

SUNRISE OVER HILLS QUILT

A Step-by-Step Quilt Tutorial



This quilt uses curved piecing and strip quilting to create a stunning sunrise landscape.

FINISHED QUILT SIZE



FABRIC REQUIREMENTS

	Sun (center circle)	Yellow	1 piece 20 x 20 cm
	Sun Rays	Oranges, Reds, Golds	12-16 pieces 10 x 25 cm
	Hills - Light	Yellows, Golds	6 pieces 15 x 100 cm
	Hills - Medium	Greens, Olives	6 pieces 15 x 100 cm
	Hills - Dark	Greens, Browns, Reds	6 pieces 15 x 100 cm
	Foreground	Browns, Dark Greens	6 pieces 15 x 100 cm
	Background Sky	Light Yellows, Creams	4 pieces 20 x 100 cm
	Binding	Dark Red / Brown	1 strip 7 x 350 cm
	Backing		100 x 100 cm
	Batting		100 x 100 cm

1. PLAN & DESIGN

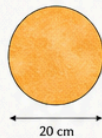
- Draw your design or use the finished image as a guide.
- Decide color placement for sun, rays, and hills.
- Add 1 cm seam allowance to all pieces.



2. CUTTING GUIDE

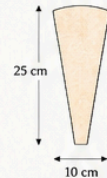
SUN

Cut 1 circle
Ø 20 cm



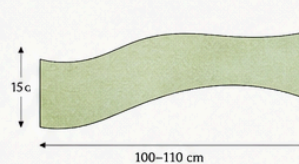
SUN RAYS (WEDGE SHAPES)

Cut 12-16 wedges
(10 x 25 cm each)



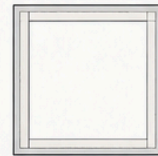
HILLS & SKY (CURVED STRIPS)

Cut strip sets 15 cm high by fabric width (100-110 cm).
Use template or freehand cutting.



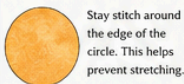
BORDER & BINDING

Border (optional):
Cut 4 strips 6.5 x 100 cm
Binding: 7 x 350 cm



3. SEWING THE QUILT TOP

Step 1: Sew the Sun



Stay stitch around the edge of the circle. This helps prevent stretching.

Step 2: Attach Sun Rays



Pin each ray to the sun circle, right sides together.

Sew with 0.75 cm seam allowance.

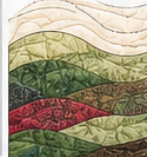
Step 3: Add Background Sky



Sew background sky pieces between sun rays.

Press seams outward.

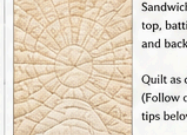
Step 4: Sew Hills in Rows



Arrange hill strips from back to front.

Pin, then sew each strip in place.

Step 5: Quilt the Top



Sandwich quilt top, batting, and backing.

Quilt as desired. (Follow quilting tips below.)

4. FINISHING

4.1 Square the Quilt



Trim excess batting and backing. Square to 100 x 100 cm.

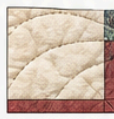
4.2 Add Border (Optional)



Attach 6.5 cm border strips on all sides.

Press seams outward.

4.3 Bind the Quilt



Attach binding with 0.75 cm seam allowance.

Fold to the back and hand stitch or machine stitch.

4.4 Enjoy Your Quilt!



QUILTING IDEAS

- Echo quilting around the sun and rays.
- Wavy lines following the hills.
- Organic loops or pebbles in the sky.

SEWING & QUILTING METHODS (US QUILT STYLE)

1. STAY STITCHING

Sew 0.5 cm inside the curve to prevent stretching.



2. PINNING CURVES

Pin at quarter points first, then in between.



3. CURVED SEAM

Use short stitches (2.0-2.2 length). Sew slowly, keeping fabric edges aligned.



4. PRESSING

Press seams open or to one side for a flatter quilt.



5. NESTING SEAMS

When crossing seams, nest them for a smoother finish.



6. BINDING

Miter corners for a professional finish.



TIPS FOR SUCCESS

- Use high quality cotton fabric.
- Cut accurately and label pieces.
- Take your time with curves.
- Press often for best results.
- Use a walking foot if needed.

USEFUL TOOLS



Rotary Cutter & Mat



Curved Template



Pins or Clips



Iron



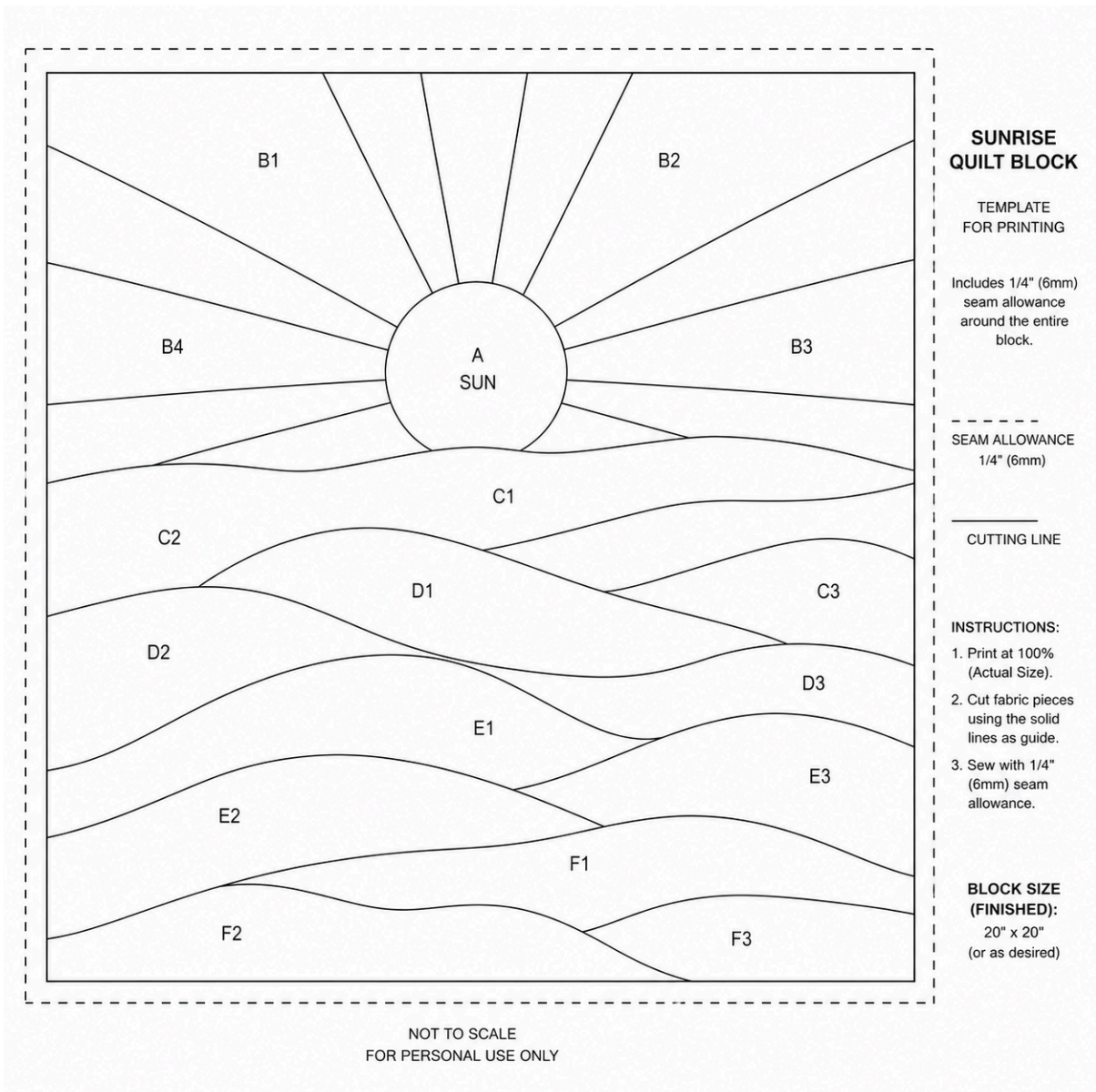
Sewing Machine



Quilting Ruler

QUILT CARE

- Machine wash cold, gentle cycle.
- Use mild detergent.
- Tumble dry low or line dry.
- Do not bleach.



Sunrise Over Hills Quilt Tutorial

Sunrise Over Hills Quilt is a step-by-step quilt project designed to create a warm landscape scene using curved piecing, strip quilting, and layered fabric colors. This tutorial finishes at approximately 100 cm x 100 cm, which is about 39.4 inches x 39.4 inches.

Finished Quilt Size

The finished quilt measures 100 cm x 100 cm.

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In U.S. measurements, this is approximately 39.4 inches wide by 39.4 inches tall.

This size is ideal for a wall hanging, small throw, decorative quilt, baby quilt, or artistic fabric panel.

Fabric Requirements

You will need assorted quilting cotton fabrics in warm sunrise colors and earthy hill tones.

For the sun, use yellow fabric and cut 1 circle measuring 20 cm wide.

For the sun rays, use oranges, reds, and golds. You will need 12 to 16 wedge pieces, each about 10 cm x 25 cm.

For the light hills, use yellows and golds. Cut 6 curved strips measuring 15 cm x 100 cm.

For the medium hills, use greens and olives. Cut 6 curved strips measuring 15 cm x 100 cm.

For the dark hills, use greens, browns, and reds. Cut 6 curved strips measuring 15 cm x 100 cm.

For the foreground, use browns and dark greens. Cut 6 curved strips measuring 15 cm x 100 cm.

For the background sky, use light yellows and creams. Cut 4 pieces measuring 20 cm x 100 cm.

For the binding, use dark red or brown fabric. Cut 1 strip measuring 7 cm x 350 cm.

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You will also need backing fabric measuring 100 cm x 100 cm and batting measuring 100 cm x 100 cm.

Step 1: Plan and Design

Begin by drawing your quilt design on paper.

Sketch a large sunrise in the upper center of the quilt, with the sun sitting low on the horizon.

Add sun rays spreading upward and outward from the circle.

Below the sun, draw several soft, wavy hill lines across the quilt.

The hills should overlap slightly to create depth and movement.

Add a 1 cm seam allowance to all pieces before cutting.

Step 2: Cut the Sun

Cut one circle measuring 20 cm in diameter from yellow fabric.

To make the circle clean and even, use a round template, compass, plate, or printed circle pattern.

The sun will become the focal point of the quilt.

Before attaching it, stay stitch around the edge to prevent stretching.

Step 3: Cut the Sun Rays

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Cut 12 to 16 wedge-shaped pieces from orange, red, and gold fabrics.

Each wedge should measure approximately 10 cm wide at the base and 25 cm tall.

The wedges do not all need to be identical.

Slight variation makes the sunrise look more natural and artistic.

Arrange the wedges around the sun before sewing to make sure the colors are balanced.

Step 4: Cut the Hills and Sky Curved Strips

Cut several curved strips for the hills and sky.

Each curved strip should be approximately 15 cm high and 100 to 110 cm wide.

Use a curved template or draw the curves freehand.

Cut strips from light, medium, and dark fabrics to create depth.

Use lighter fabrics near the sky and darker fabrics near the foreground.

Step 5: Cut Border and Binding

For the optional border, cut 4 strips measuring 6.5 cm x 100 cm.

For the binding, cut one long strip measuring 7 cm x 350 cm.

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You may join smaller strips together to reach the total binding length.

Press the binding strip in half lengthwise before attaching it to the quilt.

Step 6: Sew the Sun

Stay stitch around the edge of the circle first.

This helps keep the circle from stretching while you sew.

Place the sun where it belongs in the sunrise design.

Sew slowly around the curve using a small seam allowance.

Press carefully after sewing.

Step 7: Attach the Sun Rays

Lay the sun rays around the sun in the order you want them.

Pin each ray carefully to keep the points aligned.

Sew the rays together using a 0.75 cm seam allowance, which is about ¼ inch.

Press the seams outward.

Once the rays are joined, attach them around the sun area.

Step 8: Add the Background Sky

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Place the light yellow and cream sky pieces between and around the sun rays.

Sew the background sky sections carefully so the rays remain visible.

Press the seams outward after each section.

Take your time with this step, because the upper sky area creates the main sunrise effect.

Step 9: Sew the Hills in Rows

Arrange the curved hill strips from back to front.

Start with the lighter hills near the sky.

Then add medium green and olive hills.

Continue with darker greens, browns, reds, and foreground strips.

Pin each strip before sewing.

Sew each hill strip in place slowly, following the curve.

Press after every seam to keep the quilt top flat.

Step 10: Assemble the Quilt Top

Once the sky, sun, rays, and hills are sewn, check the full quilt top.

Trim uneven edges if needed.

The quilt top should measure close to 100 cm x 100 cm.

Make sure all seams are pressed neatly.

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At this point, the full sunrise landscape should be visible.

Step 11: Make the Quilt Sandwich

Place the backing fabric wrong side up.

Lay the batting on top of the backing.

Place the quilt top right side up over the batting.

Smooth all layers carefully.

Pin, clip, or baste the layers together so they do not shift while quilting.

Step 12: Quilt the Top

Quilt around the sun and rays to highlight the sunrise.

Use echo quilting around the sun for a glowing effect.

Add wavy quilting lines following the hills.

For the sky, you can quilt organic loops, soft curves, or pebble shapes.

Quilt slowly and keep the layers smooth.

Step 13: Square the Quilt

After quilting, trim away excess batting and backing.

Use a ruler to square the quilt to 100 cm x 100 cm.

Make sure the corners are straight.

Check that all sides are even before adding the binding.

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Step 14: Add the Optional Border

Attach the 6.5 cm border strips to all sides of the quilt.

Sew the side borders first, then the top and bottom borders.

Press the seams outward.

The border helps frame the sunrise design and gives the quilt a finished look.

Step 15: Bind the Quilt

Attach the binding using a 0.75 cm seam allowance, approximately ¼ inch.

Miter the corners for a clean finish.

Fold the binding to the back of the quilt.

Hand stitch or machine stitch it in place.

Press the finished quilt gently.

Step 16: Sewing and Quilting Methods

Use stay stitching about 0.5 cm inside the curve to prevent stretching.

When pinning curves, pin the quarter points first, then pin between them.

For curved seams, use short stitches between 2.0 and 2.2 mm.

Sew slowly and keep the fabric edges aligned.

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Press seams open or to one side to help the quilt lie flat.

Nest seams whenever possible for a smoother finish.

Useful Tools

For this project, you will need a rotary cutter and cutting mat.

A curved template is very helpful for the hills.

Pins or clips will help hold curved pieces in place.

You will also need an iron, sewing machine, and quilting ruler.

A walking foot can help when quilting through all layers.

Tips for Success

Use high-quality cotton quilting fabric.

Cut accurately and label your pieces.

Take your time with curved seams.

Press often for the best results.

Arrange all pieces before sewing to check color balance.

Go slowly, especially around the sun and curved hills.

Quilt Care

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Machine wash the quilt on a cold, gentle cycle.

Use mild detergent.

Tumble dry low or line dry.

Do not bleach.

Store the quilt folded loosely or rolled to protect the stitching.

Final Result 

Your Sunrise Over Hills Quilt will become a beautiful handmade landscape quilt full of warmth, movement, and color.

Happy quilting!

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