SCOTLAND
Lerwick
Westray
Torshavn (FO)
Evie
Shapinsay
KIRKWALL
Stromness
Orkney Islands
St Margaret's Hope
Urafirth
Brae
Bridge of Walls
Bressay
LERWICK
Bergen (N)
Shetland Islands
Stromness
THURSO
John o'Groats
Melvich
Durness
Tongue
Wick
Laxford Bridge
Altnaharra
Kinbrace
Lewis
STORNOWAY
Kylesku
Lochinver
Achiltibuie
Ledmore
Lairg
Brora
OUTER HEBRIDES
The Minch
Tarbert
Scarista
Harris
Ullapool
Bonar Bridge
Dornoch
Tain
Fearn
Moray Firth
North Uist
Laide
Poolewe
Braemore
Gairloch
Loch Maree
Talladale
Kinlochewe
Evanton
Fortrose
Nairn
Forres
Fochabers
Buckie
Banff
Macduff
Fraserburgh
Lochmaddy
Lochportt
Benbecula
Uig
Skeabost
Shieldaig
Achnasheen
Strathpeffer
Muir of Ord
Beauly
Cawdor
INVERNESS
Elgin
Archiestown
Craigellachie
Turriff
Strichen
Peterhead
Glendale
Dunvegan
PORTREE
Kishorn
Applecross
Lochcarron
Plockton
Stromeferry
Erbusaig
Lochcarnan
Skye
Kyle of Lochalsh
Dornie
Daviot
Grantown on Spey
Glenlivet
Dufftown
Fisherford
Ellon
Inverurie
Newburgh
Balmedie
South Uist
by Elgol
Isle Ornsay
Sleat
Armadale
Doune
Glenshiel
Invergarry
Fort Augustus
Loch Ness
Dulnain Bridge
Carrbridge
Boat of Garten
Aviemore
Kildrummy
Kincraig
Kingussie
Newtonmore
Ballater
Aboyne
Banchory
ABERDEEN
Crathes
Stonehaven
Barra
Rum
Knoydart
Inverie
Mallaig
Glen Loy
Spean Bridge
Loch Lochy
Braemar
Glenshee
NORTH SEA
Glenfinnan
Banavie
FORT WILLIAM
Blair Athol
Kinloch Rannoch
Lintrathen
Kirriemuir
Laurencekirk
Brechin
Ardnamurchan
Onich
Glencoe
Ballachulish
Pitlochry
Alyth
Forfar
Glamis
Coll
Arinagour
Tobermory
Dervaig
Strontan
Appin
Port Appin
Taynuilt
Bridge of Orchy
Killin
Blairgowrie
Dunkeld
Birnam
Bankfoot
Scone
Auchterhouse
Arbroath
Carnoustie
Inverkeilor
Tiree
Gruline
Craignure
Mull
OBAN
Tyndrum
Crianlarich
St Fillans
Comrie
Crieff
DUNDEE
Wormit
Cupar
PERTH
ST ANDREWS
Iona
Kilchrenan
Balquhidder
Strathyre
Auchterarder
Callander
Falkland
Peat Inn
Lathones
Craobh Haven
Port of Menteith
Kinross
Anstruther
ATLANTIC OCEAN
Kilmartin
Cairnbaan
Starchur
Dunblane
Bridge of Allan
Kelty
Lundin Links
Glenrothes
Elie
Leslie
Kirkcaldy
Firth of Forth
Colonsay
Colonsay
Loch Lomond
STIRLING
Kincardine
Arden
Drymen
Fintry
Airth
Dunfermline
Dirleton
Gullane
NorthBerwick
Tayvallich
Ardrishaig
Helensburgh
Balloch
Killearn
Grangemouth
Dunbar
Islay
Tighnabruaich
Dunoon
Langbank
Cardross
Milngavie
Cumbernauld
Linlithgow
EDINBURGH
East Linton
Haddington
Eyemouth
Tarbert
Bridge of Weir
Coatbridge
Kirknewton
Chirnside
Bute
Howwood
GLASGOW
Bonnyrigg
Newtongrange
Berwick-upon-Tweed
Port Charlotte
Kilmerry
Bowmore
Clachan
Rothesay
Lochwinnoch
Bothwell
West Linton
Swinton
Glenmachrie
Gigha
Dalry
Uplawmoor
East Kilbride
Lauder
Tayinloan
Lochranza
Ardrossan
Kilmarnock
Innerleithen
Coldstream
Port Ellen
Carradale
Sannox
Irvine
Troon
Biggar
Peebles
Galashiels
Melrose
Brodick
Blackwaterfoot
Arran
Prestwick
Symington
St Boswells
Kelso
Whiting Bay
Lamlash
AYR
Cumnock
Dunure
Jedburgh
Firth of Clyde
Thornhill
Hawick
Turnberry
Moffat
Zeebrugge (B)
Girvan
Langholm
Ballycastle
Ballantrae
New Galloway
Dumfries
Lockerbie
Crocketford
Castle Douglas
Gretna
Newton Stewart
New Abbey
Larne
Stranraer
Palnackie
Kirkbean
ENGLAND
Belfast
Portpatrick
Glenluce
Wigtown
Auchencairn
Kirkcudbright
Whithorn
Isle of Whithorn
Solway Firth