mind that a different weight yarn will impact finished dimensions and the project may require more (or less) yarn than noted.

Morning Walk - Shawl Knitting Pattern

Design by: **Fifty Four Ten Studio** © 2025

DIRECTIONS

Project is worked flat, in one piece on circular knitting needles.

Work as follows starting with “Section A: Set-Up Rows”, followed by Sections B, C, and D.

SECTION A: SET-UP ROWS

With **US size 8 needles** cast on **4 sts**. I used a long tail cast on.

Row 1 (WS): K4

Row 2 (RS): K1, yo, K1, K2tog.

Row 3 (WS): Sl1 wyif, K1, kfb, K1.

Proceed to Section B directions.

Please refer to shawl diagram on page 4.

SECTION B: GARTER STITCH

With **right side** of knitting facing work as follows:

Row 1 (RS): K1, yo, K to last 2 sts, K2tog.

Row 2 (WS): Sl1 wyif, K to last 2 sts, kfb, K1.

Repeat Rows 1 & 2 until 20 stitches on needle and having finished a right side (RS) row (Row 1).

Proceed to Section C directions.

SECTION C: STOCKINETTE STITCH & GARTER STITCH “STRIPES”

With **wrong side** of knitting facing work as follows:

Rows 1 & 3 (WS): Sl1 wyif, P to last 2 sts, kfb, K1.

Rows 2 & 4 (RS): K1, yo, K to last 2 sts, K2tog.

Row 5 (WS): Sl1 wyif, K to last 2 sts, kfb, K1.

Rows 6 & 8 (RS): Same as Row 2.

Rows 7 & 9 (WS): Same as Row 1.

Rows 10, 12, 14, 16, 18 & 20 (RS): Same as Row 2.

Rows 11, 13, 15, 17 & 19 (WS): Same as Row 5.

Section C is made up of rows 1 - 20. **Work rows 1 - 20 a total of 10 times.**

For a larger shawl, repeat Rows 1 - 20 additional times. Be sure to reserve enough yarn to complete Section D (10 rows plus the bind off row). *See page 4 for additional size modification tips.*

Proceed to Section D directions on next page.

Morning Walk - Shawl Knitting Pattern

Design by: **Fifty Four Ten Studio** © 2025

SECTION D: GARTER STITCH BOTTOM BORDER & BIND OFF

With **wrong side** of knitting facing, **repeat rows 11 - 20** from Section C.

On the next row, with **wrong side** facing and using a basic bind off method work as follows:

Sl1 wyif, bind off all stitches knitwise until last 2 sts, kfb, and then slip the 2nd stitch of the kfb back to the left hand needle. Bind off the right most stitch on the right needle. Slip 1 stitch from left needle back to the right needle. Bind off remaining stitches.

FINISHING

Cut yarn leaving an 8" tail. With a tapestry needle, carefully weave in ends on wrong side of knitting.

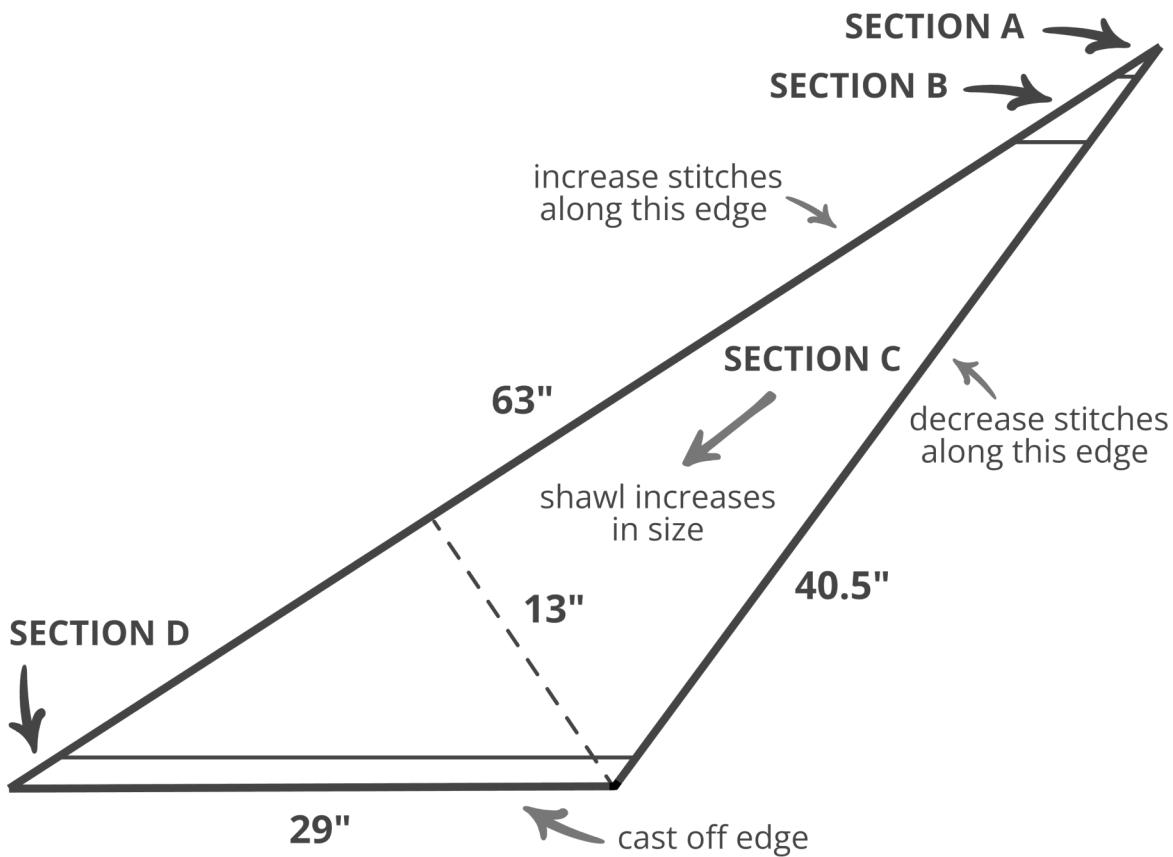
Blocking is highly recommended. [Click here to see blocking tips: fiftyfourtenstudio.com.](http://fiftyfourtenstudio.com)

SIZE MODIFICATIONS

For a longer shawl, add additional repeats of Rows 1 - 20 in Section C. Each additional set of 20 rows will add approximately 2.5" to the overall wingspan. The first additional set of 20 rows will require *approximately* 70 - 80 yards of yarn. Each additional repeat will add more stitches, making the shawl larger in both wingspan and depth, and more yarn will be required.

DIAGRAM

Diagram for illustration purposes only. Not to scale.



Morning Walk - Shawl Knitting Pattern

Design by: **Fifty Four Ten Studio** © 2025



INSPIRATION FOR PATTERN NAME

One of my favorite things is a **morning walk** with a friend. There's time to chat about life... as we enjoy walking in charming neighborhoods in Kansas City (my hometown), on the trails through beautiful local parks, and on scenic shorelines when on vacation.

A **morning walk** is a wonderful way to connect with a friend.

This easy to wear hand knit shawl is the perfect cozy wrap for a morning walk. When the temperature outside is a bit chilly... just toss this triangular shawl over your shoulders as you head out the door.

Thank you so much for your interest in my knitting patterns.

Happy knitting!

If you have any questions, contact Mary Lee at: FiftyFourTenStudio@gmail.com

Visit my website and shop my knitting patterns: FiftyFourTenStudio.com

Shop all of my knitting patterns on Ravelry: bit.ly/5410StudioRavelry

Sign up for my email newsletter here: bit.ly/5410StudioNewsletterSignup

Follow me on [Facebook](#) and [Instagram](#): @FiftyFourTenStudio

I would love to see your projects on Instagram! Tag your posts:

@FiftyFourTenStudio #FiftyFourTenStudio #MorningWalkShawl

All content and photographs are the property of Fifty Four Ten Studio and may not be used without express permission.

Pattern may not be resold, copied or redistributed for any reason via hard copy, email or internet posting.

This pattern may be used for personal use, charity knitting, or small scale craft sales.
