ANDO LIAN DO

BOSQUE MEDITERRÁNEO
Shawl

Juana Román

RECOMMENDATIONS BEFORE YOU BEGIN

It is recommended that you read the whole pattern, even a few times, before you begin, above all to familiarise yourself with the abbreviations and their definitions. Some of which come with a video, which can help you a lot.

The first thing you should do is make a GAUGE SWATCH to check that your gauge matches that of the pattern. If not, you will need to make the necessary adjustments so that the garment turns out as expected.

As we are going to use high contrast colours in this project in particular, it is strongly recommended that you wet block your swatch to make sure there is no colour bleeding or transfer.

At the end of most rows, you will find the number of stitches that you should have on the needles at that point in the pattern. This will help you to check that you are following the pattern correctly.

The odd rows correspond to the right side of the work and the even rows to the wrong side.

It is a good idea to place lifelines from time to time so that if you make a mistake, you can go back and pick up the stitches at an earlier point more easily. (See help video HERE)

If you need to print this pattern, please take care to only select the essential pages. Photo pages and instructions for other sizes are not necessary. In this way we can help to protect the environment.

This piece attempts to capture the essence of the **Mediterranean forest**. Its dance of green hues, filtered light, and textures. The greens provided by Nadir from Lalanalú are reminiscent of the foliage of pines, holly oaks and cork oaks, while its textures evoke the ground covered with leaves and moss.

It is a tribute to the Mediterranean forest where each stitch is a reflection of the calm that only nature can offer us.

Special THANKS to:

To **Anna, Eva, and Kiara** for making me part of Barcelona Knits 2025 in such a special way. I designed this shawl with a lot of love, and I would be thrilled if it reaches your needles in the same way.

To all the **exhibitors** who have knitted it with their exquisite yarns, I can't wait to see you at the festival.

And to my dear **testers**: Inma @inmaporras, María José @mariajose.morcer, Lidia @knitting_rambow, Pepa @pepapurled, Penélope @moyapenelope, Vivian @vvilensky, Angela @tejeconaracne, and Elvi @elvi.granados for their help, kindness, and for keeping the secret all this time.

CONSTRUCTION NOTES

BOSQUE MEDITERRÁNEO is a shawl with three clearly differentiated sections with an arrowhead silhouette and structural change.

In the first and second sections we shape the shawl by increasing and decreasing at the beginning and end of each row and working a double decrease on every right side row. In Section 3, we do the same, but we create an asymmetrical shape by increasing at only one edge and decreasing at the other.
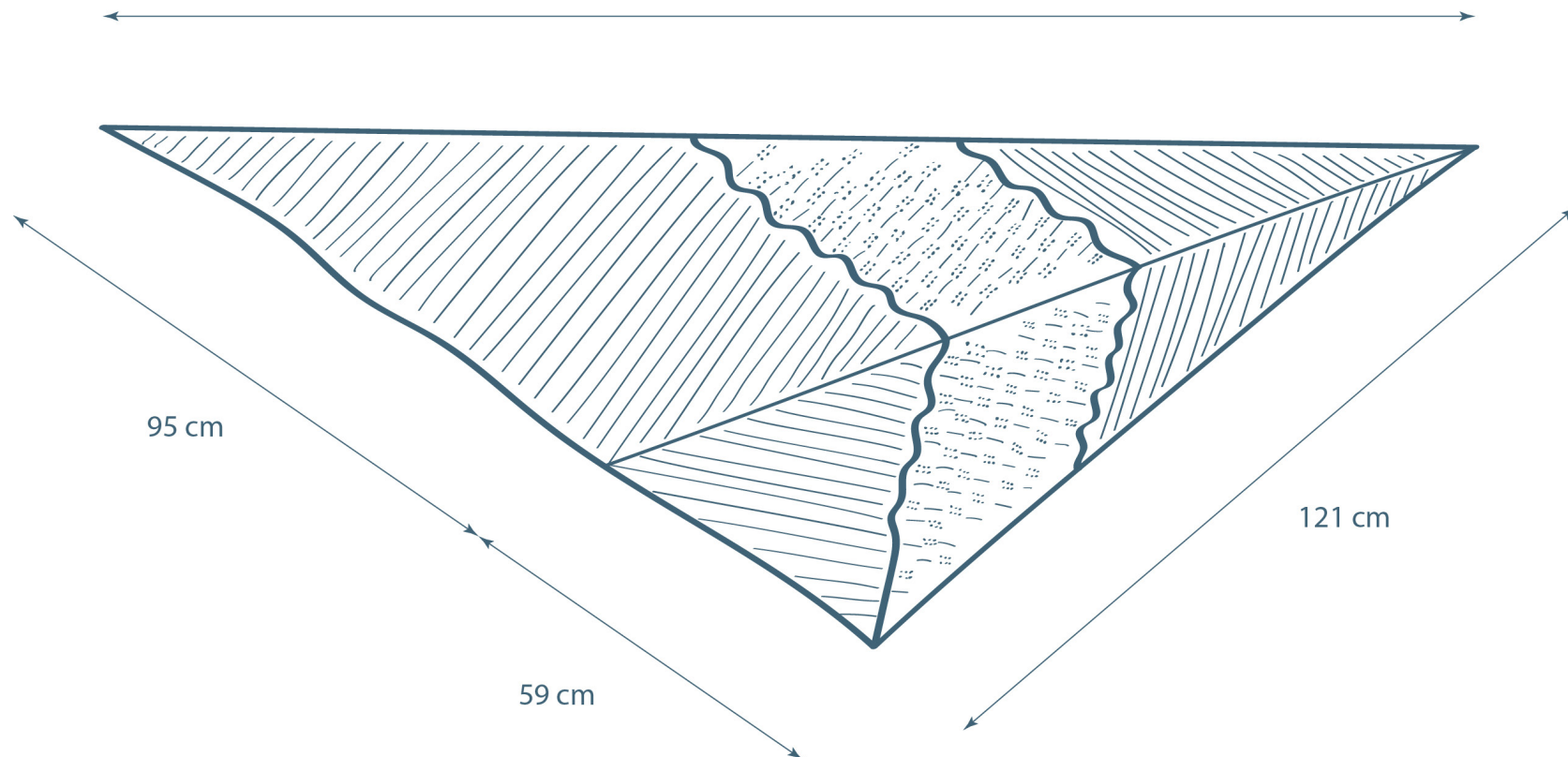
In this way we manage to give that perfect visual interest to choose our favourite colour and show it off with a good outfit.

TECHNICAL SPECIFICATIONS

One Size

202 cm

95 cm

59 cm

121 cm

TECHNICAL SPECIFICATIONS

YARN

3 skeins of **fingering** weight (380m/100g) in 2 colours, 1 skein of one colour and 2 of another colour, which contrast nicely.

The sample shown used 3 skeins of LALANALÚ Nadir (100% Spanish merino wool made sustainably, 380m/100g), one in the colour light green and two in dark green.

These amounts are approximate. The total amount of yarn used will also depend on the type of yarn, your gauge, or any modifications you may make to the item.

DIFFICULTY LEVEL

3 out of 5

GAUGE

In garter stitch (knit all rows)

22 stitches x 22 rows gives 10 x 10 cm before blocking.
20 stitches x 18 rows gives 10 x 10 cm after blocking.

It is a good idea to note down the measurements of your swatch before and after blocking to allow you to estimate the final measurements.

When you make your gauge swatch it is very IMPORTANT that you block it and check that the colours you are working with don't bleed or transfer.

TECHNICAL SPECIFICATIONS

HELP VIDEOS

On this **list of videos**, you will find everything you need to knit this garment specifically, as well as the videos for all of my patterns, which can help you with your knitting in general. I like you to feel accompanied at all times.

Link to videos: HERE

NEEDLES

4mm circular needles with a cable of 80 cm, or size needed to get gauge.

ACCESSORIES

- Two stitch markers to mark the centre of the piece and various others, if needed, to mark the lace repeats to make them easier to follow. (optional)
- Various locking stitch markers to help count the rows (optional)
- Blocking tools: mats, t-pins, cables, etc.
- Tape measure, tapestry needles, and scissors.

ABBREVIATIONS

[...] x times: Repeat the instructions between the brackets x times

st(s): stitch(es)

k: knit
kx: knit x stitches

p: purl
px: purl x stitches

RS: Right side of the work
WS: Wrong side of the work

m: marker
pm: place marker
sm: slip marker

sl1 wyib: slip one stitch purlwise with the yarn in back

yo: yarn over

kfb: Increase one stitch. Knit the next stitch through the front loop and, without dropping it from the left needle, knit it again through the back loop, then drop from the left needle

s2kpo: Decrease two stitches. Slip two stitches together knitwise, knit the next stitch, pass the slipped stitches over the stitch you just worked (help video HERE)

k2tog: Decrease one stitch right-leaning. Knit the next two stitches together (help video HERE)

PATTERN INSTRUCTIONS
Start knitting here

Section 1: GARTER STITCH TEXTURE

With your **4mm** needles, colour 1 (dark green) and the long-tail cast-on method, cast on 5sts. HERE is a video where you can see how to work this section.

Set-up Row (WS) - **colour 1**: sl1 wyif, kfb, sl1 wyif (central stitch), kfb, k1 - *2sts increased, 7sts in total on the needles*

NB: On the WS, the central stitch will always be slipped throughout the entire shawl, so it is a good idea to place a marker on the WS to identify it.

Row 1 (RS) - **colour 2**: sl1 wyif, kfb, s2kpo, kfb, k1
Row 2 (WS) - **colour 2**: sl1 wyif, kfb, k1, sl1 wyif, k1, kfb, k1 - *2sts increased, 9sts in total on the needles*

Row 3 (RS) - **colour 1**: sl1 wyif, k1, kfb, s2kpo, kfb, k2
Row 4 (WS) - **colour 1**: sl1 wyif, k2, kfb, sl1 wyif, kfb, k3 - *2sts increased, 11sts in total on the needles*

Row 5 (RS) - **colour 2**: sl1 wyif, k2, kfb, s2kpo, kfb, k3
Row 6 (WS) - **colour 2**: sl1 wyif, k2, kfb, k1, sl1 wyif, k1, kfb, k3 - *2sts increased, 13sts in total on the needles*

Row 7 (RS) - **colour 1**: sl1 wyif, k2, kfb, k to 1st before the s2kpo of the previous row, s2kpo, k to 4sts before end, kfb, k3
Row 8 (WS) - **colour 1**: sl1 wyif, k2, kfb, k to the s2kpo of the previous row, sl1 wyif, k to 4sts before end, kfb, k3 - *2sts increased*

Repeat Rows 7 and 8, remembering to change colour every two rows, until you have 143sts (71+1+71) in total on the needles. You will have worked 69 garter ridges in total and finished with colour 1.

Break colour 1.

IMPORTANT: It's advisable to check from time to time that you still have the same number of stitches on either side of the central stitch. It's easy to get distracted and miss an increase.

Section 2: LACE TEXTURE

This section is worked with a lace motif. This motif has a clearly defined structure in a multiple of 12 stitches and 20 rows. We will work this whole section in colour 2.

In the instructions I haven't mentioned markers, but it can be very helpful to avoid getting lost if you place a marker at every bracket in the instructions and slip them as you pass them on following rows.

First repeat (chart on the next page):

Row 1.1 (RS): sl1 wyif, k2, kfb, k2, [k4, s2kpo, k4, yo, k1, yo] **five** times, k4, s2kpo (central), k4, [yo, k1, yo, k4, s2kpo, k4] **five** times, k2, kfb, k3 *- 143sts in total on the needles*

Row 1.2 and **all even rows** (WS): sl1 wyif, k2, kfb, p to central stitch, sl1 wyif, p to 4sts before end, kfb, k3 *- 2sts increased*

Row 1.3 (RS): sl1 wyif, k2, kfb, k4, [k3, s2kpo, k4, yo, k1, yo, k1] **five** times, k3, s2kpo (central), k3, [k1, yo, k1, yo, k4, s2kpo, k3] **five** times, k4, kfb, k3 *- 145sts in total on the needles*

Row 1.5 (RS): sl1 wyif, k2, kfb, k6, [k2, s2kpo, k4, yo, k1, yo, k2] **five** times, k2, s2kpo (central), k2, [k2, yo, k1, yo, k4, s2kpo, k2] **five** times, k6, kfb, k3 *- 147sts in total on the needles*

Row 1.7 (RS): sl1 wyif, k2, kfb, k8, [k1, s2kpo, k4, yo, k1, yo, k3] **five** times, k1, s2kpo (central), k1, [k3, yo, k1, yo, k4, s2kpo, k1] **five** times, k8, kfb, k3 *- 149sts in total on the needles*

Row 1.9 (RS): sl1 wyif, k2, kfb, k10, [s2kpo, k4, yo, k1, yo, k4] **five** times, s2kpo (central), [k4, yo, k1, yo, k4, s2kpo] **five** times, k10, kfb, k3 *- 151sts in total on the needles*

Row 1.11 (RS): sl1 wyif, k2, kfb, [yo, k1, yo, k4, s2kpo, k4] **five** times, k11, s2kpo (central), k11, [k4, s2kpo, k4, yo, k1, yo] **five** times, kfb, k3 *- 153sts in total on the needles*

Row 1.13 (RS): sl1 wyif, k2, kfb, k2, [k1, yo, k1, yo, k4, s2kpo, k3] **five** times, k10, s2kpo (central), k10, [k3, s2kpo, k4, yo, k1, yo, k1] **five** times, k2, kfb, k3 *- 155sts in total on the needles*

Row 1.15 (RS): sl1 wyif, k2, kfb, k4, [k2, yo, k1, yo, k4, s2kpo, k2] **five** times, k9, s2kpo (central), k9, [k2, s2kpo, k4, yo, k1, yo, k2] **five** times, k4, kfb, k3 *- 157sts in total on the needles*
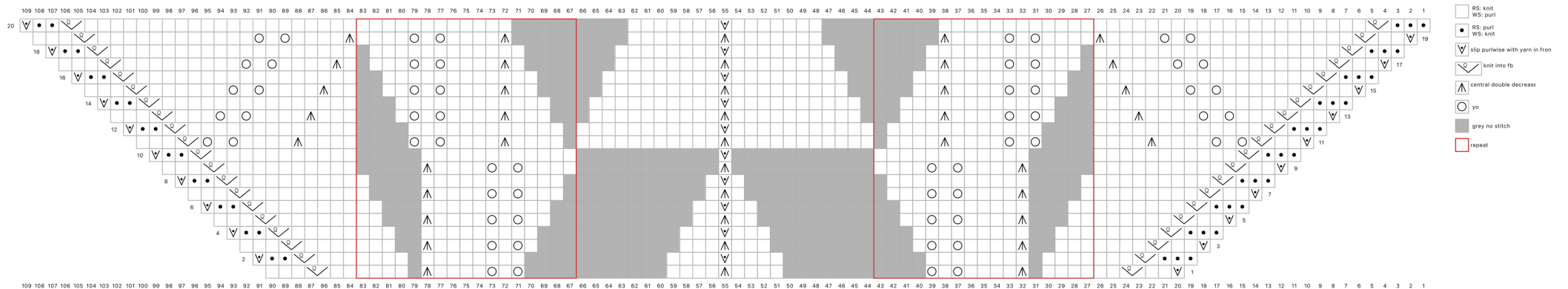
Row 1.17 (RS): sl1 wyif, k2, kfb, k6, [k3, yo, k1, yo, k4, s2kpo, k1] **five** times, k8, s2kpo (central), k8, [k1, s2kpo, k4, yo, k1, yo, k3] **five** times, k6, kfb, k3 *- 159sts in total on the needles*

Row 1.19 (RS): sl1 wyif, k2, kfb, k8, [k4, yo, k1, yo, k4, s2kpo] **five** times, k7, s2kpo (central), k7, [s2kpo, k4, yo, k1, yo, k4] **five** times, k8, kfb, k3 *- 161sts in total on the needles*

Note: Do not forget to work the last 1.20 even row.

FIRST REPEAT CHART

The odd numbers correspond to the RS of the work and are read from right to left, and the even numbers correspond to the WS and are read from left to right.

Legend:
- RS: knit / WS: purl
- RS: purl / WS: knit
- slip purlwise with yarn in front
- knit into fb
- central double decrease
- yo
- grey no stitch
- repeat

Second repeat (chart on the next page):

Row 2.1 (RS): sl1 wyif, k2, kfb, k10, [k4, s2kpo, k4, yo, k1, yo] **five** times, k6, s2kpo (central), k6, [yo, k1, yo, k4, s2kpo, k4] **five** times, k10, kfb, k3 - *163sts in total on the needles*

Row 2.2 and **all even rows** (WS): sl1 wyif, k2, kfb, p to central stitch, sl1 wyif, p to 4sts before end, kfb, k3 - *2sts increased*

Row 2.3 (RS): sl1 wyif, k2, kfb, [k3, s2kpo, k4, yo, k1, yo, k1] **six** times, k5, s2kpo (central), k5, [k1, yo, k1, yo, k4, s2kpo, k3] **six** times, kfb, k3 - *165sts in total on the needles*

Row 2.5 (RS): sl1 wyif, k2, kfb, k2, [k2, s2kpo, k4, yo, k1, yo, k2] **six** times, k4, s2kpo (central), k4, [k2, yo, k1, yo, k4, s2kpo, k2] **six** times, k2, kfb, k3 - *167sts in total on the needles*

Row 2.7 (RS): sl1 wyif, k2, kfb, k4, [k1, s2kpo, k4, yo, k1, yo, k3] **six** times, k3, s2kpo (central), k3, [k3, yo, k1, yo, k4, s2kpo, k1] **six** times, k4, kfb, k3 - *169sts in total on the needles*

Row 2.9 (RS): sl1 wyif, k2, kfb, k6, [s2kpo, k4, yo, k1, yo, k4] **six** times, k2, s2kpo (central), k2, [k4, yo, k1, yo, k4, s2kpo] **six** times, k6, kfb, k3 - *171sts in total on the needles*

Row 2.11 (RS): sl1 wyif, k2, kfb, k8, [yo, k1, yo, k4, s2kpo, k4] **six** times, k1, s2kpo (central), k1, [k4, s2kpo, k4, yo, k1, yo] **six** times, k8, kfb, k3 - *173sts in total on the needles*

Row 2.13 (RS): sl1 wyif, k2, kfb, k10, [k1, yo, k1, yo, k4, s2kpo, k3] **six** times, s2kpo (central), [k3, s2kpo, k4, yo, k1, yo, k1] **six** times, k10, kfb, k3 - *175sts in total on the needles*

Row 2.15 (RS): sl1 wyif, k2, kfb, [k2, yo, k1, yo, k4, s2kpo, k2] **six** times, k11, s2kpo (central), k11, [k2, s2kpo, k4, yo, k1, yo, k2] **six** times, kfb, k3 - *177sts in total on the needles*
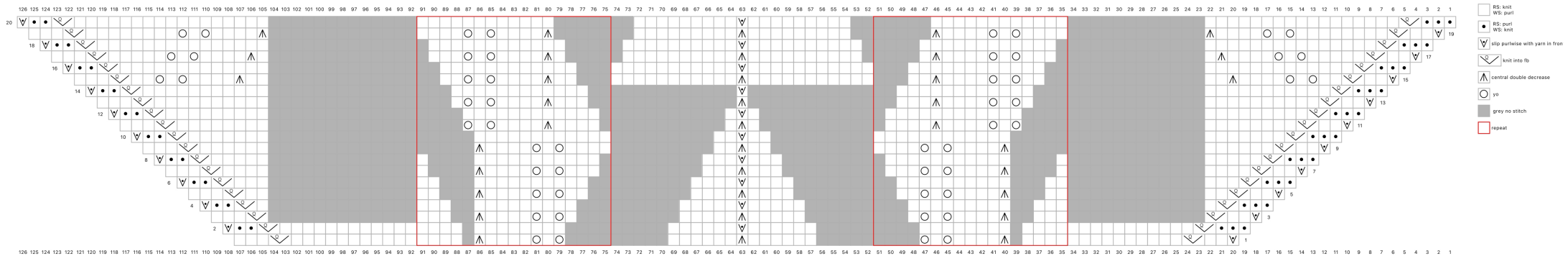
Row 2.17 (RS): sl1 wyif, k2, kfb, k2, [k3, yo, k1, yo, k4, s2kpo, k1] **six** times, k10, s2kpo (central), k10, [k1, s2kpo, k4, yo, k1, yo, k3] **six** times, k2, kfb, k3 - *179sts in total on the needles*

Row 2.19 (RS): sl1 wyif, k2, kfb, k4, [k4, yo, k1, yo, k4, s2kpo] **six** times, k9, s2kpo (central), k9, [s2kpo, k4, yo, k1, yo, k4] **six** times, k4, kfb, k3 - *181sts in total on the needles*

Note: Do not forget to work the last 2.20 even row

SECOND REPEAT CHART

The odd numbers correspond to the RS of the work and are read from right to left, and the even numbers correspond to the WS and are read from left to right.

Third repeat (chart on the next page):

Row 3.1 (RS): sl1 wyif, k2, kfb, k6, [k4, s2kpo, k4, yo, k1, yo] **six** times, k8, s2kpo (central), k8, [yo, k1, yo, k4, s2kpo, k4] **six** times, k6, kfb, k3 - *183sts in total on the needles*

Row 3.2 and **all even rows** (WS): sl1 wyif, k2, kfb, p to central stitch, sl1 wyif, p to 4sts before end, kfb, k3 - *2sts increased*

Row 3.3 (RS): sl1 wyif, k2, kfb, k8, [k3, s2kpo, k4, yo, k1, yo, k1] **six** times, k7, s2kpo (central), k7, [k1, yo, k1, yo, k4, s2kpo, k3] **six** times, k8, kfb, k3 - *185sts in total on the needles*

Row 3.5 (RS): sl1 wyif, k2, kfb, k10, [k2, s2kpo, k4, yo, k1, yo, k2] **six** times, k6, s2kpo (central), k6, [k2, yo, k1, yo, k4, s2kpo, k2] **six** times, k10, kfb, k3 - *187sts in total on the needles*

Row 3.7 (RS): sl1 wyif, k2, kfb, [k1, s2kpo, k4, yo, k1, yo, k3] **seven** times, k5, s2kpo (central), k5, [k3, yo, k1, yo, k4, s2kpo, k1] **seven** times, kfb, k3 - *189sts in total on the needles*

Row 3.9 (RS): sl1 wyif, k2, kfb, k2, [s2kpo, k4, yo, k1, yo, k4] **seven** times, k4, s2kpo (central), k4, [k4, yo, k1, yo, k4, s2kpo] **seven** times, k2, kfb, k3 - *191sts in total on the needle*s

Row 3.11 (RS): sl1 wyif, k2, kfb, k4, [yo, k1, yo, k4, s2kpo, k4] **seven** times, k3, s2kpo (central), k3, [k4, s2kpo, k4, yo, k1, yo] **seven** times, k4, kfb, k3 - *193sts in total on the needles*

Row 3.13 (RS): sl1 wyif, k2, kfb, k6, [k1, yo, k1, yo, k4, s2kpo, k3] **seven** times, k2, s2kpo (central), k2, [k3, s2kpo, k4, yo, k1, yo, k1] **seven** times, k6, kfb, k3 - *195sts in total on the needles*

Row 3.15 (RS): sl1 wyif, k2, kfb, k8, [k2, yo, k1, yo, k4, s2kpo, k2] **seven** times, k1, s2kpo (central), k1, [k2, s2kpo, k4, yo, k1, yo, k2] **seven** times, k8, kfb, k3 - *197sts in total on the needles*
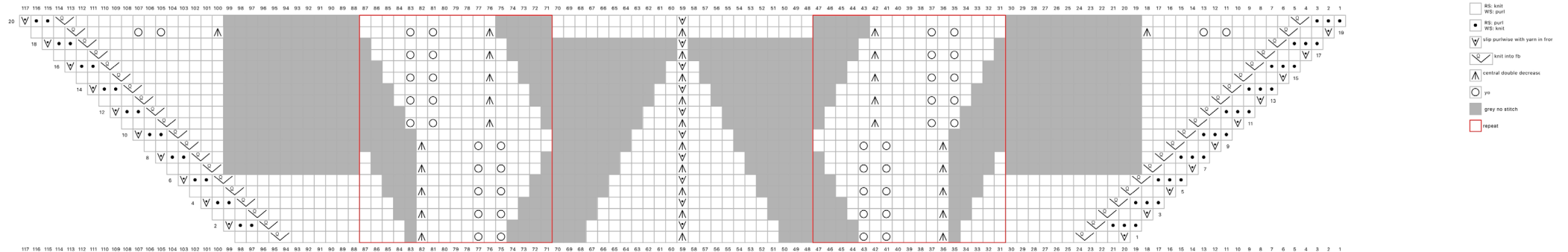
Row 3.17 (RS): sl1 wyif, k2, kfb, k10, [k3, yo, k1, yo, k4, s2kpo, k1] **seven** times, s2kpo (central), [k1, s2kpo, k4, yo, k1, yo, k3] **seven** times, k10, kfb, k3 - *199sts in total on the needles*

Row 3.19 (RS): sl1 wyif, k2, kfb, [k4, yo, k1, yo, k4, s2kpo] **seven** times, k11, s2kpo (central), k11, [s2kpo, k4, yo, k1, yo, k4] **seven** times, kfb, k3 - *201sts in total on the needles*

Note: Do not forget to work the last 3.20 even row

THIRD REPEAT CHART

The odd numbers correspond to the RS of the work and are read from right to left, and the even numbers correspond to the WS and are read from left to right.

Fourth repeat (chart on the next page):

This is half, only 10 rows.

Row 4.1 (RS): sl1 wyif, k2, kfb, k2, [k4, s2kpo, k4, yo, k1, yo] **seven** times, k10, s2kpo (central), k10, [yo, k1, yo, k4, s2kpo, k4] **seven** times, k2, kfb, k3 - *203sts in total on the needles*

Row 4.2 and **all even rows** (WS): sl1 wyif, k2, kfb, p to central stitch, sl1 wyif, p to 4sts before end, kfb, k3 - *2sts increased*

Row 4.3 (RS): sl1 wyif, k2, kfb, k4, [k3, s2kpo, k4, yo, k1, yo, k1] **seven** times, k9, s2kpo (central), k9, [k1, yo, k1, yo, k4, s2kpo, k3] **seven** times, k4, kfb, k3 - *205sts in total on the needles*

Row 4.5 (RS): sl1 wyif, k2, kfb, k6, [k2, s2kpo, k4, yo, k1, yo, k2] **seven** times, k8, s2kpo (central), k8, [k2, yo, k1, yo, k4, s2kpo, k2] **seven** times, k6, kfb, k3 - *207sts in total on the needles*

Row 4.7 (RS): sl1 wyif, k2, kfb, k8, [k1, s2kpo, k4, yo, k1, yo, k3] **seven** times, k7, s2kpo (central), k7, [k3, yo, k1, yo, k4, s2kpo, k1] **seven** times, k8, kfb, k3 - *209sts in total on the needles*

Row 4.9 (RS): sl1 wyif, k2, kfb, k10, [s2kpo, k4, yo, k1, yo, k4] **seven** times, k6, s2kpo (central), k6, [k4, yo, k1, yo, k4, s2kpo] **seven** times, k10, kfb, k3 - *211sts in total on the needles*

Once you have worked the last WS row 4.10, you should have 213sts in total on the needles.

FOURTH REPEAT CHART

The odd numbers correspond to the RS of the work and are read from right to left, and the even numbers correspond to the WS and are read from left to right.
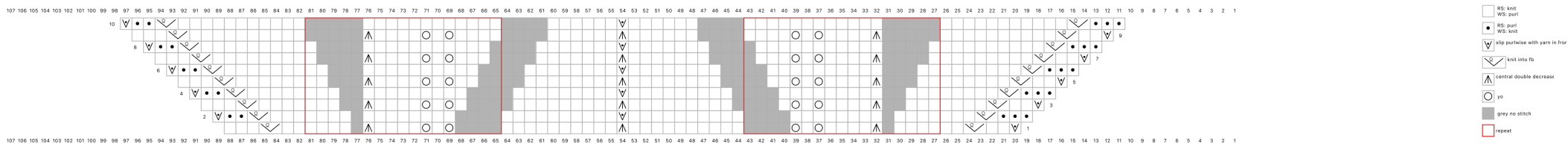
Section 3: 3x1 RIBBED TEXTURE

This section is worked in 3x1 ribbing entirely with colour 1. It has an asymmetrical shape and this asymmetry is achieved through a series of increases and decreases over a 4-row repeat (from Row 3 to 6). (Help video with all the tricks to facilitate your knitting **HERE**)

Row 1 (RS): sl1 wyif, k2, pm, kfb, k to 1st before the s2kpo (central), s2kpo, k to end – *1st increased and 2sts decreased, 212 (106+1+105)sts in total on the needles*

Row 2 (WS): sl1 wyif, k2, p2, [k1, p3] to the central stitch, sl1 wyif, [p3, k1] to 6sts before end, p2, kfb, sm, k3 – *1st increased, 213sts in total on the needles*

NB: The point of the marker you just placed is nothing more than to identify on which edge you have to work the increases so that you don't get lost and miss an increase or work one on the wrong edge.

IMPORTANT: From now on the instructions will include the expression "work as presented" which means you should work the stitches according to the previous row to maintain the texture as intended. For example, if the stitch of the previous row is a knit stitch, knit it, and if it is a purl stitch, purl it.

Row 3 (RS): sl1 wyif, k2, sm, kfb, work as presented to 1st before the central line, s2kpo, work as presented to 5sts before end, k2tog, k3 - *1st increased and 3sts decreased*

Row 4 (WS): sl1 wyif, k2, work as presented to the central line, sl1 wyif, work as presented to 4sts before end, kfb, sm, k3 - *1st increased*

Row 5 (RS): sl1 wyif, k2, sm, kfb, work as presented to 1st before the central line, s2kpo, work as presented to 3sts before end, k3 - *1st increased and 2sts decreased*

Row 6 (WS): Repeat Row 4

Repeat Rows 3 to 6 until on one of the Row 5's (which will be the last) you have the three stitches of the central spine (s2kpo) at just 6sts before the end, and here you will finish with s2kpo, k3

Next Row (WS): Bind off all stitches loosely as presented.

Finally, weave in the ends and block. I have put some photos of the blocking process **HERE** on the videos page)

BLOCKING

(Help video HERE)

Blocking is usually the magical final touch to the finished item, where the gauge is evened out much more, we can make any adjustments to the final measurements, we can add shape to shawls, etc...

There are times when you are advised to block pieces before sewing them together. The treatment will depend on the composition and technical specifications of the fibre you are using.

If your fibre is at least 50% natural, you can proceed as follows:

1. Note down the measurements of your item before blocking.

2. Submerge the item in cold or lukewarm water (depending on the manufacturer's
specifications) with a little bit of detergent suitable for that type of fibre.

3. Gently push the item below the water to remove any air bubbles and leave it to soak for around 20 minutes (no more, this is IMPORTANT).

4. Empty the water out and refill to rinse without letting the water from the tap fall directly onto the item. Special soaps suitable for wool do exist that don't require rinsing, with which you can skip this step.

5. Squeeze the item WITHOUT TWISTING to remove the excess water.

6. Place the item between two clean towels, roll it up like a burrito, and now you can twist and squeeze to remove as much water as possible.

7. Place and stretch out the item on a HORIZONTAL SURFACE to the appropriate MEASUREMENTS, using, if necessary, blocking tools to help you, such as foam mats, cables, blocking wires, blocking pins, etc. And leave to dry completely.

If you are using synthetic fibres, you can also use quick bursts of steam from an iron, as long as you always follow the technical specifications from the manufacturer.

ANDO LIAN DO

CAN I HELP?

If you need help, don't hesitate to get in touch with me. I'll get back to you as soon as I can: **juanaroman@andoliando.com**

I would appreciate you sharing your version of **BOSQUE MEDITERRÁNEO** shawl on **Instagram** with the hashtag **#bosquemediterraneoshawl**, and on **Ravelry**. I would love to see it.

You can find more **Andoliando** patterns at **www.andoliando.com** and on **Ravelry** en on the designer page for Juana Román.

Many thanks for supporting the Independent Designer.

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