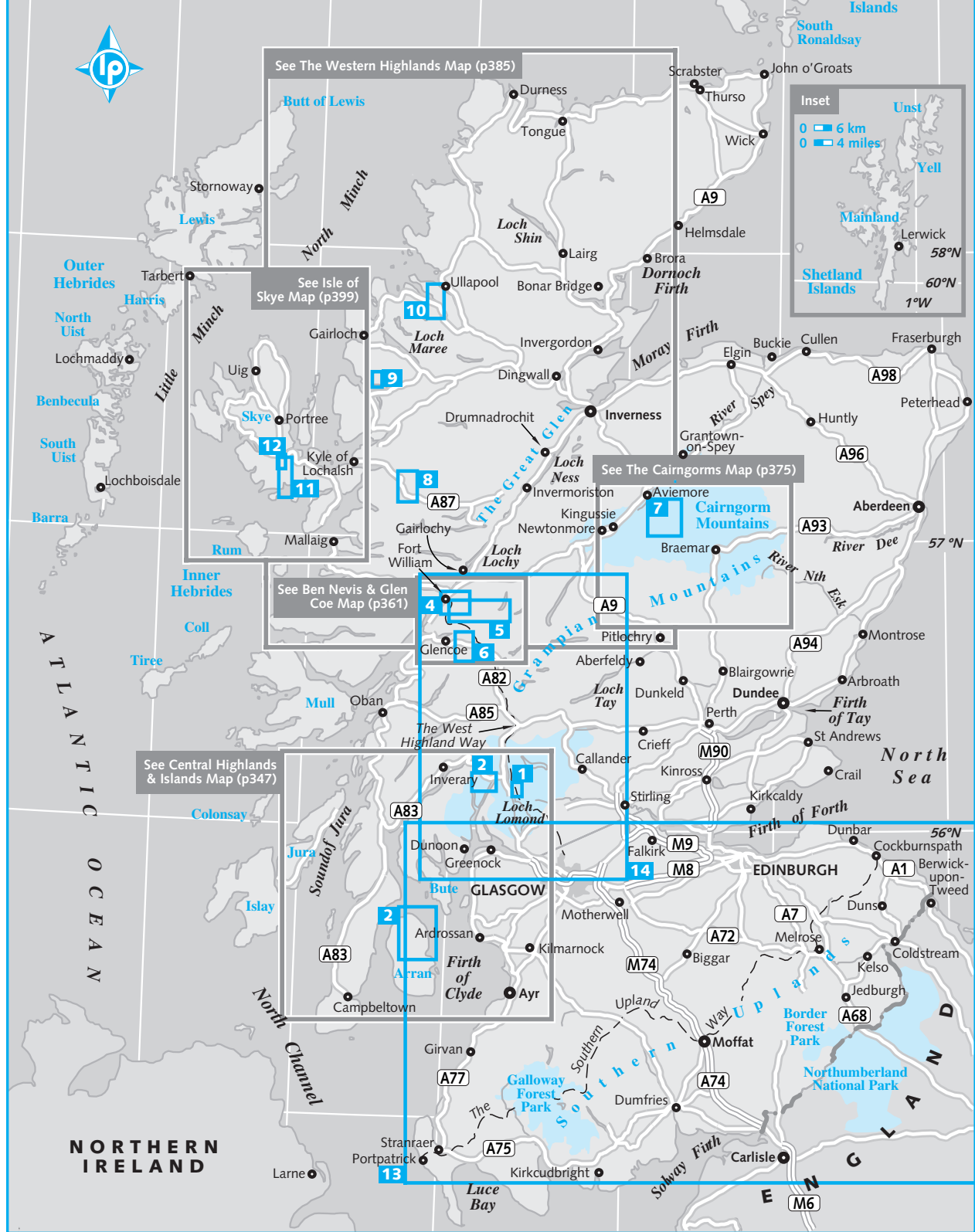


# Scotland



| Scotland – Maps                        |         |                                     |         |
|--|---------|-------------------------------------|---------|
| <b>Central Highlands &amp; Islands</b> |         |                                     |         |
| 1 The Ptarmigan Route                  | p350    | 8 The Five Sisters of Kintail       | p389    |
| 2 The Cobbler                          | p352    | 9 Beinn Alligin                     | p392    |
| 3 A Goatfell Circuit                   | p356    | 10 Slioch                           | p395    |
| <b>Ben Nevis &amp; Glen Coe</b>        |         |                                     |         |
| 4 Ben Nevis                            | p364    | 11 Coast & Cuillin                  | p402    |
| 5 The Road to the Isles                | pp368-9 | 12 Bruach na Frìthe                 | p405    |
| 6 Buachaille Etive Mòr                 | p371    | <b>Scotland Long-Distance Paths</b> |         |
| <b>The Cairngorms</b>                  |         |                                     |         |
| 7 Cairngorms Walks                     | p378    | 12 The Southern Upland Way          | pp412-3 |
|  |         | 13 The West Highland Way            | p422    |



ATLANTIC OCEAN

NORTHERN IRELAND

4°W 3°W 2°W  
To Shetland Islands (see inset)

59°N

58°N

57°N

56°N

ENGLAND