



Calistoga Cowl Knitting Pattern

This fun and quick to knit cowl is worked lengthwise and then joined at the ends. It's an easy to remember pattern, perfect for knitters of all skill levels.

You will need:

- 1 ball [Freia Fibers Refined Fingering Ombre Yarn](#)
- [Size US 6 needles](#)
- [Tapestry needle](#)

Measures: 44" circumference x 7" wide, after light blocking

Gauge: 25 sts to 4" in established stitch pattern

Cowl Pattern

Cast on 44 sts

Row 1: Knit

Row 2: Purl

Row 3: *K2tog, k2tog, (yo, k1) 3 times, yo, k2tog, k2tog. Repeat from * across.

Row 4: Knit

Repeat Rows 1-4 until only a few yards of yarn remain, ending with Row 4. Bind off in established pattern. Sew ends together using the [mattress stitch](#).

Weave in yarn ends and block lightly.

Abbreviations

K: knit

K2tog: knit two stitches together (decrease)

St(s) stitch(es)

Yo yarn over

