



Sand Trails



Sand Trails are knit from the cuff down in an easy-to-memorize slipped stitch pattern, which creates a thick and warm fabric. Other features include a traditional slipped stitch heel flap and turn and gusset shaping.

Sizes and Gauge

Extra small (XS), Small (S), Medium (M), Large (L)

Gauge: 4 inches = 30 stitches in pattern. Pattern is stretchy and will fit wide variety of sizes.

Materials

Size US1.5 (2.5 mm) long circular needle for Magic Loop OR two circular needles OR set of double pointed needles, OR size needed to obtain gauge

300 (320, 340, 360) yards fingering weight sock yarn. I used Patons Kroy Socks 4-ply in color Flax.

3 stitch markers

Tapestry needle for weaving in ends

Abbreviations

K – Knit

P – Purl

SSK – Slip, slip, knit

K2tog – Knit 2 together

Sl1 – Slip 1

St(s) – Stitches

Wyib – With yarn in back

Wyif – With yarn in front

Tbl – Through the back loop

Chart Key

Key	
<input type="checkbox"/>	Knit k
<input type="checkbox"/>	Purl p
<input checked="" type="checkbox"/>	Slip With Yarn In Back slip wyib

Cuff

Cast on 49 (56, 63, 70) sts. Join for knitting in the round, and place marker for beginning of round.

P2, K1, P1, K1, P1, K1. Repeat to end.

7	6	5	4	3	2	1	
	—		—		—	—	1

Work cuff rounds for an inch or desired length.

Leg

Round 1: K2, Sl1 wyib, K3, Sl1. Repeat to end.

Round 2: P2, Sl1 wyib, P3, Sl1. Repeat to end. (Remember to slip with yarn in back.)

Round 3: K4, Sl1 wyib, K2. Repeat to end.

Round 4: P2, K2, Sl1 wyib, K2. Repeat to end.

7	6	5	4	3	2	1	
		▼			—	—	4
		▼					3
▼	—	—	—	▼	—	—	2
▼			▼				1

Repeat rounds 1-4 until leg measures 6 inches or desired length, ending with a round 4.

Setup for heel flap

For sizes S and L only: K1.

For sizes XS and M only: K2.

Heel Flap

Place the next 26 (28, 33, 35) sts on hold for top of foot. The remaining 23 (28, 30, 35) sts will be worked back and forth for the heel flap, beginning with a WS row.

Row 1 (WS): Sl1 purl wise wyif, P22 (27, 29, 34), turn.

Row 2 (RS): [Sl1 purl wise wyib, K1] 11 (14, 15, 17) times. For Sizes XS and L, K last st.

Repeat these two rows until heel flap measures 2 ¼ - 2 ½ inches or desired length, ending with a Row 1.



Heel Turn

Row 1 (RS): Sl1, K13 (16, 16, 19) sts, ssk, K1.
Turn.

Row 2 (WS): Sl1, P6 (7, 5, 6) sts, P2tog, P1. Turn.

Row 3: Sl1, K to one st before gap, ssk (to close gap), K1. Turn.

Row 4: Sl1, P to one st before gap, P2tog (to close gap), P1. Turn.

Repeat rows 3 and 4 until all sts have been worked, ending with a row 4. 15(18, 18, 21) sts remain.

Shape Gussets

Setup rnds:

Rnd 1: Sl1 wyib, K to end of heel sts. Pick up and knit one st in each slipped st along edge of heel flap, plus one st between heel flap and top of foot. Place a marker for right side. Resume working in the round by working Rnd 1 of Leg chart in pattern. (For Sizes S and L, this will mean starting with the second st on chart. For sizes XS and M, start with third st on chart.) Place marker for left side. Pick up and knit one st between top of foot and heel flap, and in each slipped st along edge of heel flap. K 7(9, 9, 10) sts. This is the new beginning of round.

Rnd 2: K8 (9, 9, 11), K picked up sts tbl, Sl marker, work top of foot in established pattern, Sl marker, K picked up sts tbl, K to end.

Decrease rnds:

Rnd 1: K to 3 sts before right marker, K2tog, K1, Sl marker, work top of foot in pattern, Sl marker, K1, SSK, K to end.

Rnd 2: K to right marker, Sl marker, work top of foot in pattern, Sl marker, K to end.

Repeat these two rounds until a total of 49 (56, 63, 70) sts remain.

Foot

Work even in pattern until foot measures about 2 inches less than desired foot length from back of heel. K to right marker for new beginning of round.

Setup for Toe

Arrange sts so that there are an even number of sts for top of foot and bottom of foot. If there is an uneven number, a decrease can be done on the top of foot in the first round of Toe. OR a decrease can be done during grafting of the toe.

Toe

Rnd 1: K to end.

Rnd 2: K1, SSK, K to 3 sts before left marker, K2tog, K1, Sl marker, K1, SSK, K to 3 sts before right marker, K2 tog, K1.

Repeat these two rounds until top and bottom of foot has 13 (for Sizes M and L) or 14 (for Sizes XS and S) sts each. Graft sts together using Kitchener Stitch. Weave in ends and block.

Repeat instructions for second sock.

"Do not go where the path may lead; go instead where there is no path and leave a trail."