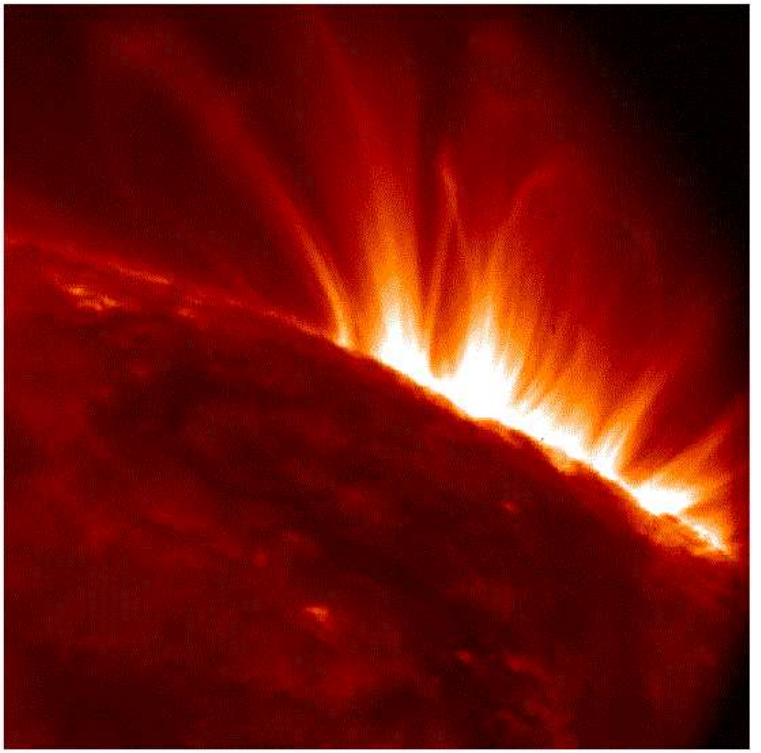
Many active regions are very dynamic and have ‘hot’ and ‘cool’ loops. However, a large number of active regions experience a relatively ‘quiescent’ stage. The ‘1 MK’ loops are:

- long lived (hours to days)
- ubiquitous
- best seen in the EIT or TRACE 173 Å bandpassess, sensitive to T=1 MK
- very extended (sometimes connect different active regions).