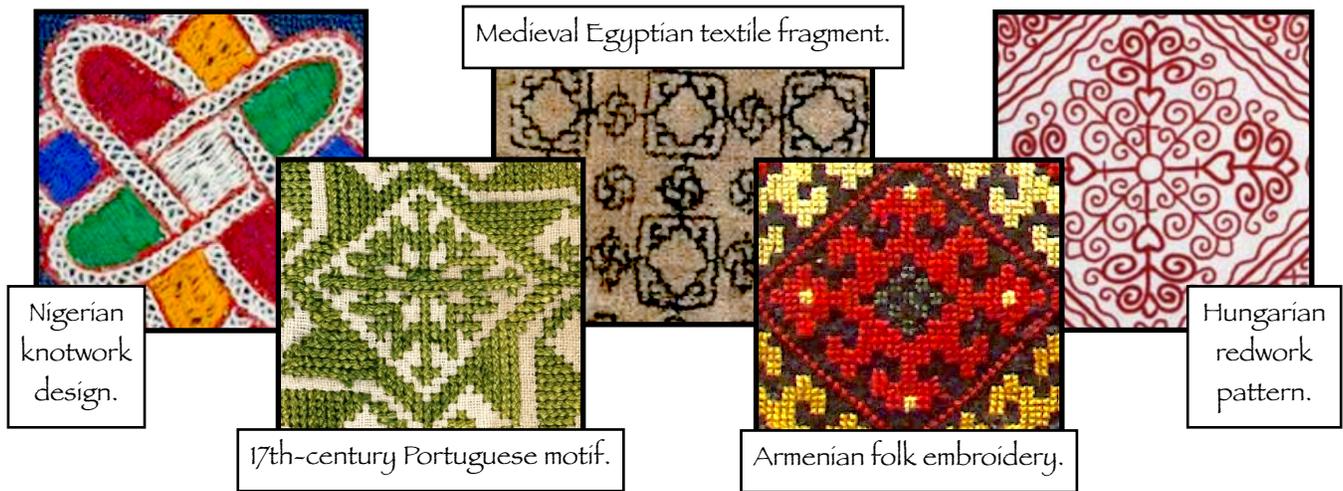


# Cliffside Stitches - Heritage Motifs - 2025 SAL

## Introduction, Templates, and Borders

Czech Republic	India	Japan	Italy	Chile	Palestine	Greece
New Zealand - Maori	Turkey	Ukraine	Norway	England	Germany	United States
Laos - Hmong	Bulgaria	Hungary	Spain	Nigeria - Yoruba	France	China
Indonesia	Morocco	Peru	Canada	Netherlands	Poland	Ireland
Russia	Guatemala	Pakistan	Sweden	Egypt	Portugal	Latvia
Iceland	Armenia	Croatia	South Africa - Ndebele	Scotland	Mexico	Afghanistan
Syria	Finland	Philippines	Austria	Romania	Australia - Aboriginal	Estonia





This stitch-along sampler has been inspired by a wide variety of motifs found in traditional folk crafts from around the world, chosen according to available resources and my own interests as a textile researcher. In some cases, the traditional motifs are very closely replicated; in other cases, I have adapted the motifs to work with the overall arrangement and style of the sampler — but I always aim to capture the spirit of the original sources.

The key on the cover page of this PDF indicates the cultural source for each motif. Many of the traditional motifs are uniquely characteristic of specific cultures; others seem to cross the globe, with the same motif appearing in very different times and places. In such cases, I have identified the regional source I consulted most closely.

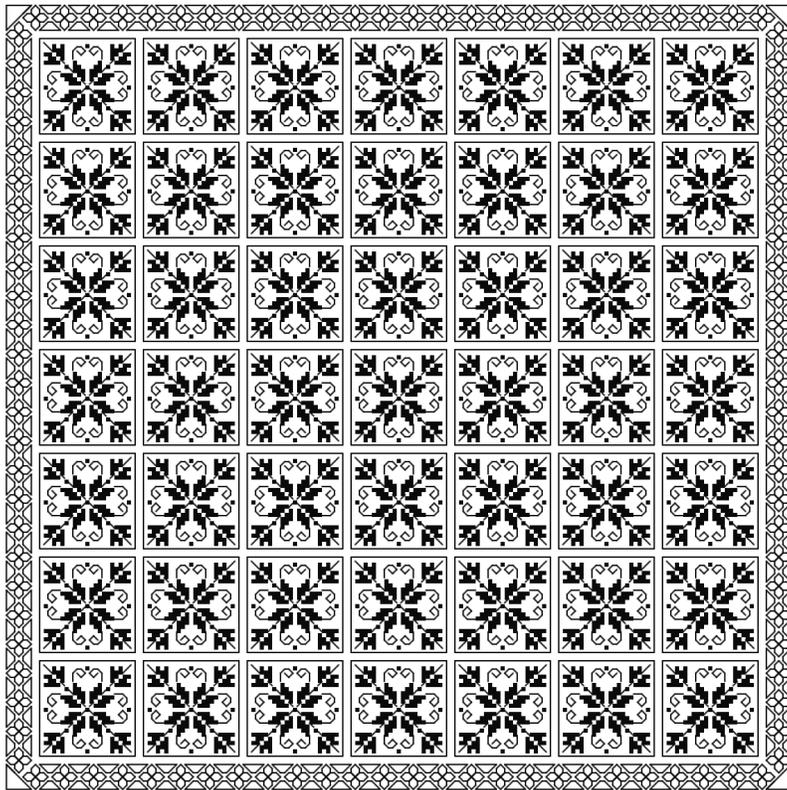
The sampler consists of 49 squares arranged in a 7 x 7 grid. The stitch count for each motif within the squares is 21 x 21. You can follow the suggested grid, or you can experiment with the layout. Everyone is encouraged to stitch a sampler that is uniquely theirs!

Your choice of fabric and/or thread can create a variety of different effects. The weekly motif charts will be presented in monochrome, and you can select any palette that you like. You can stitch the entire design with one solid or variegated floss, you can stitch each motif in a different shade, you can create polychrome versions of individual motifs, etc. A few possible floss options are shown at right.



You can stitch the entire grid template before beginning the sampler, or you can stitch it as you proceed with each of the 49 motifs. Twelve slightly different cross stitch or blackwork template and border options are offered, depending on how you'd like the overall design to look. You can also devise any other template that pleases you. For the lightest effect, you can opt to omit the stitched outlining around the squares altogether, just leaving blank spaces between the motifs. Note that depending on your template choice, the stitch count and overall size will change a bit.

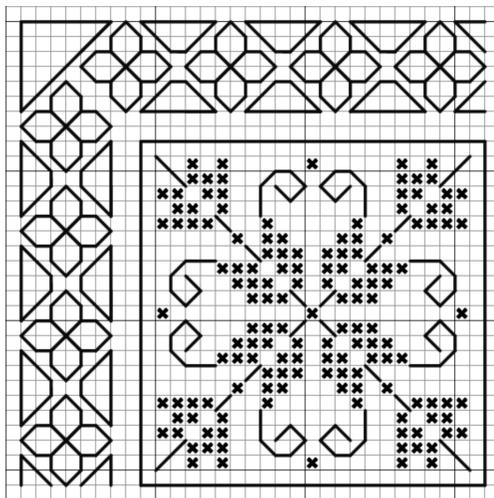
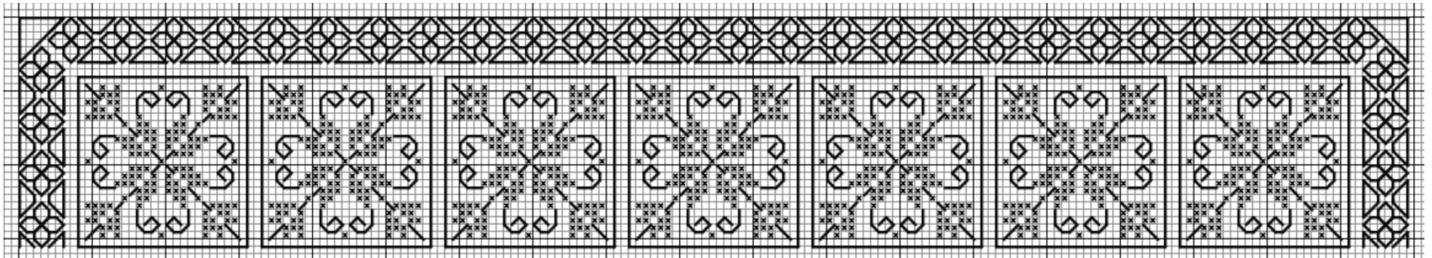
# Template 1



This template has a backstitch outline around each motif square, with two blank rows between the squares and a 6-stitch-wide blackwork border that surrounds the overall design.

Stitch count: 189 x 189.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13.5 x 13.5 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 12 x 12 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10.5 x 10.5 inches.

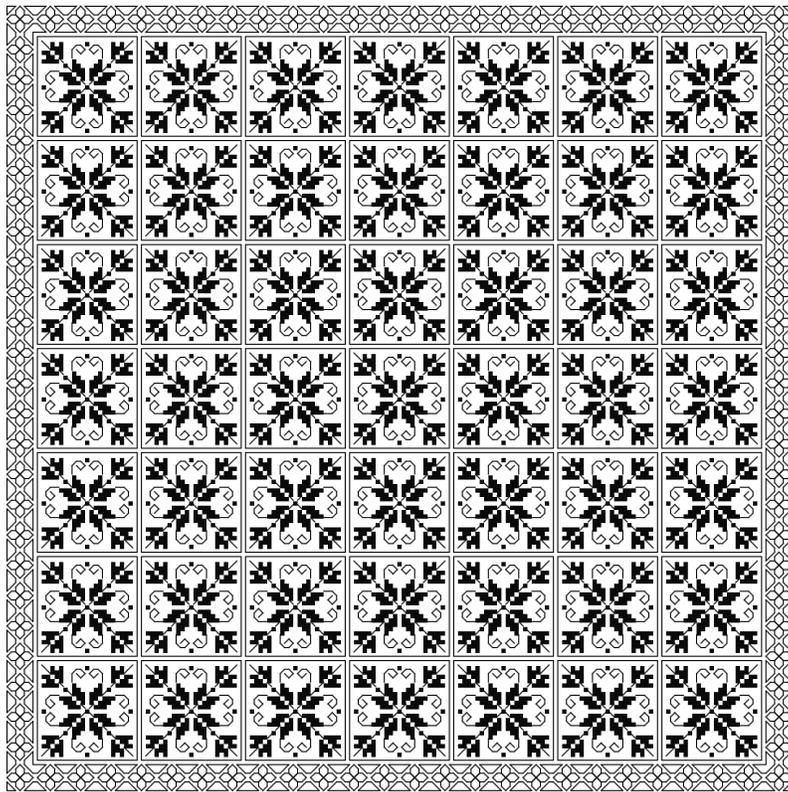


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be stitched as blackwork, you can still insert cross stitch motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

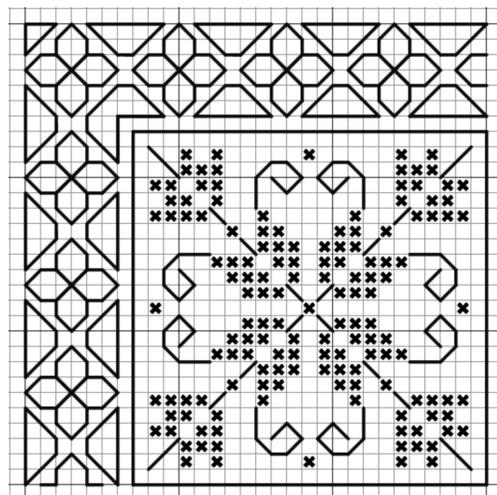
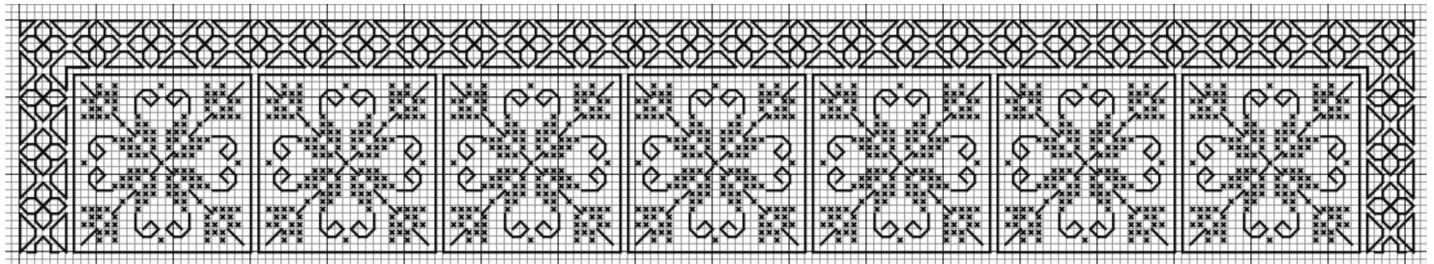
# Template 2



This template has a backstitch outline around each motif square, with one blank row between the squares and a 6-stitch-wide blackwork border that surrounds the overall design.

Stitch count: 181 x 181.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13 x 13 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.3 x 11.3 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10 x 10 inches.

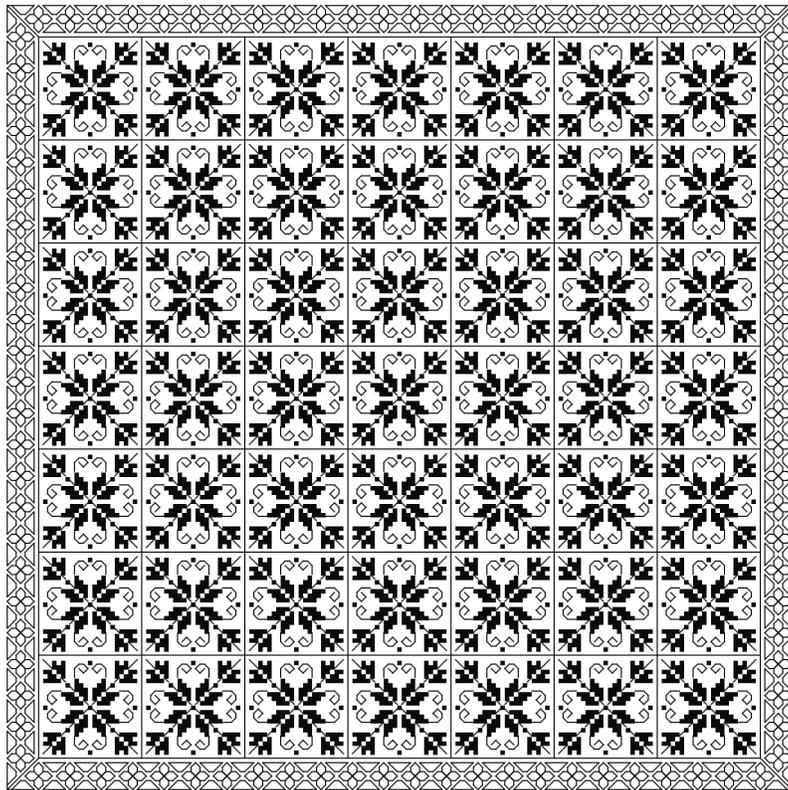


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be stitched as blackwork, you can still insert cross stitch motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

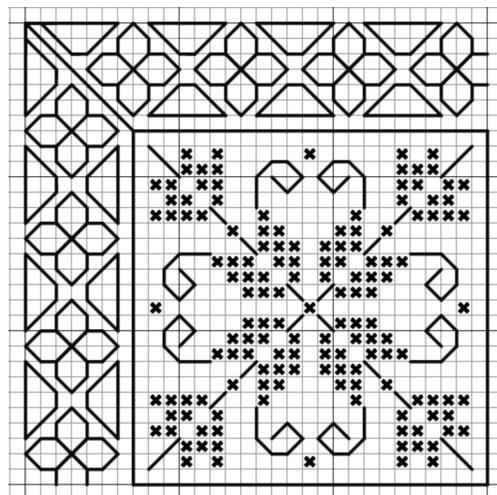
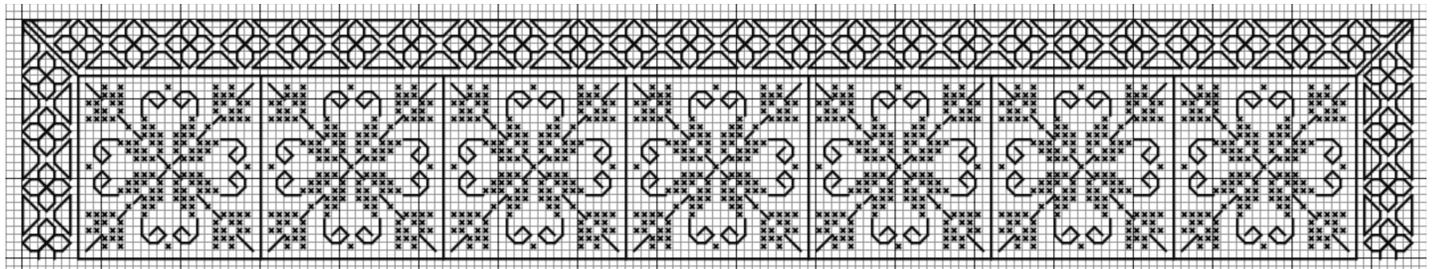
# Template 3



This template has no spaces between the backstitch outlines of the squares. One blank row separates the grid from the 6-stitch-wide blackwork border surrounding the overall design.

Stitch count: 175 x 175.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 12.5 x 12.5 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11 x 11 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 9.75 x 9.75 inches.

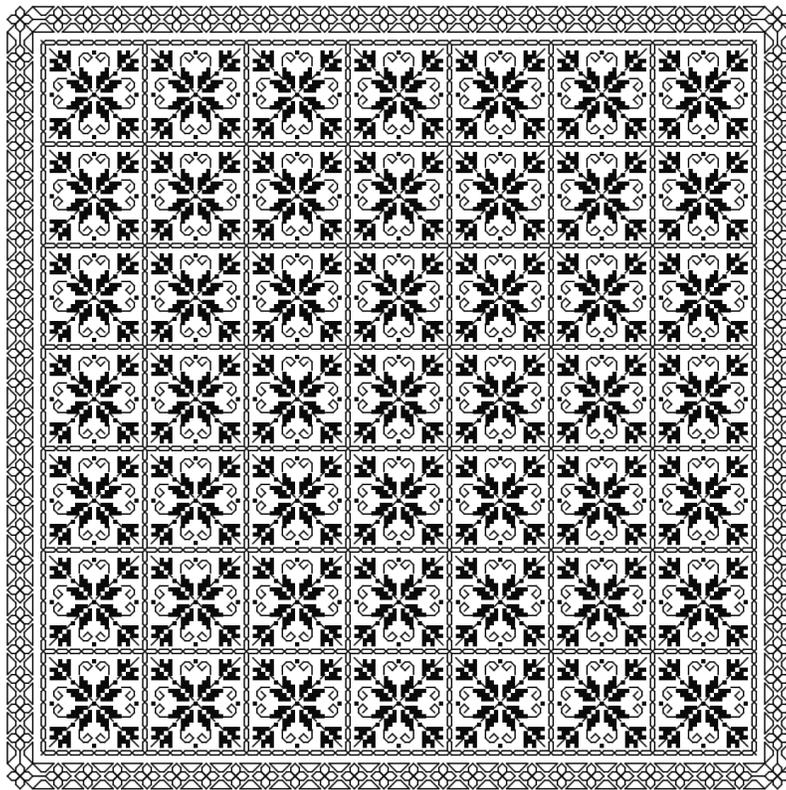


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be stitched as blackwork, you can still insert cross stitch motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

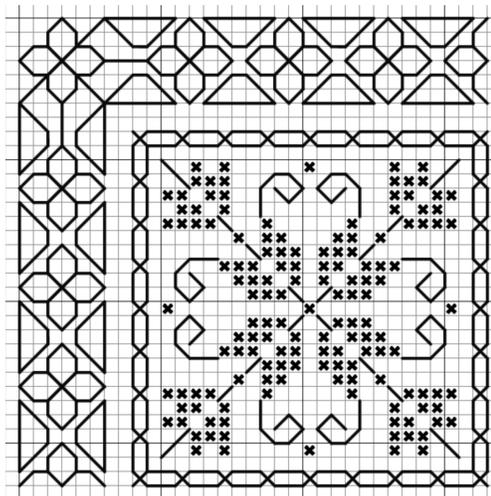
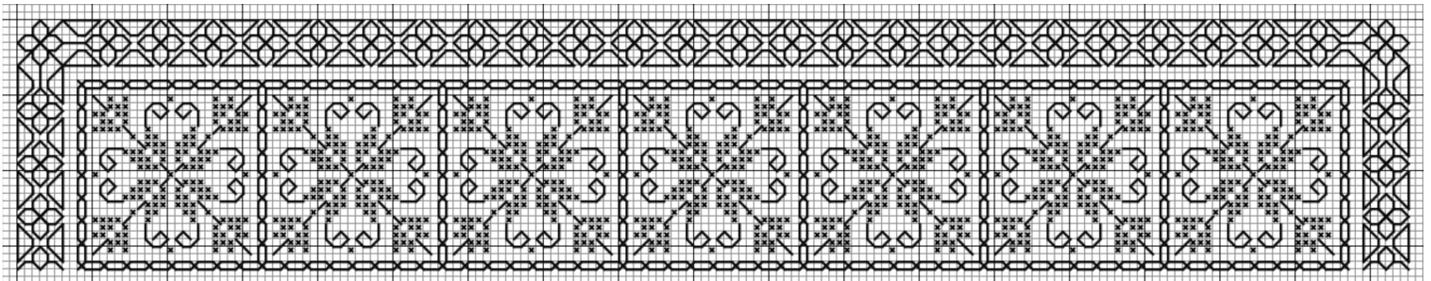
# Template 4



This template has a more elaborate backstitch outline around each square, with two blank rows between the grid and the 6-stitch-wide blackwork border that surrounds the overall design.

Stitch count: 185 x 185.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13.25 x 13.25 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.5 x 11.5 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10.25 x 10.25 inches.

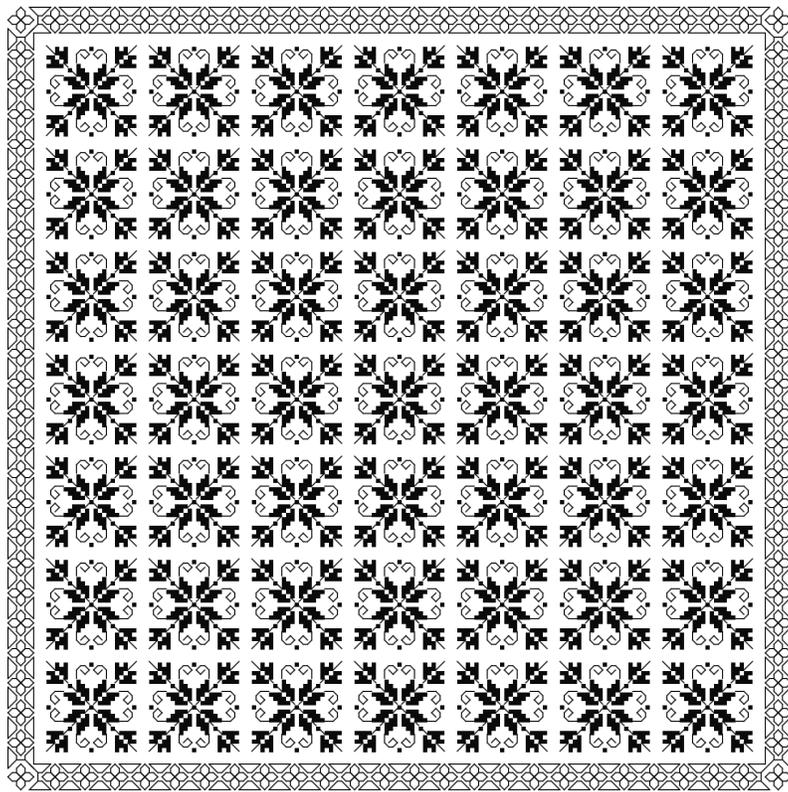


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be stitched as blackwork, you can still insert cross stitch motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

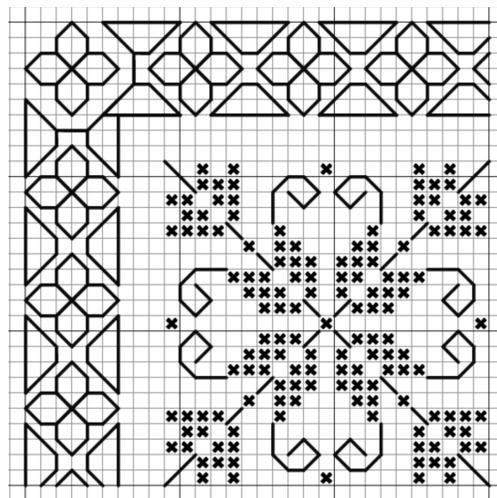
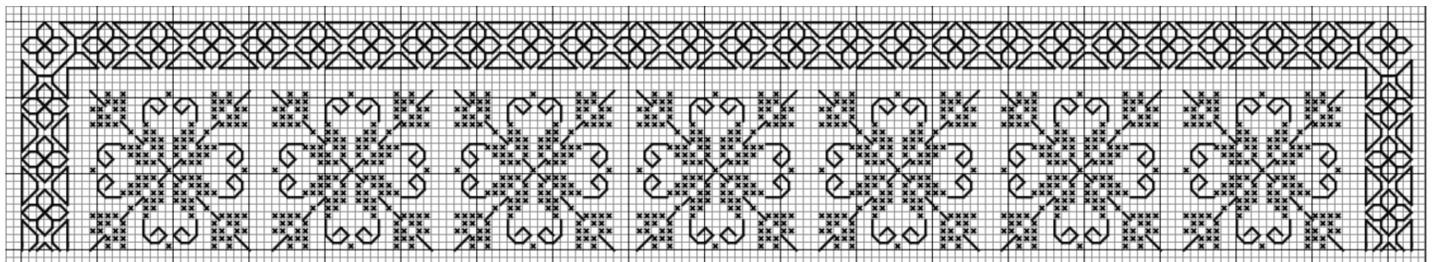
# Template 5



This template has no frames around the individual squares, just three blank rows between each motif. There is a 6-stitch-wide blackwork border that surrounds the overall design.

Stitch count: 183 x 183.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13 x 13 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.5 x 11.5 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10 x 10 inches.

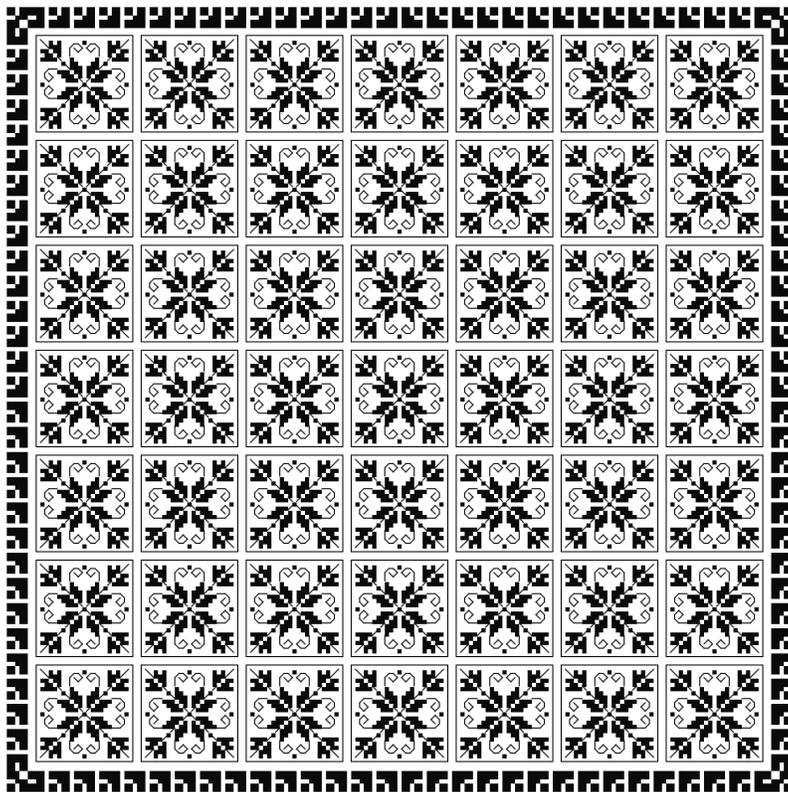


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outer border design is meant to be stitched as blackwork, you can still insert cross stitch motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

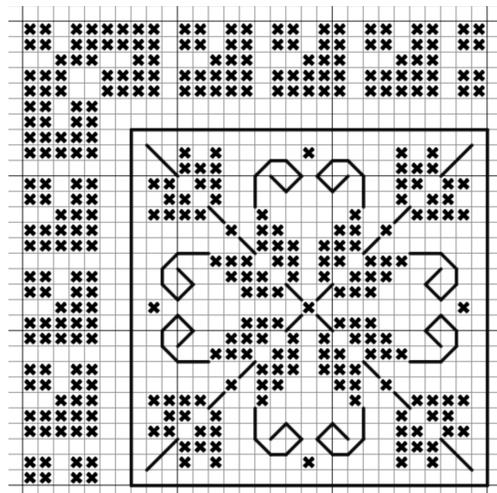
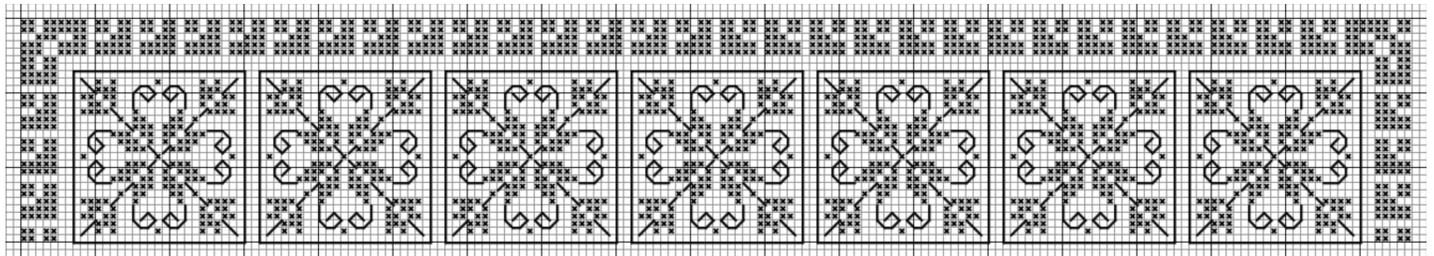
# Template 6



This template has a backstitch outline around each motif square, with two blank rows between the grid of squares and a 5-stitch-wide cross stitch border surrounding the overall design.

Stitch count: 187 x 187.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13.5 x 13.5 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.75 x 11.75 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10.5 x 10.5 inches.

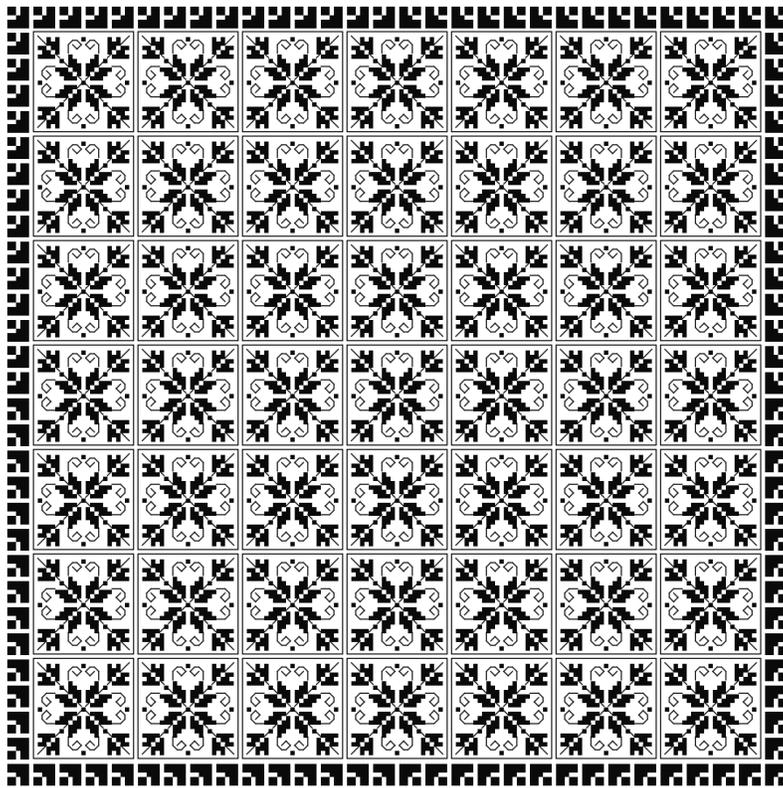


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

The backstitch outlining of the squares and the cross stitch outer border would especially suit a sampler that combines blackwork and cross stitch motifs.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

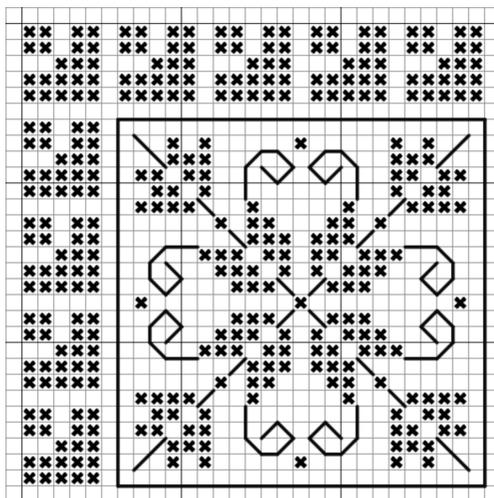
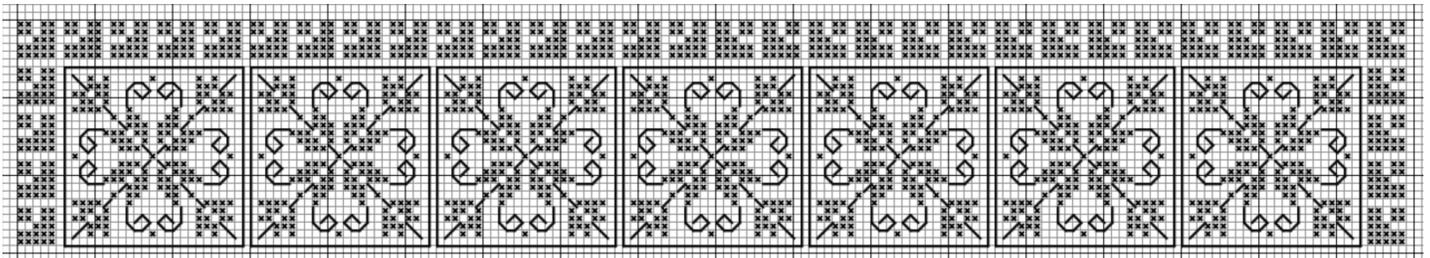
# Template 7



This template has a backstitch outline around each motif square, with one blank row between the grid of squares and a 5-stitch-wide cross stitch border surrounding the overall design.

Stitch count: 179 x 179.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 12.75 x 12.75 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.25 x 11.25 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10 x 10 inches.

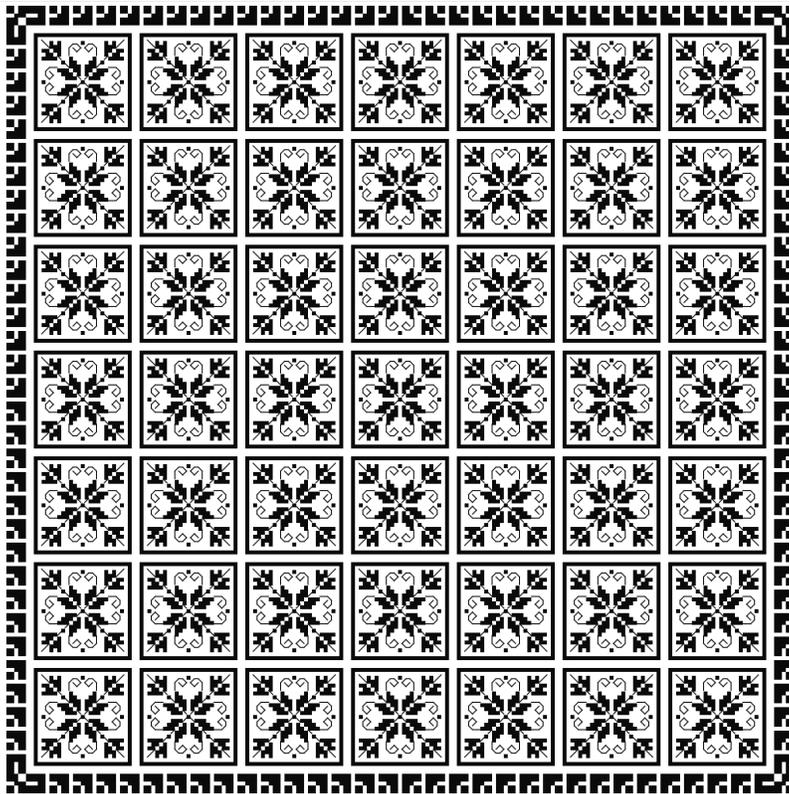


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

The backstitch outlining of the squares and the cross stitch outer border would especially suit a sampler that combines blackwork and cross stitch motifs.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

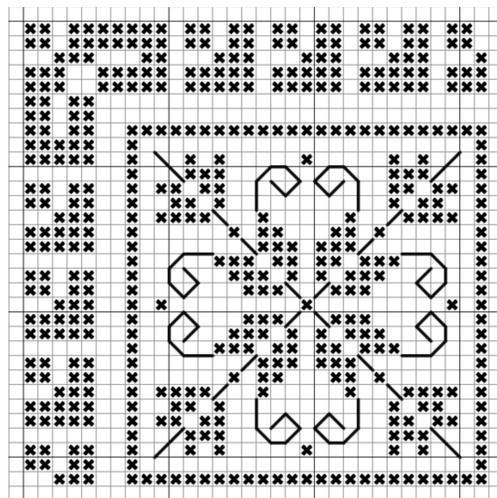
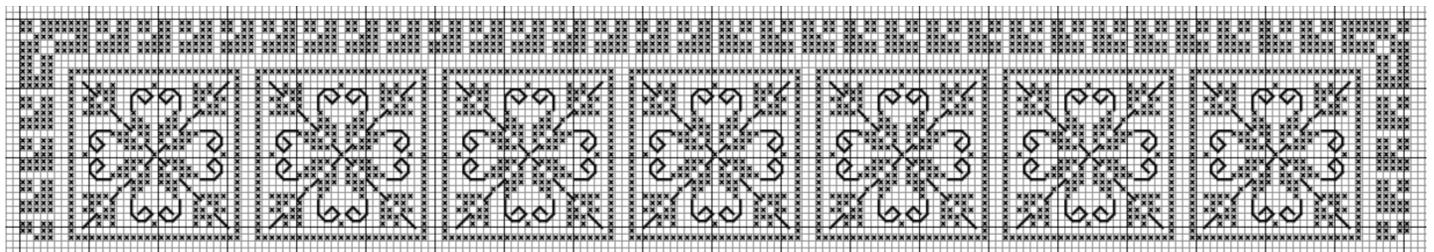
# Template 8



This template has a cross stitch outline around each motif square, with two blank rows between the squares and a 5-stitch-wide cross stitch border that surrounds the overall design.

Stitch count: 201 x 201.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 14.5 x 14.5 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 12.5 x 12.5 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 11.25 x 11.25 inches.

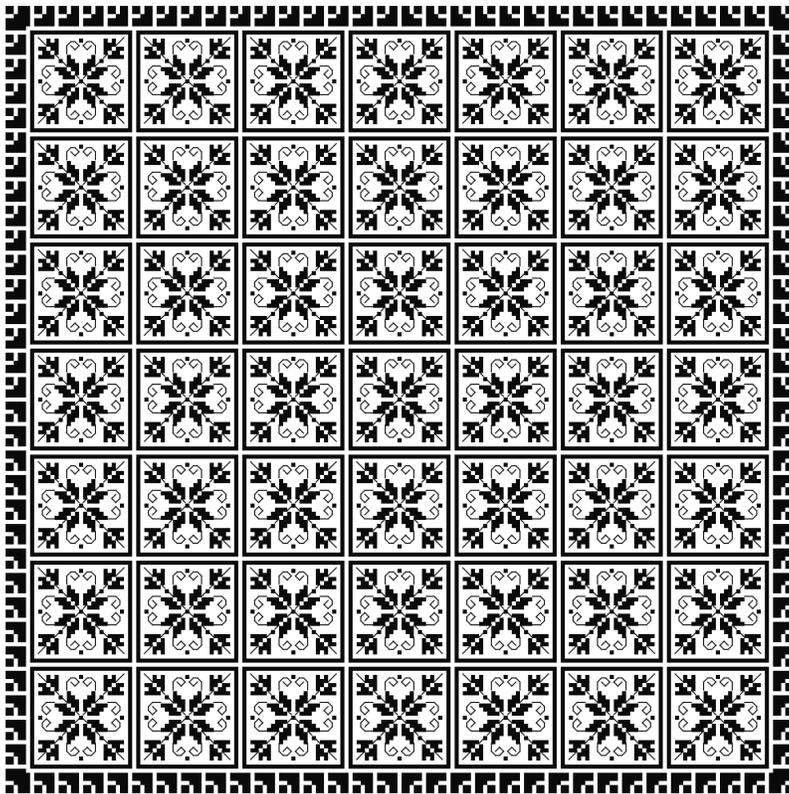


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be embroidered as cross stitch, you can still insert blackwork motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

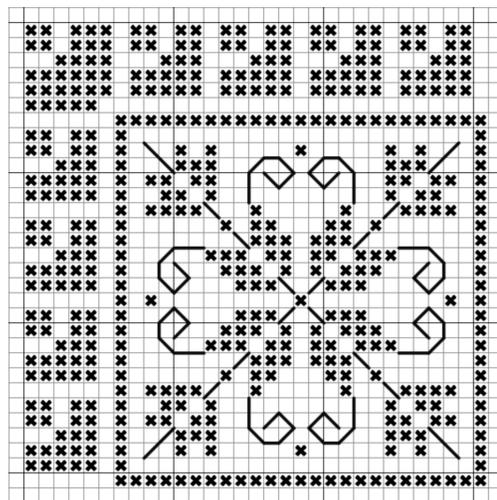
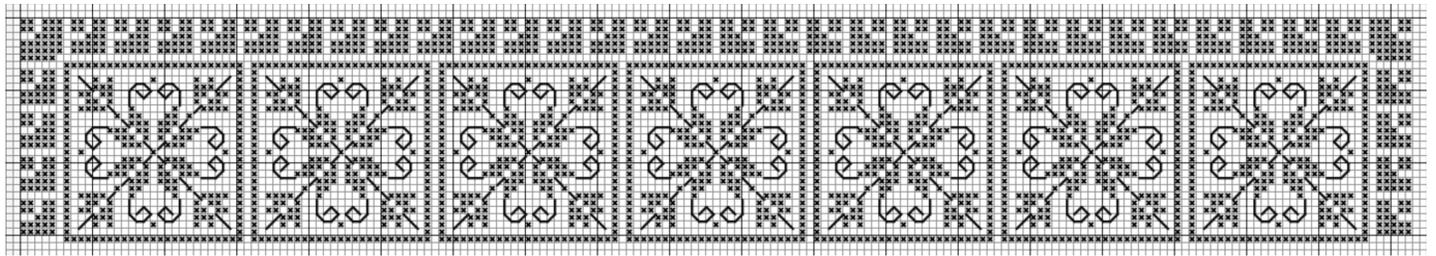
# Template 9



This template has a cross stitch outline around each motif square, with one blank row between the squares and a 5-stitch-wide cross stitch border that surrounds the overall design.

Stitch count: 193 x 193.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13.75 x 13.75 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 12 x 12 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10.75 x 10.75 inches.

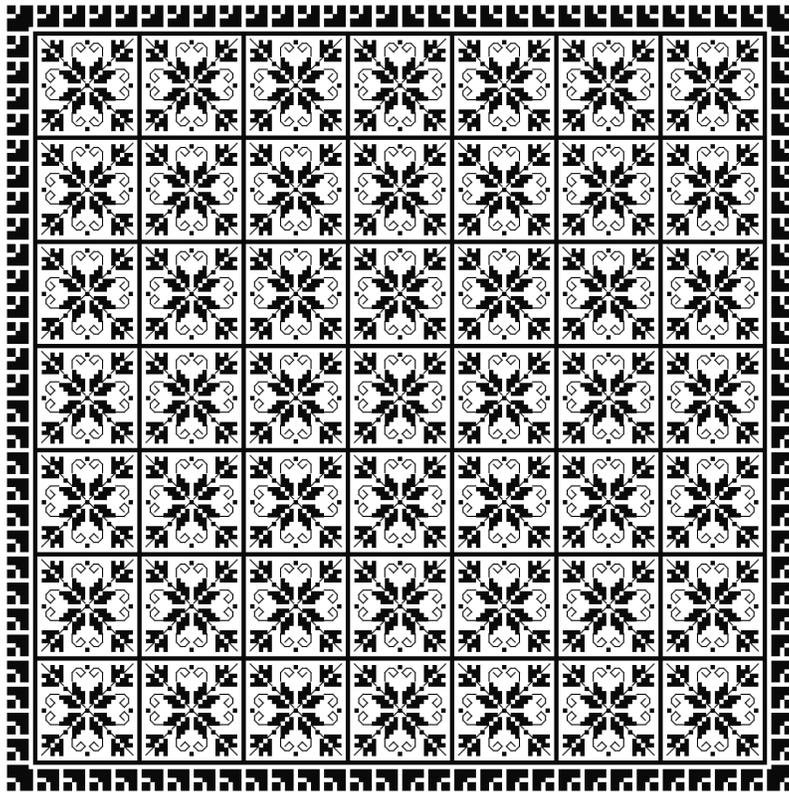


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be embroidered as cross stitch, you can still insert blackwork motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

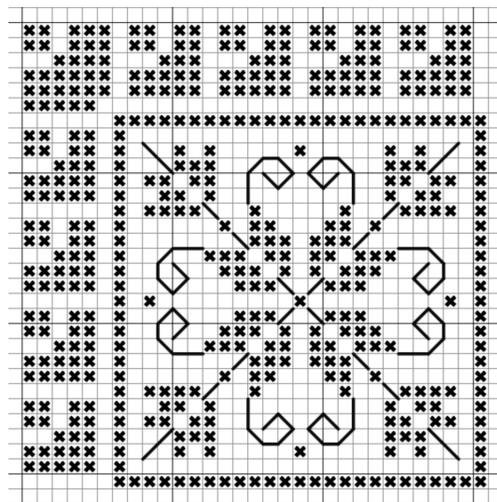
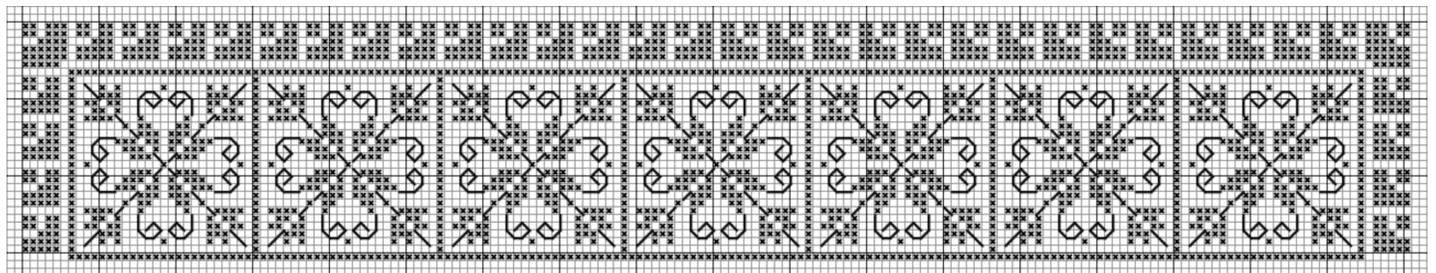
# Template 10



This template has no spaces between the cross stitch outlines of the squares. One blank row separates the grid from the 5-stitch-wide cross stitch border surrounding the overall design.

Stitch count: 181 x 181.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13 x 13 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.3 x 11.3 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10 x 10 inches.

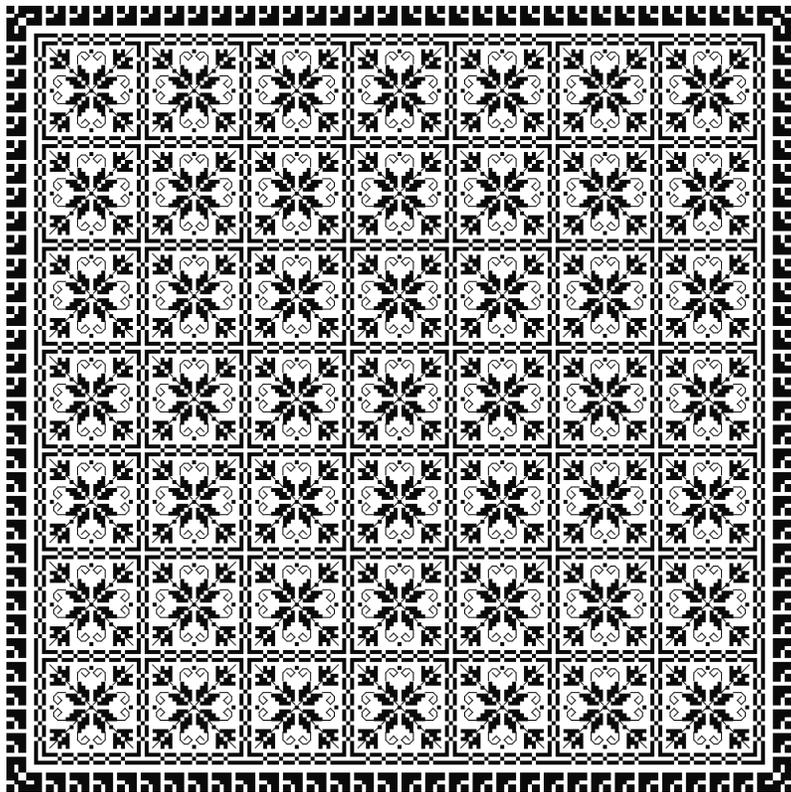


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be embroidered as cross stitch, you can still insert blackwork motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

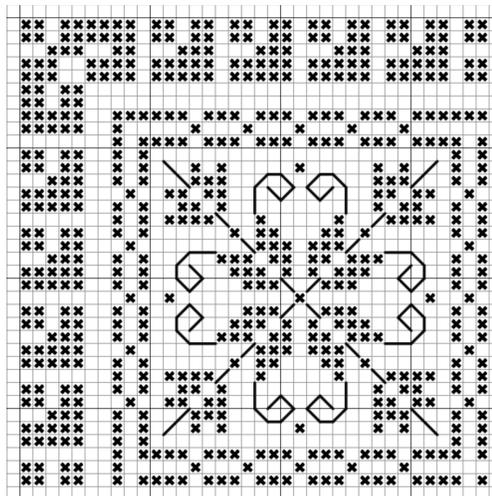
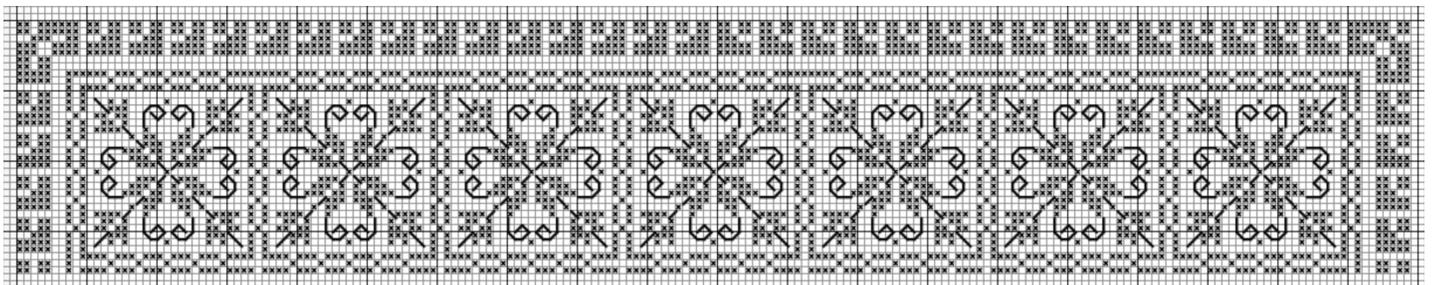
# Template 11



This template has a more elaborate cross stitch frame around each square, with two blank rows between the grid and the 5-stitch-wide cross stitch border surrounding the overall design.

Stitch count: 199 x 199.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 14.25 x 14.25 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 12.5 x 12.5 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 11 x 11 inches.

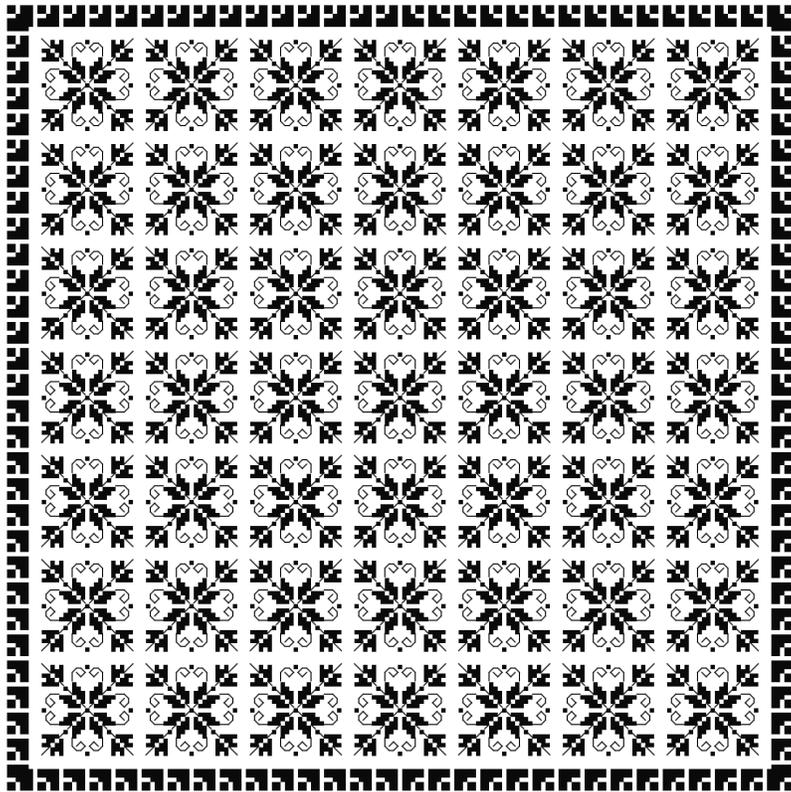


The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

Although the outlines of the squares and the border design are meant to be embroidered as cross stitch, you can still insert blackwork motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

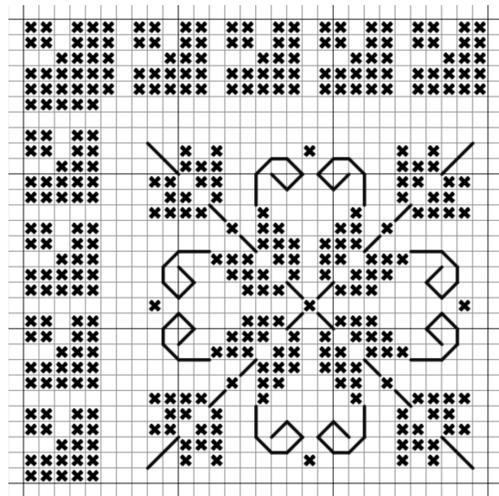
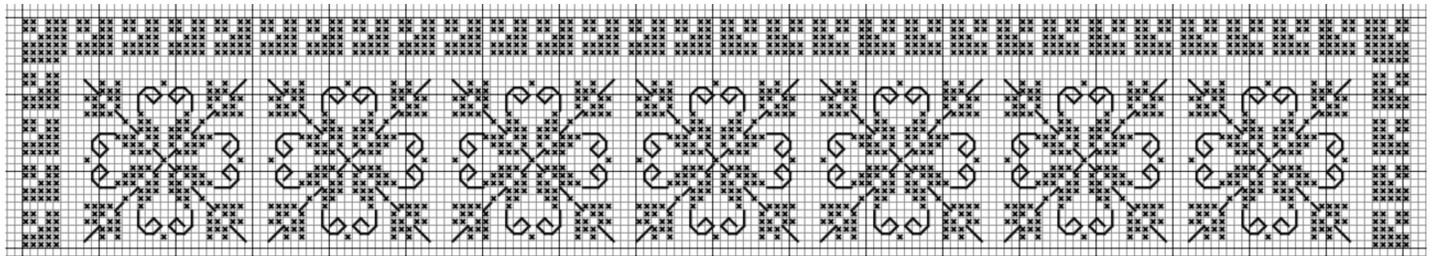
# Template 12



This template has no frames around the individual squares, just three blank rows between each motif. There is a 5-stitch-wide cross stitch border that surrounds the overall design.

Stitch count: 181 x 181.

- Design size stitched on 14-count aida or 28-count evenweave:  
Approximately 13 x 13 inches.
- Design size stitched on 16-count aida or 32-count evenweave:  
Approximately 11.3 x 11.3 inches.
- Design size stitched on 18-count aida or 36-count evenweave:  
Approximately 10 x 10 inches.



The chart for the top border is given above; a close-up of the corner is shown at left. To stitch the border around all sides, simply rotate the chart.

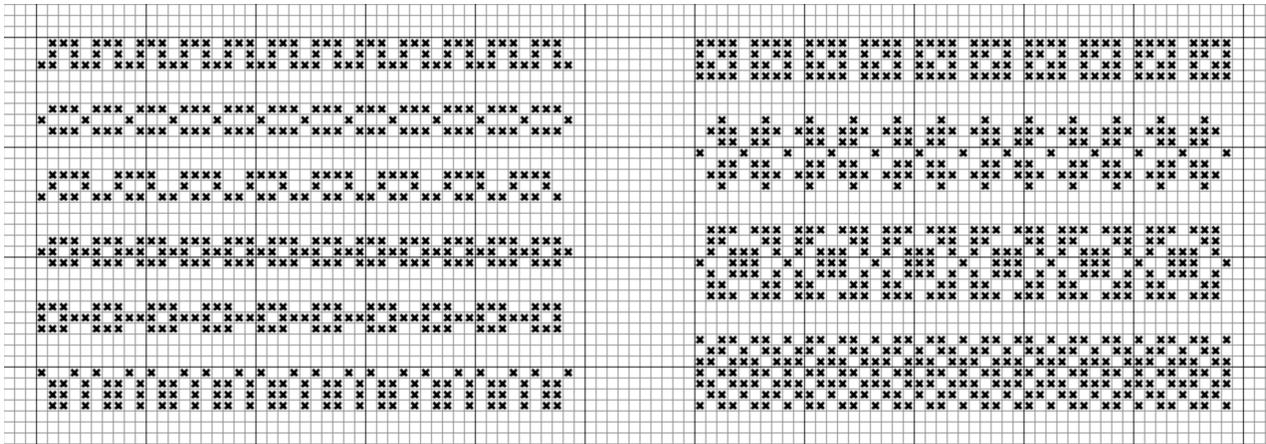
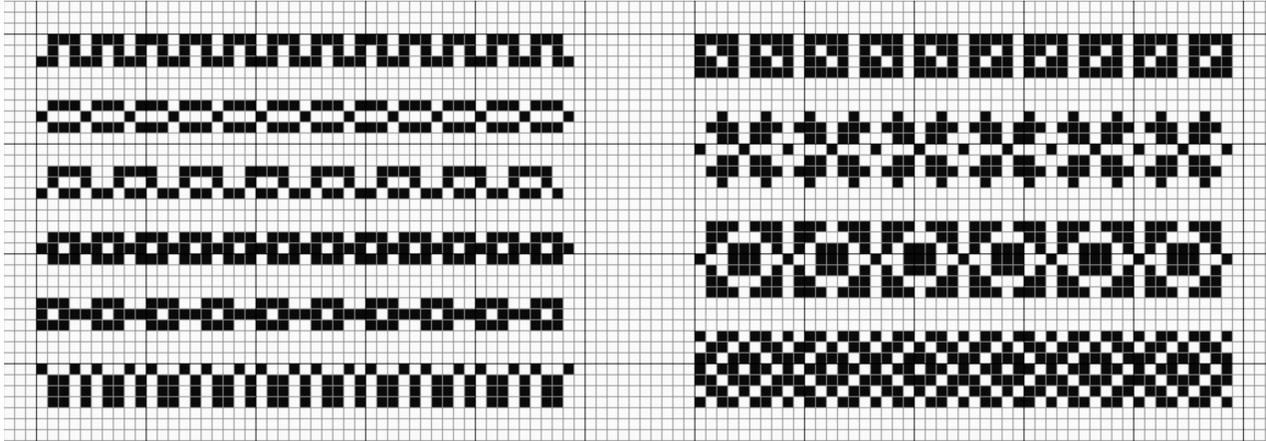
Although the outer border design is meant to be embroidered as cross stitch, you can still insert blackwork motifs using this template.

Variations of the needlework motif shown here can be found in several different European cultures. It is not included in the SAL and is just meant to give an idea of the overall appearance.

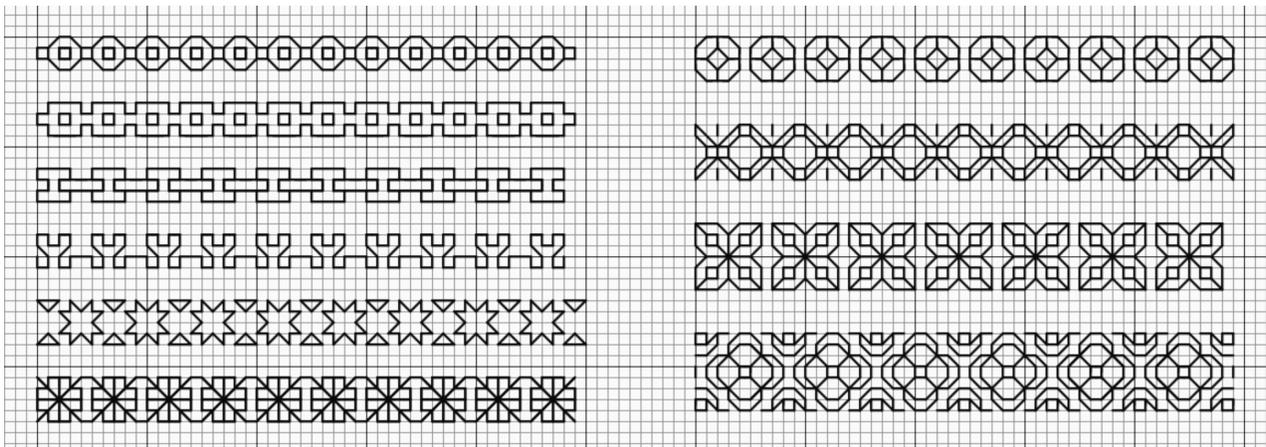
# Alternate Borders

You could choose to omit an outer border entirely, or to substitute something simpler: a single block line surrounding all the squares, a dotted line, etc. Just make sure to plan carefully so that your border will fit the template you are using. You may need to tweak the corners to make it work.

## Cross Stitch



## Blackwork



# Heritage Motifs - 2025 SAL

## NOTES

If you are stitching in monochrome, you will need a total of approximately 12 skeins to complete the pattern entirely in cross stitch, and approximately 6 skeins to complete the pattern entirely in blackwork.

There are no fractional stitches in either the cross stitch or blackwork charts.  
You can use aida or evenweave/linen.

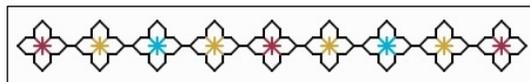
If you choose to do backstitch outlines around each motif, you can use a single strand of floss, or two strands for a more pronounced line.

When preparing your fabric make sure that you have enough to leave a 2-3" unstitched border around all sides of the design for finishing.



## Cliffside Stitches

traditional designs for modern times



cliffsidestitches.com  
cliffsidestitches@gmail.com