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Sharon  
Holland  
DESIGNS

FREE

Size:  
16-1/2" x 72-1/2"



## SWITCHBACK TRAIL

[WWW.SHARONHOLLANDESIGNS.COM](http://WWW.SHARONHOLLANDESIGNS.COM)



Skill Level: Beginner

Finished Size: 16-1/2" x 72-1/2"

Number and Size of Finished Blocks: (24) 6" square blocks

Designer/Maker/Quilter: Sharon Holland

Fabrics on sample quilt: Shine On and Verte Fusion by Sharon Holland for Art Gallery Fabrics

## READ

Read through all instructions before beginning. Sew pieces right sides together and use a 1/4" seam allowance throughout unless otherwise stated.

## PREP

Press fabrics before cutting. Cut sizes are based on 42"-wide fabric. Note: Using fabric wider than 42" will yield some unused strips and fabric. Cut all strips from selvage to selvage. Remove selvages edges.

For a tutorial on trimming Flying Geese units to size, visit [www.sharonhollanddesigns.com](https://www.sharonhollanddesigns.com/blog/trimming-hst-and-flying-geese-units) using the link: <https://www.sharonhollanddesigns.com/blog/trimming-hst-and-flying-geese-units>

## MATERIALS

- 6 fat quarters (fabrics A-F)
- 7/8 yard fabric G background
- 1/2 yard binding
- 1-1/4 yards backing
- 22" x 78" batting

## CUTTING

From fabrics A, B, C, and D, cut:

- (2) 7-1/2" x 21" strip then cut into (3) 7-1/2" squares for a total of 12 squares.

From fabrics E and F, cut:

- (3) 4-1/8" x 21" strips then cut into (12) 4-1/8" squares for a total of 24 squares.

From background fabric G, cut:

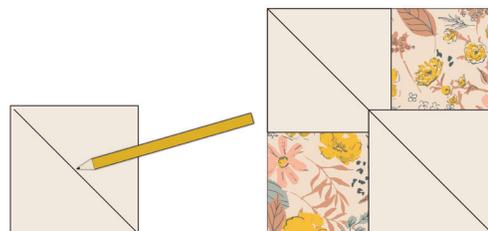
- (3) 4-1/8" x 42" strips then cut into (24) 4-1/8" squares.
- (4) 2-1/2" x 42" strips for side borders

From the binding, cut:

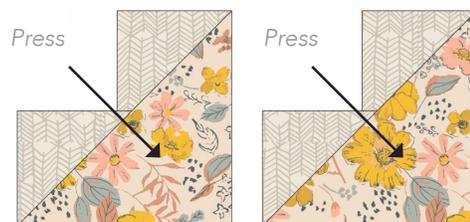
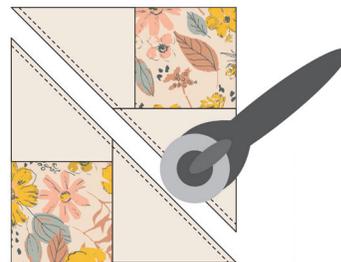
- (5) 2-1/4" x 42" strips then cut into

## BLOCKS

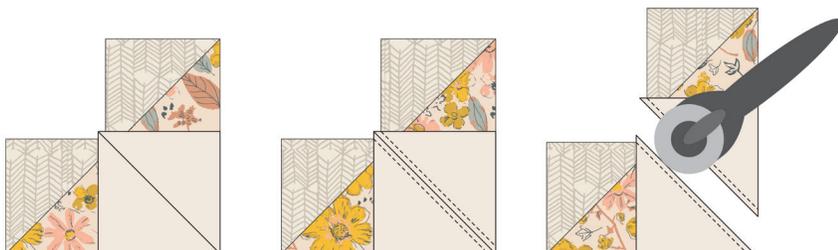
1. Draw a diagonal line on the wrong side of (4) 4-1/8" fabric G (background) squares. Place a marked square right sides together on the corner of a 7-1/2" background fabric A square. In the same manner, place another marked 4-1/8" square in the opposite corner, overlapping the squares in the center as shown.



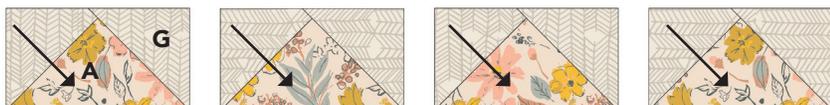
2. Sew a 1/4" seam on each side of the drawn line. Cut apart on the line. Open and press toward the A fabric. This makes 2 Flying Geese sections.



**3.** Noting orientation of the drawn line, place a marked 4- $\frac{1}{8}$ " **A** fabric square right sides together on the corner of one Flying Geese section as shown. Sew a  $\frac{1}{4}$ " seam on each side of the drawn line. Cut apart on the line to make two Flying Geese units. Open and press toward the **A** fabric. Trim units to measure 3- $\frac{1}{2}$ " x 6- $\frac{1}{2}$ ", leaving a  $\frac{1}{4}$ " seam allowance on each side.



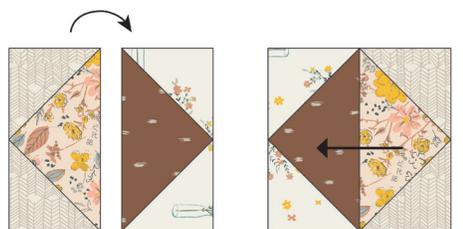
**4.** Repeat Step 3 with the remaining section for a total of 4 **A/G** Flying Geese units. Make a total of 12 **A/G** Flying Geese Units.



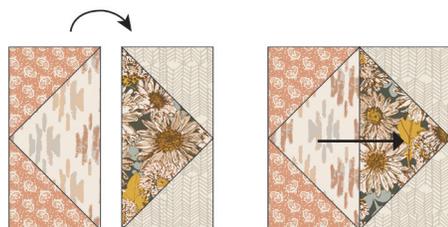
**5.** In the same manner as in Steps 1 through 4, and noting pressing direction, make a total of 12 Flying Geese units each of **B/E** fabrics, **C/F** fabrics, and **D/G** fabrics as shown.



**6.** Noting orientation, stitch an **A/G** Flying Geese unit to a **B/E** Flying Geese unit to make an **A block**. Press toward the **B/E** unit. Make a total of (12) **A** blocks. In the same manner, make (12) **B** blocks with the remaining units, pressing toward the **D/G** unit.



**A/G and B/E Block to make 12 A blocks**

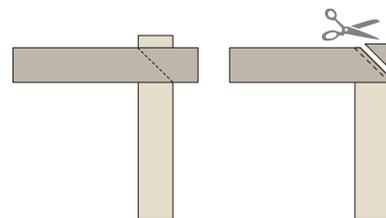


**C/F and D/G Block to make 12 B blocks**

**7.** Sew an **A** and **B** block together to make a block row. Sew a total of 12 block rows.

**8.** Referring to the Quilt Assembly Diagram on page 5 and noting placement and orientation, arrange the block rows, alternating the block row direction. Join the rows.

**9.** Place (2) 2- $\frac{1}{2}$ " x 42" side border strips right sides together at right angles and sew with a diagonal seam. Continue adding strips in this manner to make one long strip. Trim seam to  $\frac{1}{4}$ ". Press seams open.



**5.** Measure the length of each side of the runner. Average those numbers and cut 2 border side border strips. Sew to the sides of the runner.

## QUILT

Cut and piece the backing to measure 22" x 78" using a  $\frac{1}{2}$ " seam allowance. Press the seam(s) open to reduce bulk. Press the quilt top and backing well. Layer the backing wrong side up, the batting with edges matching the backing, and the quilt top centered right side up. Baste the layers together. Quilt as desired.

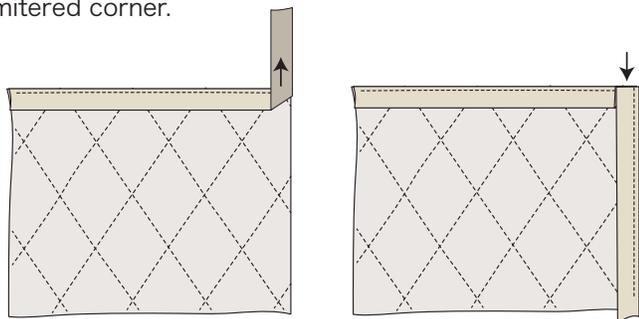
## BINDING

**1.** To make double-fold binding, place (2) 2- $\frac{1}{4}$ " strips at right angles as shown in Step 9 to make one long binding strip.

**2.** Fold the strip lengthwise in half with wrong sides together and press as shown on page 4. Starting at the center of one edge of the quilt top, place the folded binding on the right side of the top with raw edges aligned.



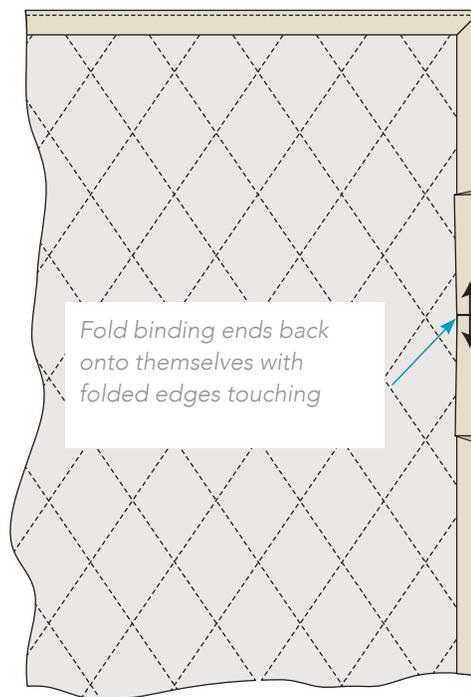
**3.** Leaving 12" of the binding strip free, begin stitching with a  $\frac{1}{4}$ " seam allowance. Sew to the corner and backstitch  $\frac{1}{4}$ " from the edge. Remove the quilt from the machine. Fold the strip up at a 45° angle and then back down over itself, lining up the raw edges to make a mitered corner.



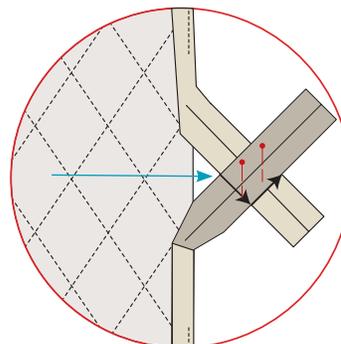
**4.** Resume stitching, beginning at the top edge of the new side and continuing around the quilt to the next corner. In the same manner as Step 3, sew to the corner and backstitch, remove the quilt from the machine, fold the strip, then continue around the quilt to within 12" of the starting point and backstitch. Remove the quilt from the machine.

**5.** Lay the quilt top on a flat surface. Bring the loose ends of the binding together so the binding and the quilt lie flat. Fold the binding ends back onto themselves so the folded edges touch but do not overlap; finger press to crease. Open the binding. Place the strips at right angles right sides together using the creases to align the strips as indicated in the diagram by black arrows. Pin the ends together as shown. Draw a diagonal line from the corner intersections. Sew on the line. Before trimming the seam allowance, refold the binding and check that it lies flat on the quilt top. Adjust the stitching if needed; check and trim seam allowance to  $\frac{1}{4}$ " when satisfied. Pin the binding down and sew to the remaining edge of the quilt top.

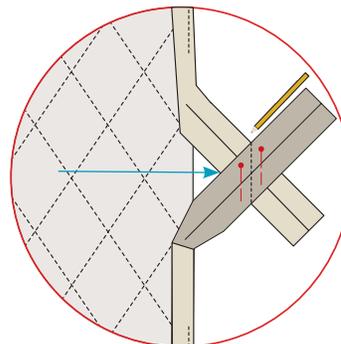
**6.** Trim the backing and batting even with the quilt top. Turn the binding to the back of the quilt and blind stitch by hand or machine stitch to finish.



Use creases to align strips at right angles



Mark a diagonal line from each corner intersection



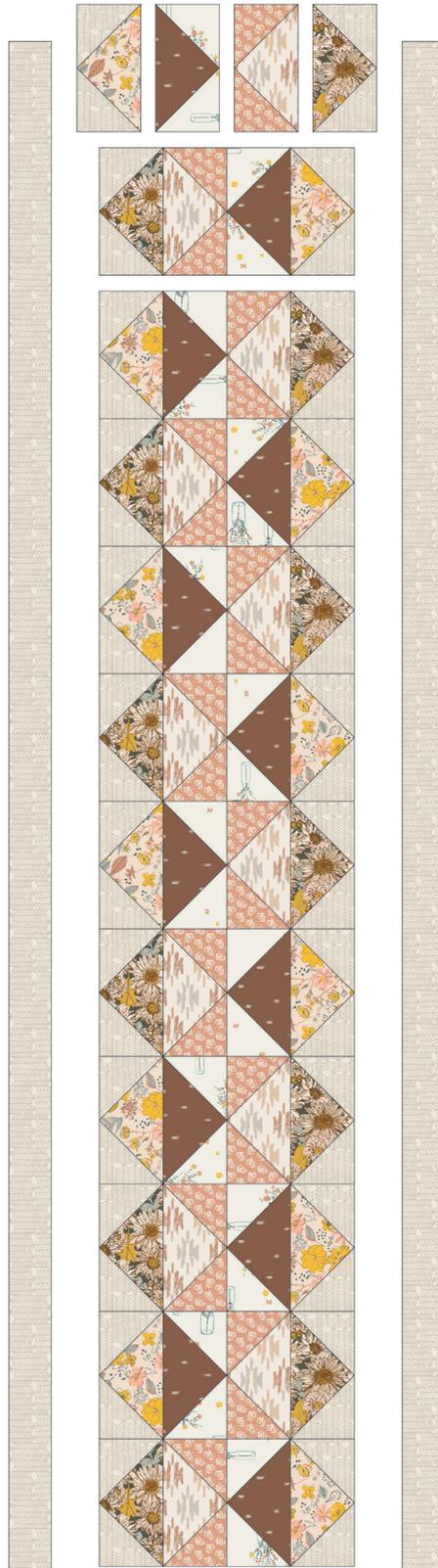
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Quilt Assembly Diagram