



SUNLIT MOUNTAINS QUILT TUTORIAL



Step-by-Step Guide to Make the Sunlit Mountains Quilt
Finished Quilt Size: 100 cm x 100 cm (39½" x 39½")

1. MATERIALS

- 100% Cotton Quilting Fabric
 - Batting: 110 cm x 110 cm
 - Backing Fabric: 110 cm x 110 cm
 - Thread (matching colors)
 - Rotary Cutter, Mat & Ruler
 - Sewing Machine
 - Iron & Ironing Board
 - Pins or Clips
 - Quilting Needle (for hand quilting)
 - Binding Fabric: 6.5 cm x WOF*
- *WOF = Width of Fabric (approx. 110 cm)

2. FABRIC COLOR GUIDE

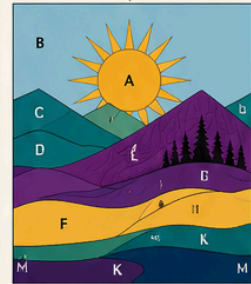
- Sky Blue (Background)
- Sun Yellow / Orange
- Light Yellow (Rays / Field)
- Teal (Mountains)
- Green (Mountains)
- Purple (Mountains)
- Dark Purple (Foreground)
- Black (Horse)
- White / Cream (Horse)
- Forest Green (Trees)
- Gold (Border)
- Dark Teal (Cornerstones)
- Backing (Your choice)



3. FINISHED SIZE

100 cm x 100 cm

4. QUILT LAYOUT & SECTIONS



- A – Sun
- B – Sky
- C – Far Mountains
- D – Mid Mountains
- E – Purple Mountains + Trees
- F – Yellow Field
- G – Black Horse
- H – White Horse
- I – Green Hill
- J – Purple Foreground
- K – Dark Foreground
- L – Border
- M – Cornerstones

5. CUTTING GUIDE (All pieces include seam allowance)

All measurements include 0.7 cm (¼") seam allowance unless otherwise noted.

A. Sun (Yellow / Orange) <ul style="list-style-type: none"> • 1 circle – 26 cm • 16 rays (template below) 	B. Sky (Light Blue) <ul style="list-style-type: none"> • 1 rectangle – 70 cm x 46 cm 	C. Far Mountains (Teal) <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 18 cm 	D. Mid Mountains (Green) <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 20 cm 	E. Purple Mountains + Trees <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 26 cm • Cut trees using template below 	F. Yellow Field <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 18 cm
Ray Template 	G. Black Horse <ul style="list-style-type: none"> • 1 piece (template) • 36 cm x 20 cm 	H. White Horse <ul style="list-style-type: none"> • 1 piece (template) • 36 cm x 20 cm 	I. Green Hill <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 10 cm 	J. Purple Foreground <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 16 cm 	K. Dark Foreground <ul style="list-style-type: none"> • 1 piece (template) • 70 cm x 18 cm
	L. Border (Gold) <ul style="list-style-type: none"> • 2 strips – 100 cm x 6.5 cm • 2 strips – 87 cm x 6.5 cm 	M. Cornerstones (Dark Teal) <ul style="list-style-type: none"> • 4 squares – 6.5 cm x 6.5 cm 			

6. ASSEMBLY STEPS

1 Prepare Templates Use the templates to cut all fabric pieces.	2 Make the Sun Sew rays around the circle. Press seams outward.	3 Attach Sun to Sky Place sun in the upper center of the sky. Appliqué or stitch in place.	4 Add Far Mountains Position and sew the far mountains.	5 Add Mid Mountains Sew the mid mountains below the far mountains.	6 Add Purple Mountains & Trees Sew the purple mountain piece. Add trees.
7 Add Field & Horses Sew the yellow field. Add black and white horses.	8 Add Hills & Foregrounds Add green hill, purple foreground, then dark foreground.	9 Add Borders Sew side borders first, then top and bottom. Add cornerstones.	 Quilt as desired first. Bind the quilt, bottom. Your quilt is complete!		

7. QUILTING METHODS (U.S. STYLE)

A. MACHINE QUILTING <ul style="list-style-type: none"> • Use walking foot. • Quilt following the design lines: <ul style="list-style-type: none"> – Sky: swirling – Mountains: echoing – Sun rays: straight lines – Foreground: pebbles 	B. HAND QUILTING <ul style="list-style-type: none"> • Use quilting needle and cotton thread. • Stitch following the design for texture. • Try echo quilting around shapes. 	C. APPLIQUÉ METHOD <ul style="list-style-type: none"> • Use raw edge appliqué or turn-edge appliqué. • Fuse pieces if desired. • Stitch with zigzag or blanket stitch. 	D. PRESSING TIPS <ul style="list-style-type: none"> • Press seams as you go. • Use lots of steam. • Do not stretch the fabric.
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8. BINDING

- Cut binding strips 6.5 cm wide.
- Sew strips end to end.
- Fold in half, press.
- Sew binding to quilt, fold to back, hand stitch.

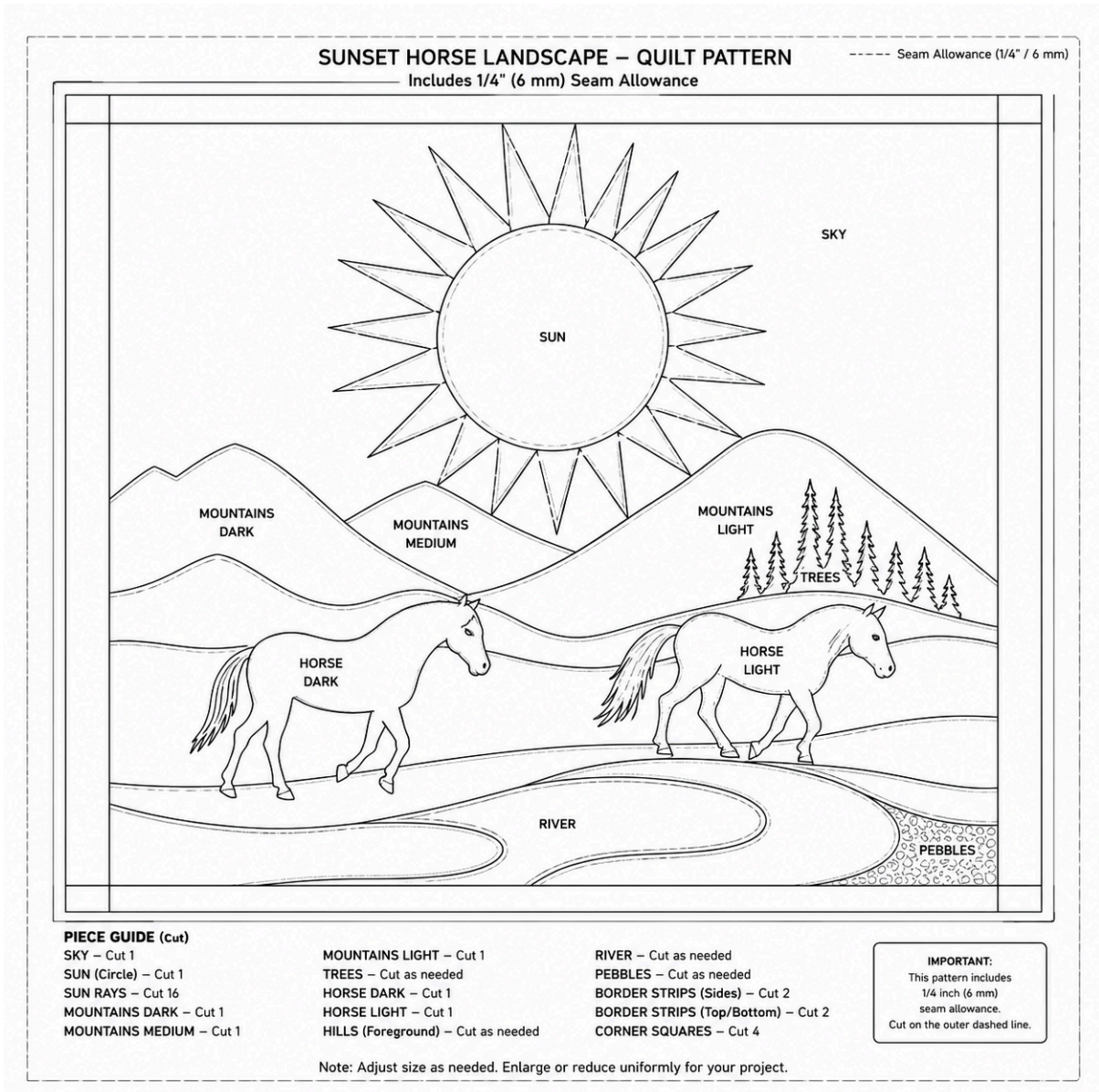
9. FINISHED!

Enjoy your Sunlit Mountains Quilt!



LEGEND OF MAIN QUILTING & SEWING METHODS (U.S. STYLE)

- Straight Stitch (Seam 0.7 cm)
- Backstitch (Start/End)
- Appliqué Stitch (Raw Edge)
- Blind Stitch (Invisible Finish)
- Quilting Stitch (Free Motion)
- Topstitch (Decorative)
- Press (Open Seams)
- Clip / Pin (Secure Layers)



<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Sunlit Mountains Quilt Tutorial – Complete Step-by-Step Guide (100 cm × 100 cm / 39½" × 39½")



Welcome to this complete Sunlit Mountains Quilt Tutorial,
created from the layout shown in the reference guide while

expanding every section into a detailed, beginner-friendly project. This tutorial follows a traditional U.S. quilting method, includes seam allowances, pressing instructions, assembly order, quilting suggestions, and finishing techniques so that anyone—from a first-time quilter to an experienced maker—can successfully complete the quilt.

The finished quilt measures approximately 100 cm × 100 cm (39½" × 39½").

Throughout this tutorial, use a ¼-inch seam allowance (approximately 0.7 cm) unless otherwise noted.

Materials You'll Need

Prepare all supplies before beginning.

Fabrics

- 100% Cotton Quilting Fabric
- Cotton Batting (110 cm × 110 cm)
- Backing Fabric (110 cm × 110 cm)

Thread

- High-quality cotton or polyester quilting thread
- Matching thread for piecing
- Neutral thread for quilting (optional)

Tools

- Rotary cutter
- Self-healing cutting mat
- Acrylic quilting ruler
- Fabric scissors
- Fabric marking pencil
- Iron

- Ironing board
- Sewing machine
- Quilting needles
- Hand-sewing needle for binding
- Wonder Clips or quilting pins
- Safety pins (if spray basting is not used)

Fabric Color Guide 🎨

The quilt uses a dramatic landscape color palette.

Sky

Light Blue

Sun

Golden Yellow

Sun Rays

Light Yellow

Far Mountains

Teal

Mid Mountains

Green

Purple Mountains

Purple

Foreground

Dark Purple

River

Dark Navy

Yellow Field

Golden Yellow

Green Hill

Medium Green

Trees

Forest Green or Black

Black Horse

Solid Black

White Horse

White or Cream

Border

Gold

Cornerstones

Dark Teal

Backing fabric may be any coordinating print or solid.

Finished Size 

Finished Quilt:

100 cm × 100 cm (39½" × 39½")

Understanding the Quilt Layout

The quilt is built from the background toward the foreground.

Layer order:

- A. Sun
- B. Sky
- C. Far Mountains
- D. Mid Mountains
- E. Purple Mountains with Trees
- F. Yellow Field
- G. Black Horse
- H. White Horse
- I. Green Hill
- J. Purple Foreground
- K. Dark Foreground
- L. Gold Border
- M. Cornerstones

Working in this order makes assembly much easier.

Cutting Guide

All measurements include the seam allowance.

- A. Sun
 - One circle

- **Diameter: 26 cm**
- **Sixteen sun rays**

Sun Ray Template

Each ray:

- **Height: 11 cm**
- **Width at base: 4.5 cm**

Cut sixteen identical rays.

B. Sky

Cut:

- **One rectangle**
- **70 cm × 46 cm**

C. Far Mountains

Cut:

- **One mountain strip**
- **70 cm × 18 cm**

D. Mid Mountains

Cut:

- **One mountain strip**
- **70 cm × 20 cm**

E. Purple Mountains

Cut:

- **One mountain strip**
- **70 cm × 26 cm**

Also cut several pine trees using a simple triangular tree template.

F. Yellow Field

Cut:

- **One curved strip**
- **70 cm × 18 cm**

G. Black Horse

Cut one appliqué using a horse template.

Approximate size:

36 cm × 20 cm

H. White Horse

Cut one appliqué.

Approximate size:

36 cm × 20 cm

I. Green Hill

Cut:

- **One rolling hill strip**
- **70 cm × 10 cm**

J. Purple Foreground

Cut:

- **One strip**
- **70 cm × 16 cm**

K. Dark Foreground

Cut:

- **One strip**
- **70 cm × 18 cm**

L. Border

Cut:

Two strips

100 cm × 6.5 cm

Cut:

Two strips

87 cm × 6.5 cm

M. Cornerstones

Cut:

Four squares

6.5 cm × 6.5 cm

Step 1 – Prepare All Templates

Before sewing:

Print or trace every appliqué template.

Prepare:

- **Sun circle**
- **Sun rays**
- **Horse templates**
- **Mountain curves**
- **Hills**
- **Pine trees**

Transfer templates onto template plastic if desired for repeated use.

Step 2 – Make the Sun

Arrange the sixteen rays evenly around the circle.

The points should radiate outward equally.

Press each ray flat.

Using appliqué or edge stitching, attach the rays to the back of the circle.

Finally appliqué the complete sun onto the sky panel.

Take your time here because this becomes the focal point of the quilt.

Step 3 – Attach the Sun to the Sky 🌞

Center the sun near the upper middle of the blue background.

Leave generous space above and around the rays.

Fuse if using fusible web.

Stitch around the circle.

Then stitch around every ray.

Press carefully.

Step 4 – Add the Far Mountains 🏔️

Position the teal mountain strip across the lower sky.

Overlap slightly beneath the sun.

Pin carefully.

Sew.

Press downward.

Step 5 – Add the Mid Mountains 🌄

Place the green mountains over the lower edge of the teal mountains.

Overlap naturally.

The different heights create depth.

Sew.

Press.

Step 6 – Add the Purple Mountains and Trees 🌲

Position the purple mountain strip in front of the green mountains.

Arrange the pine trees before sewing.

The trees should appear to grow along the mountain ridge.

Fuse the trees.

Finish each tree using a narrow zigzag or blanket stitch.

Step 7 – Add the Yellow Field 🌾

Position the curved yellow strip beneath the mountains.

The curve should create gentle rolling farmland.

Pin carefully.

Sew the curved seam slowly.

Clip curves if necessary.

Press flat.

Step 8 – Add the Horses 🐎

Position the black horse toward the left.

Place the white horse toward the right.

Leave enough spacing so the scene feels balanced.

Fuse both appliqués.

Stitch around every edge.

If desired, add embroidered eyes, nostrils and tail definition.

Step 9 – Add the Hills and Foreground

Sew the green hill first.

Next add the purple foreground.

Finish with the dark foreground.

Each layer overlaps the previous one.

The foreground should create movement across the quilt.

Smooth curves produce the most natural appearance.

Step 10 – Add the Borders

Attach the side borders first.

Press.

Attach the top border.

Attach the bottom border.

Insert the four cornerstones between the border strips.

Check that the quilt remains square before final pressing.

Step 11 – Build the Quilt Sandwich

Layer the quilt:

Backing (right side down)

Batting

Quilt top (right side up)

Smooth every layer carefully.

Remove wrinkles.

Pin baste or spray baste.

The quilt should remain perfectly flat.

Step 12 – Quilt the Design

Suggested quilting motifs:

Sky

Soft swirling wind patterns.

Sun

Radiating straight lines.

Mountains

Echo quilting following each mountain shape.

Trees

Vertical bark texture.

Field

Gentle flowing curves.

Horses

Pebble quilting around the silhouettes to make them stand out.

Borders

Simple straight-line quilting.

Step 13 – Trim the Quilt

Trim all four sides evenly.

Ensure the quilt measures approximately:

39½" × 39½"

Corners should be perfectly square.

Step 14 – Prepare the Binding

Join the binding strips with diagonal seams.

Press seams open.

Fold the binding in half lengthwise.

Press again.

Step 15 – Attach the Binding

Sew the binding to the front of the quilt.

Miter each corner.

Fold the binding to the back.

Hand stitch using a blind stitch.

Alternatively, machine stitch for a durable finish.

Pressing Tips

Always press instead of ironing.

Lift and lower the iron.

Avoid stretching curved seams.

Use steam carefully.

Allow seams to cool before moving the fabric.

Recommended Sewing Techniques

- **Straight stitch for piecing**
- **Blanket stitch for appliqué**
- **Narrow zigzag for raw-edge appliqué**
- **Blind stitch for binding**
- **Stitch in the ditch where appropriate**
- **Echo quilting for mountain textures**

Helpful Tips for Success ★

- **Prewash fabrics if shrinkage is a concern.**

- Use high-quality quilting cotton for best results.
- Test thread tension before sewing the quilt top.
- Press after every seam for accurate assembly.
- Keep seam allowances consistent at ¼".
- Pin curved seams generously.
- Use matching thread for invisible appliqué stitching.
- Quilt from the center outward to prevent puckering.
- Square the quilt before adding the binding.
- Label and date your finished quilt.

Finished Quilt 🎉

Congratulations!

You have completed the Sunlit Mountains Quilt, featuring a bright golden sun, layered mountain ranges, flowing fields, two elegant horses, detailed appliqué, textured quilting, and a beautifully framed border. Following these steps carefully will allow quilters of all skill levels in the United States to recreate the design with confidence and achieve a professional-looking finished quilt.