

ARNE & CARLOS

Spiral Sock Without Heel



This pattern is for personal use only. No portion of this packet may be reproduced without written permission from ARNE & CARLOS.

All rights reserved.

Copyright © 2025 ARNE & CARLOS

ARNE & CARLOS

Spiral Sock Without Heel

Materials: 100 grams (1 Ball) of ARNE & CARLOS Socks & More 4-ply, 75% virgin wool and 25% recycled polyamide is enough for 1 pair of socks. We used colour 07028 Stortjuvtinden, which is part of our "Mountains & Fjords" series.

Needles: 1 set of dpns 2.5 mm // US 1.5

Gauge: 30 stitches, 40 rows = 10 cm

This is an "old way" of knitting sock. This is a sock without heel, which is knitted toe up in the round and is called a Spiral sock in Norwegian.

Start on the toe:

Cast on 16 sts over dpn. Divide these sts onto 4 dpns = 4 sts per ndl.

Rnd 1: Knit 16.

Inc in the sides as follows:

Rnd 2: K1, inc 1, k6, inc 1, k2, inc 1, k6, inc 1, k1.

Rnd 3: knit 20

Rnd 4: K1, inc 1, k8, inc 1, k2, inc 1, k8, inc 1, k1.

Rnd 5: knit 24

Continue knitting around with inc 4 on every second round. Stop inc when you have the width that matches your foot. As a rule of thumb, you'll need about 14 sts per needle, total 56 sts for an average woman's foot size and 16 sts per needle, total 64 sts for an average men's size. Our size (42 European shoe size 42 // 9 in US shoe size) needs 16 sts on each needle, total 64 sts.

Pattern:

Rnd 1 - 3: * k4, p4 * around.

Rnd 4 - 7: k3, * p4, k4 *. Rep * - * around. End each rnd with p4, k1.

Rnd 8 - 11: k2, * p4, k4 *. Rep * - * around. End each rnd with p4, k2.

Rnd 12 - 15: k1, * p4, k4 *. Rep * - * around. End each rnd with p4, k3.

Rnd 16 - 19: * p4, k4 *. Rep * - * around.

Rnd 20 - 23: p3, * k4, p4 *. Rep * - * around. End each rnd with k4, p1.

Rnd 24 - 27: p2, * k4, p4 *. Rep * - * around. End each rnd with k4, p2.

Rnd 28 - 31: p1, * k4, p4 *. Rep * - * around. End each rnd with k4, p3.

ARNE & CARLOS

Spiral Sock Without Heel

Repeat rnds 1 – 31 until the sock is long as you like it. On our longer socks we knitted the pattern for 34 cm and for the ankle socks we knitted the pattern for 21 cm. Once you have your desired length, finish the sock with a k2, p2 rib at the hem. Our sock has 20 rnds of ribbing.

Sew the toe of the sock and weave the loose ends neatly when both socks are completed.

Tips on getting two identical socks:

If you want to try to get two identical socks with the Regia Design Line yarn, you need to start in a place that is easy to find again and make sure that you cast on a long tail with some extra length, so that you can look for that exact place when you start the second sock. Do not sew the toe until you have started the second sock or you won't be able to find the exact spot again.

If you have knitted lots of socks already and know how many stitches you need to cast on to get the correct number of stitches for the desired size that you are knitting, you can also easily knit the sock from the top down using the exact same pattern.

Enjoy!

