



Mountainous Valley Cowl

Sunny Psota

Most cowl construction is pretty basic so I use the patterns as inspiration for what I prefer to wear. You can knit this cowl as written using several options or adding your own variations. The range in needle sizes varies depending upon your desire to create a soft cowl that drapes around your neck, or a thicker one that extends up near your chin. If you want to make your cowl higher, continue with the pattern but make sure you end of a purl ridged row before transitioning to the bind off.

The pattern is knitted in the round and is simply a combination of knits and purls. It requires no seaming or buttons. The pattern is provided in written instructions, and chart form for the body once three set-up rows are completed.

Yarn, Needle, and Gauge:

- Cascade Superwash 220, 1 skein, size 7 needles, 19 stitches per 4 inches, 2 repeats (pictured above)
- Rowan Purl Wool Worsted, 1 skein, size 6 needle prewashed 19 stitches per 4 inches in pattern (18 stitches per 4 inches after blocked (second photo))
- Malabrigo Finto, 1 skein, size 4 needle, 2.5 repeats, 19 stitches per 4 inches (third photo)

Notions: 5-6 stitch markers (optional)

Set Up:

Cast on 120 stitches using a loose cast on method. I prefer the Twisted German with youtube videos available if you would like to try this approach. This pattern is knit in the round. Join using your preferred method, I add one extra stitch and then slip the last stitch on the circular needles over to the beginning of the other end of the needle, next to the first stitch. Slip the first stitch over last stitch and return that stitch to the other end of the needle.

Set up Rows:

Row 1: Knit

Row 2: Purl

Row 3: Knit placing a stitch marker after every 24 stitches marking five sets of the pattern.

Pattern:

Rows 1 and 2: P2, K2, P2, K18; repeat set four more times

Row 3: K2, P2, K2, P2, K2, P13, K1; repeat set

Row 4: K2, P2, K2, P2, K3, P13; repeat set

Rows 5 and 6: K4, P2, K2, P2, K14; repeat set

Row 7: P3, K3, P2, K2, P2, K2, P10; repeat set

Row 8: P4, K2, P2, K2, P2, K3, P9; repeat set

Rows 9 and 10: K8, P2, K2, P2, K10; repeat set

Row 11: P7, K3, P2, K2, P2, K2, P6; repeat set

Row 12: P8, K2, P2, K2, P2, K3, P5; repeat set

Rows 13 and 14: K12, P2, K2, P2, K6; repeat set

Row 15: P11, K3, P2, K2, P2, K2, P 2; repeat set

Row 16: P12, K2, P2, K2, P2, K3, P1; repeat set

Rows 17 and 18: K16, P2, K2, P2, K2; repeat set

Row 19: K2, P13, K3, P2, K2, P2; repeat set

Row 20: K3, P13, K2, P2, K2, P2; repeat set

Rows 21 and 22: P2, K18, P2, K2; repeat set

Row 23: K2, P2, K2, P13, K3, P2; repeat set

Row 24: K2, P2, K3, P13, K2, P2; repeat set

Repeat pattern two, two and a half (ending on Row 12) or three times depending on desired length

Ending Rows:

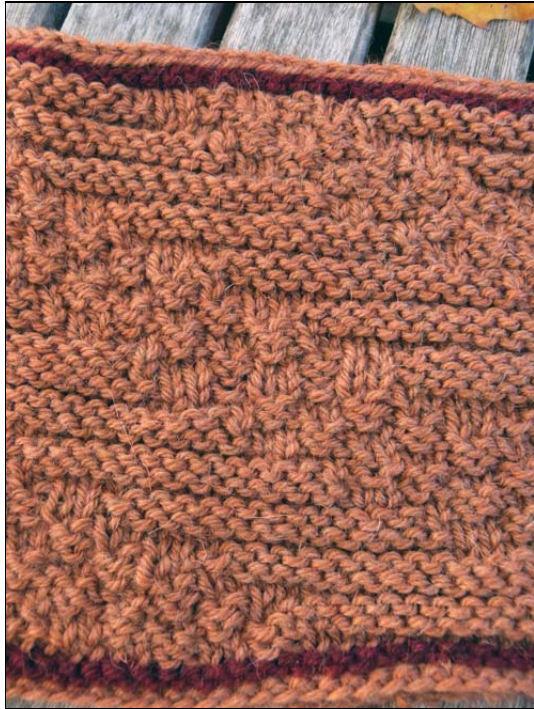
Knit one row*

Purl one row*

Knit one row

Cast off and weave in both ends.

Variation A: Knit Set-up rows 2 and 3, and the last third and second rows of the Ending rows (marked inn an asterisk) in a different color.



Variation B: Cast on 96 stitches and repeat pattern 2.5 times in fingerweight yarn.



Mountainous Valley Cowl Chart

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24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Stitches:



This pattern is a tribute to the tree covered hills of California that burned in 2015, and those who are rebuilding their lives in these special places. Pattern is adapted from Mary Webb's *Knitting Stitches: Over 300 Contemporary and Traditional Stitch Pattern*, 2006. Medium Stitch 46, page 146. Thanks to Ravelry's bearknitter for test knitting my first pattern