



# Shetland Islands



Foula 418 m

Fair Isle 217 m

# Orkney Islands

Sula Sgeir North Rona Sule Skerry Brough Head Rousay Eday Stronsay Shapinsay Auskerry Graemsay 479 m Hoy Scapa Flow Burray South Ronaldsay Pentland Firth Stroma Dunnet Head

## Hebridean Shelf

A t l a n t i c O c e a n

N o r t h S e a

Boreray Soay Hirta St Kilda archipelago

Outer Hebrides Flannan Islands Great Bernera 574 m Scarp Taransay Pabbay Berneray North Uist 347 m Monach Islands

Inner Hebrides Isle of Lewis and Harris Tumpnan Head Point of Stoer Edinvalley Loch Eriboll River Naver Ben Hope 927 m Ben Klibreck 961 m Loch Assynt Ben More Assynt 998 m Loch Shin River Oykel River Broda River Helmsdale River Brora River Helmsdale River Dornoch River Tarbat Ness 290 m Strathly Point

# NORTH SCOTLAND

## NORTH WEST HIGHLANDS

## HIGHLANDS

## GRAMPIAN Mts

## CENTRAL BELT

## LOWLANDS

## SOUTHERN UPLANDS

# ENGLAND

North Channel Mull of Galloway Luce Bay Burrow Head Mull of Galloway River Stinchar River Cree River Nidd River Annan River Tweed River Tyne River Forth River Clyde River Ayr River Irvine River Tay River Don River Spey River Findhorn River Deveron River Ythan River Dec River South Esk River Lyt River Lugg River Tay River Farn River Forth River Tay Buddon Ness Fife Ness Holy Island St Abb's Head

