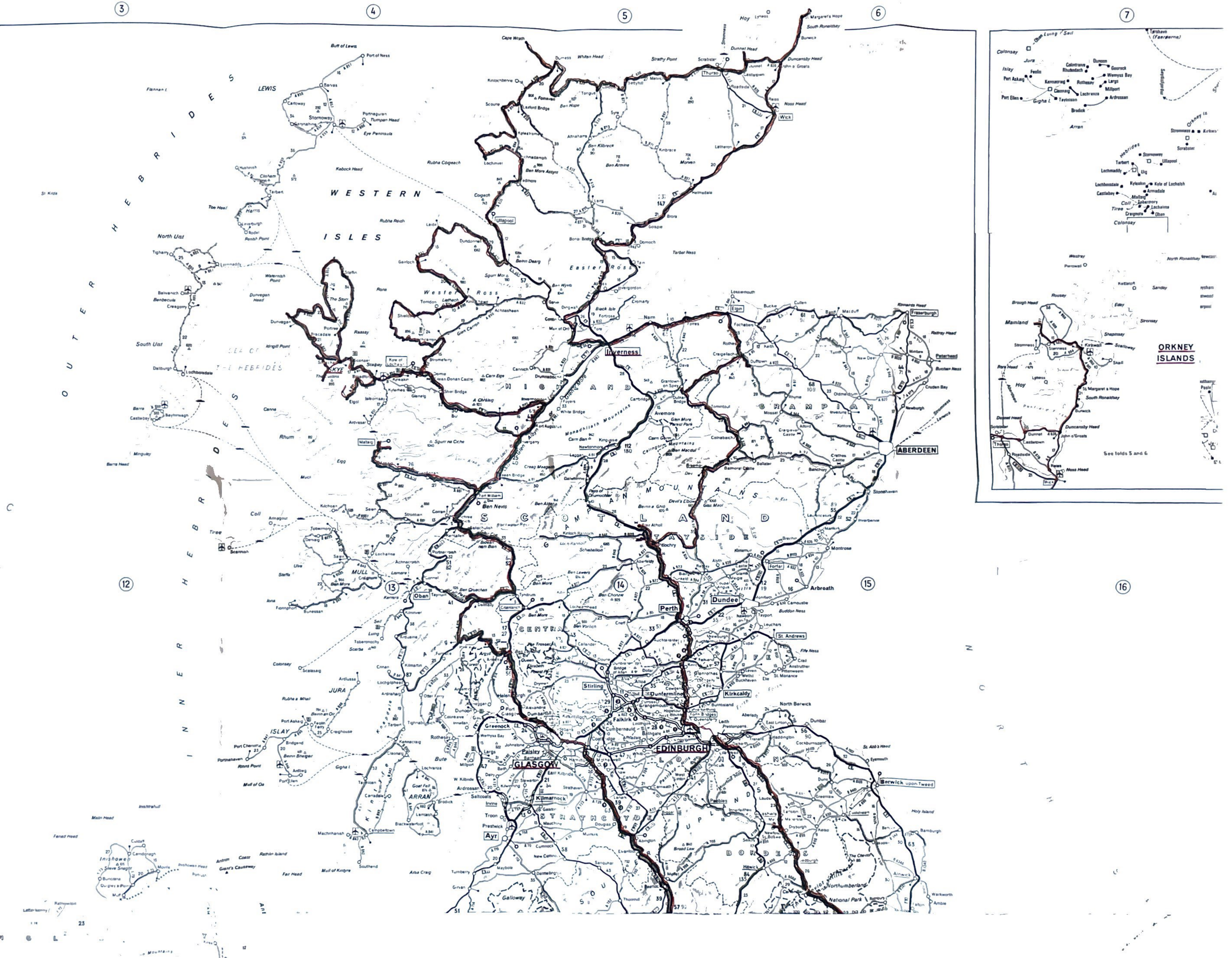

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OUTER HEBRIDES
INNER HEBRIDES
WESTERN ISLES
LEWIS
Butt of Lewis
Port of Ness
Stornoway
Eye Peninsula
Tiumpan Head
Harris
Tarbert
North Uist
Lochmaddy
Benbecula
South Uist
Lochboisdale
Barra
Castlebay
Barra Head
Mingulay
St. Kilda
Cape Wrath
Durness
Whiten Head
Strathy Point
Dunnet Head
Thurso
Scrabster
Hoy
Duncansby Head
John o' Groats
Noss Head
Wick
Latheron
Helmsdale
Brora
Golspie
Dornoch
Tarbat Ness
Lochinver
Ben More Assynt
Ben Hope
Ben Klibreck
Ben Armine
Ullapool
Ben Dearg
Easter Ross
Wester Ross
Rubha Coigeach
Rubha Reidh
Gairloch
Kebock Head
Invergordon
Dingwall
Cromarty
Black Isle
Nairn
Elgin
Lossiemouth
Buckie
Cullen
Banff
Macduff
Kinnairds Head
Fraserburgh
Rattray Head
Peterhead
Buchan Ness
Cruden Bay
Newburgh
ABERDEEN
Stonehaven
Inverness
Kyle of Lochalsh
SKYE
Portree
Raasay
SEA OF THE HEBRIDES
Rhum
Eigg
Muck
Canna
Mallaig
Coll
Tiree
Mull
Iona
Staffa
Ulva
Oban
Colonsay
JURA
ISLAY
Port Askaig
Port Ellen
Rhinns Point
Mull of Oa
Gigha I.
Kintyre
Campbeltown
Mull of Kintyre
Machrihanish
Southend
ARRAN
Brodick
Lamlash
Bute
Rothesay
Greenock
Paisley
GLASGOW
Kilmarnock
Ayr
Troon
Prestwick
Irvine
Saltcoats
Ardrossan
Girvan
Maybole
Turnberry
Ailsa Craig
Galloway
STRATHCLYDE
HIGHLAND
GRAMPIAN
CENTRAL
TAYSIDE
FIFE
LOTHIAN
BORDERS
SCOTLAND
GRAMPIAN MOUNTAINS
Monadhliath Mountains
Cairngorm Mountains
Ben Macdui
Fort William
Ben Nevis
Fort Augustus
Aviemore
Kingussie
Blair Atholl
Pitlochry
Perth
Dundee
Arbroath
Montrose
Forfar
Brechin
St. Andrews
Fife Ness
Kirkcaldy
Dunfermline
Stirling
Falkirk
Forth Bridges
EDINBURGH
North Berwick
Dunbar
St. Abb's Head
Eyemouth
Berwick upon Tweed
Holy Island
Bamburgh
Alnwick
Amble
Northumberland National Park
The Cheviot
Peebles
Hawick
Jedburgh
Kelso
Abington
Moffat
Sanquhar
Inishowen
Malin Head
Fanad Head
Giant's Causeway
Fair Head
Rathlin Island
Ben Cruachan
Ben Lawers
Ben More
Ben Vorlich
Loch Rannoch
Schiehallion
Ben Alder
Creag Meagaidh
Glen Coe
Glen More
Sgurr na Ciche
Carn Eige
Dunnet Head
ORKNEY ISLANDS
Kirkwall
Stromness
Mainland
Rousay
Westray
Sanday
Stronsay
Shapinsay
Papa Westray
North Ronaldsay
Eday
St. Margaret's Hope
South Ronaldsay
Burwick
See folds 5 and 6