

MACRAME BOTTLE HOLDER

Once you've mastered the basics, show off your skills with a cross-body carrier

You will need:

- 2 x 9m of 3mm rope
- 2 x 3m of 3mm rope
- 4 x 1.6m of 3mm rope
- 1 x 60cm of 3mm rope

Knots you'll use:

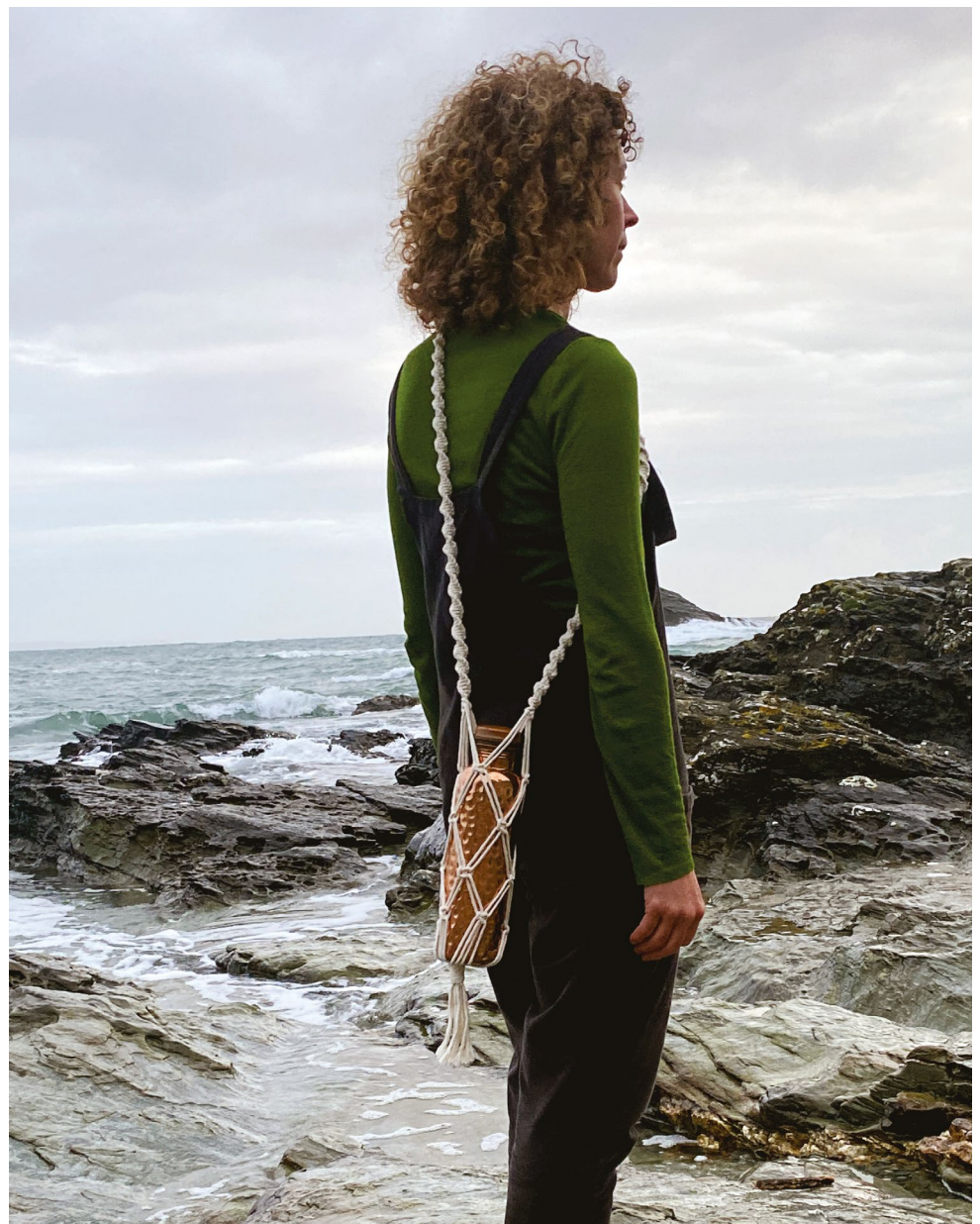
- Half square knots
- Square knots
- Larks head knot
- Gathering knot

1 Place the two 9m strings either side of the 3m ropes then find the mid-point of all four pieces and tape to a flat surface, so the tape is at the mid-point. Tie a half square knot (see knots), then keep tying these so your ropes form a helix shape. Tie until you have 60cm of half square knots, then return to the middle, mark with a piece of masking tape and do 60cm of knots going in the opposite direction (this is easy, but does take quite a long time!).

2 Take one end of your strap and take the two ropes on the left-hand side and attach one of your 1.6m lengths with a larks head knot (see knots). Repeat this with the two ropes on the right, so you have 6 lengths of rope. Make a square knot using the middle four ropes to hold the larks head knots in place. Repeat with the other side of the strap.

3 To make the basket to hold the water bottle, take two ropes from the right side of the left-hand strap and two ropes from the left side of the right-hand strap, measure 8cm from the strap (it is easiest to do this using a pre-measured piece of paper or card) and tie a square knot.

4 Take the next four ropes to your right and tie another square knot

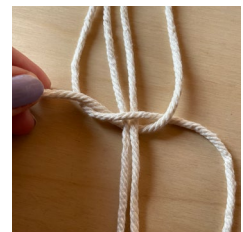
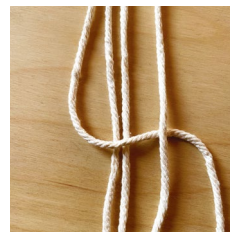


next to the one you just did. Turn the macrame over and take the two ropes on the far left and connect them with a square knot to the two ropes on the far right in the same way you did the first two. Do a final square knot with the last four ropes.

5 Make the next row, 6cm lower connecting the alternating square knots (there will be 4 square knots in each row). Do two more rows of alternating square knots, 6cm apart.

6 Pull all the bottom ropes together so the last line of square knots line up, then measure around 4cm below this. Take your 60cm piece of rope and create a gathering knot by making a loop longer than you want the knot to be, making sure, there's extra rope at the start. Wrap tightly 7 times, then place the end of the rope through the loop. Pull the other end of rope to pull the loop under the wrapped part holding it in place. Then cut off any hanging ropes about 8cm below the knot.

HALF SQUARE KNOT

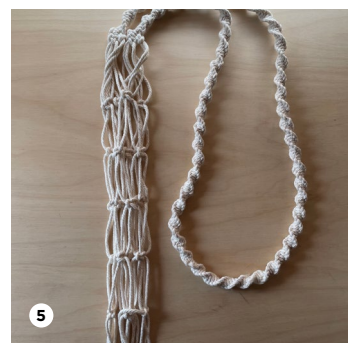
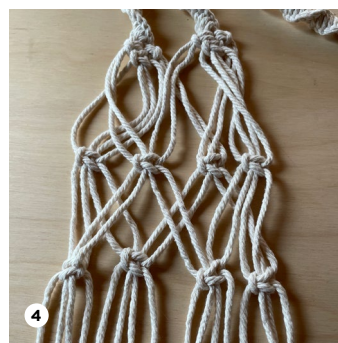
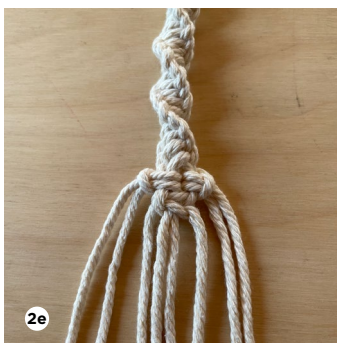
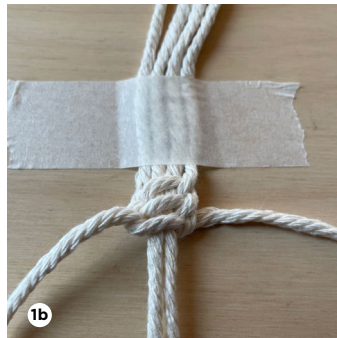


1 Take your left-hand side rope and cross it over the middle two ropes and under the right-hand side rope.

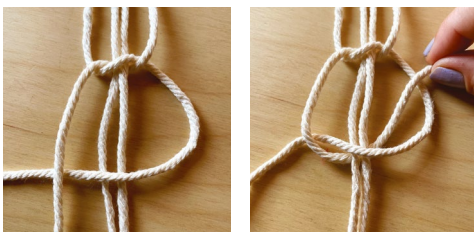
2 Take your right-hand side rope and place it in the gap between the left-hand rope and the two middle ropes. Pull tightly to hold in place.



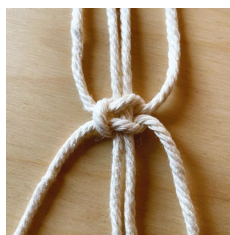
With just four knots you can make a handy bottle holder to take on all your adventures



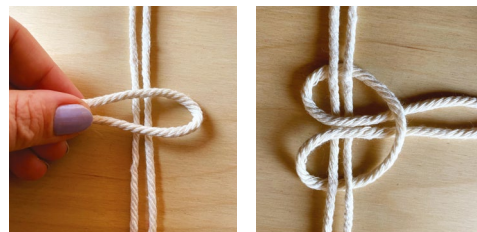
SQUARE KNOT



1 Make a half square knot. Then take your right-hand rope, pass it over the middle two ropes and under the left-hand rope. **2** Take your left-hand side rope and place it in the gap between the right-hand rope and the two middle ropes. Pull tightly.



LARK'S HEAD KNOT



1 Fold the rope you are attaching in half and place the loop over the top of the ropes you are attaching it to. **2** Pull it under the rope(s), then place the two trailing ends through the loop to make the knot.

