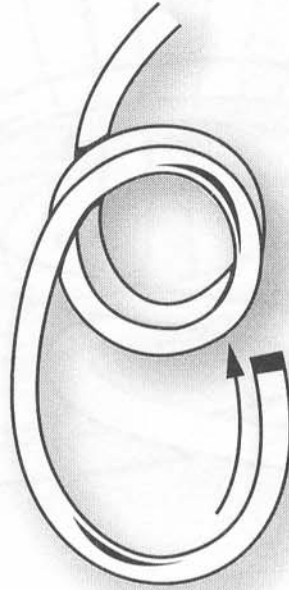


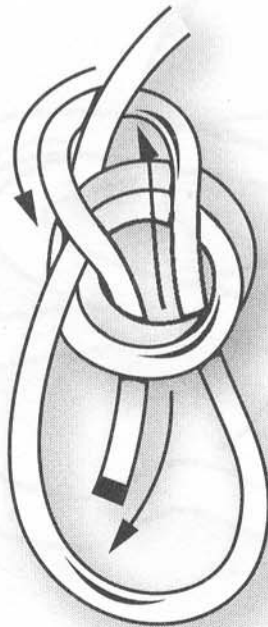
# Double Bowline

The Double Bowline is similar to the Bowline Loop, but it's started with a double crossing turn.

- 1 Start with a double crossing turn.



- 2 Finish the knot just like a regular Bowline.

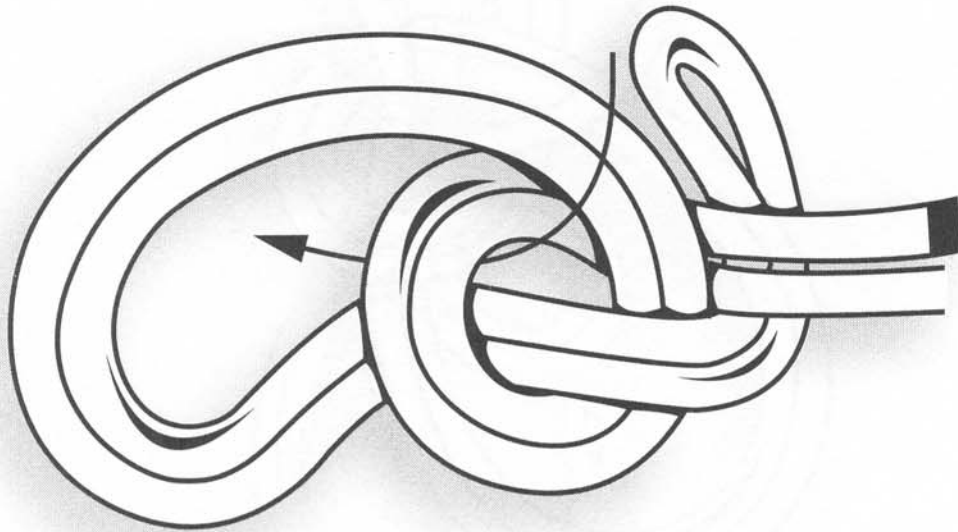


Also called the Round Turn Bowline, this version can provide for more security, especially if the rope used is very slippery.

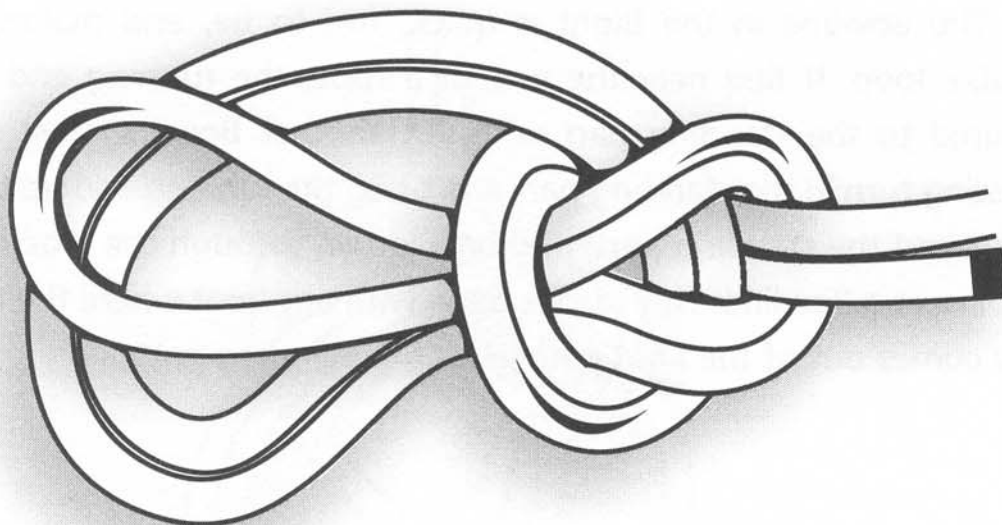
# Triple Bowline

Another version of the Bowline Loop that is tied using a doubled-up rope.

- 1 Starting with a bight, tie the doubled-up rope just as you would the Bowline.



- 2 Finish by tightening.

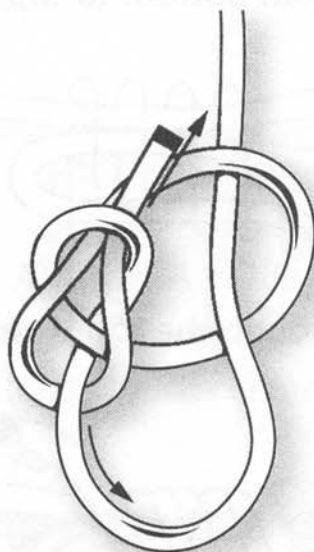


This loop knot is also good for fastening to multiple anchor points. It is easy to remember, and with a little practice you can make each of the loops different sizes.

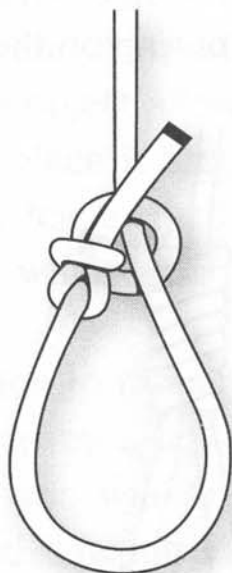
## Running Bowline

You can tie a Running Bowline by tying a Bowline around its own standing part or by tying a Bowline the usual way, and then pulling a bight of the standing part through the loop.

- 1 Tie the Running Bowline by tying a Bowline around the standing part.



- 2 The result: Running Bowline.

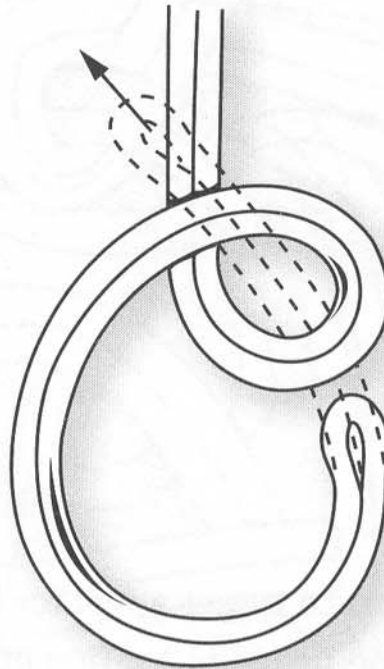


If you make a fixed-loop knot like the Bowline or any other fixed-loop knot, and decide the loop part is not big enough, just turn it into a running loop knot and have the loop as big as you need it. Because the fixed loop part does not lock onto or grip the standing part, the noose will slide open easily even if great tension is placed on the sliding loop.

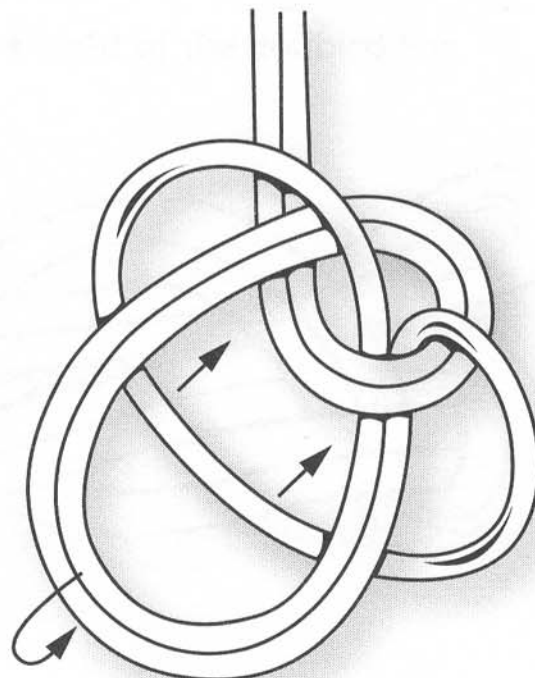
# Bowline in the Bight

This knot is similar to the regular Bowline, except that you start out by folding the end of the rope into a bight.

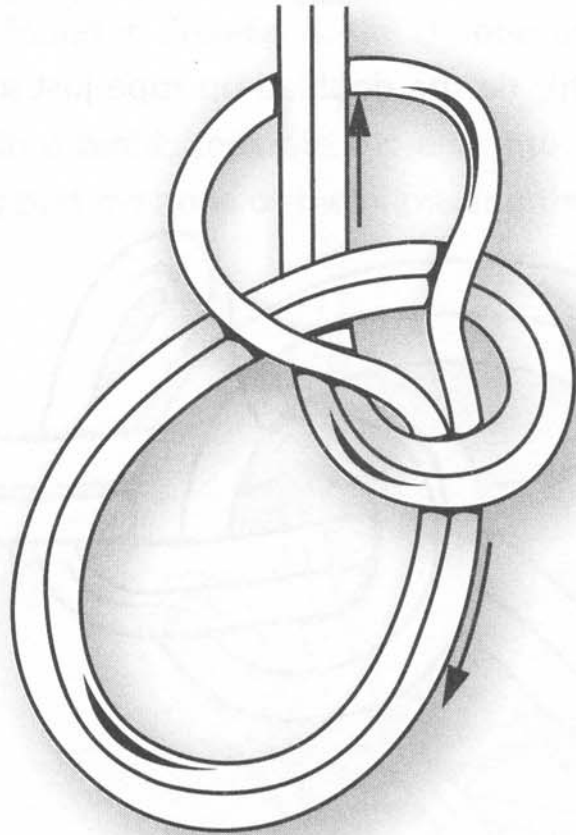
- 1 Make a crossing turn and bring the end up through it.



- 2 Open up the end loop and bring it down and under the two loops.



- 3 Bring the end loop up behind the standing parts and tighten down.



The Bowline in the Bight is quick, fun to tie, and makes a nice double loop. If tied near the end of a rope, the running end can be secured to the standing part with yet another Bowline. Just make a crossing turn in the standing part and bring the running end up through it, around the standing part, and back down through the crossing turn just like in a Bowline. This can be done with any knot where the running end comes out of the knot parallel to the standing part.