

*This is the definitive list for Scottish Islandbaggers.
(Islandbagging = The obsessive compulsion to visit island summits.)*

*Rick Livingstone's
Tables of
THE
ISLANDS
OF
SCOTLAND*

- *A register of all islands 15 hectares, or more, in area.
That's 37 acres, and roughly equates to a circular
island $\frac{1}{4}$ of a mile across.*
- *Includes tidal islands, islands which are bridged or
have cause-ways and freshwater islands.*

Comments & suggestions welcome:

e-mail:

rick@islandbagger.co.uk

or

landmail to:

*Rick Livingstone, Overend House,
Greysouthen, Cockermouth, Cumbria, CA130UA, U.K.*

THE ISLANDS OF SCOTLAND IN REGIONAL ORDER

Name	Region & N ^o	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
------	-------------------------	----------	----------	-------------------	-------------	-----------------	------

Region 1. Solway & the Clyde

1.	<i>Ardwall Island</i>	1.1	<i>Gatehouse of Fleet</i>	83	572-493	- none -	34	19h
2.	<i>Ailsa Craig</i>	1.2	<i>SE of Arran</i>	76	018-999	<i>The Cairn</i>	338	99h
3.	<i>Sanda</i>	1.3	<i>S of Kintyre</i>	68	730-044	- none -	123	1.2km ²
4.	<i>Davaar</i>	1.4	<i>Campbeltown</i>	68	758-200	- none -	115	1km ²
5.	<i>Holy Island</i>	1.5	<i>E of Arran</i>	69	063-298	<i>Mullach Mor</i>	314	2.5km ²
6.	<i>Arran</i>	1.6	<i>East of Kintyre</i>	69	416-992	<i>Goat Fell</i>	874	430km ²
7.	<i>Little Cumbrae</i>	1.7	<i>SE of Bute</i>	63	143-514	<i>Lighthouse Hill</i>	123	3.5km ²
8.	<i>Great Cumbrae</i>	1.8	<i>SE of Bute</i>	63	169-570	<i>Barbay Hill</i>	127	11km ²
9.	<i>Inchmarnock</i>	1.9	<i>W of Bute</i>	63	019-602	- none -	60	2.5km ²
10.	<i>Bute</i>	1.10	<i>N of Arran</i>	63	043-699	<i>Windy Hill</i>	278	120km ²

Region 2. Kintyre to Corryvreckan

11.	<i>Texa</i>	2.1	<i>SE of Isaly</i>	60	398-439	<i>Ceann Garbh</i>	48	48h
12.	<i>Cara</i>	2.2	<i>S of Gigha</i>	62	638-433	<i>Mull of Cara</i>	56	66h
13.	<i>Eilean Imersay</i>	2.3	<i>SE of Islay</i>	60	428-462	- none -	20	16h
14.	<i>Orsay</i>	2.4	<i>SW of Islay</i>	60	163-515	- none -	24	24h
15.	<i>Gigha</i>	2.5	<i>W of Kintyre</i>	62	648-509	<i>Creag Bhan</i>	100	14km ²
16.	<i>Islay</i>	2.6	<i>Southern Inner Hebrides</i>	60	430-565	<i>Beinn Bheigier</i>	491	620km ²
17.	<i>Jura</i>	2.7	<i>Southern Inner Hebrides</i>	61	497-750	<i>Beinn an Oir</i>	784	370km ²
18.	<i>Nave</i>	2.8	<i>NW of Islay</i>	60	292-761	- none -	34	40h
19.	<i>En Mor</i>	2.9	<i>SW of Loch Sween</i>	62	666-752	- none -	22	18h
20.	<i>Isle of Danna</i>	2.10	<i>SW of Loch Sween</i>	62	698-783	- none -	54	2.5km ²
21.	<i>Oronsay</i>	2.11	<i>Colonsay</i>	61	351-892	<i>Beinn Oronsay</i>	93	5.4km ²
22.	<i>Dubh Eilean</i>	2.12	<i>W of Oronsay (Colonsay)</i>	61	336-888	- none -	20	24h
23.	<i>Colonsay</i>	2.13	<i>NW of Jura</i>	61	409-985	<i>Carnan Eoin</i>	143	40km ²
24.	<i>En Macaskin</i>	2.14	<i>Loch Craignish</i>	55	785-995	- none -	65	50h
25.	<i>Eilean. Rìgh</i>	2.15	<i>Loch Craignish</i>	55	798-012	<i>Dun Rìgh</i>	55	86h
26.	<i>Garbh Reisa</i>	2.16	<i>Loch Craignish</i>	55	756981	- none -	43	16h
27.	<i>Eilean Dubh</i>	2.17	<i>Loch Craignish</i>	55	793-022	- none -	50	18h
28.	<i>En Mhìc Chrìon</i>	2.18	<i>Loch Craignish</i>	55	807-039	- none -	62	40h

Region 3. Firth of Lorne & Loch Linnhe

29.	<i>Scarba</i>	3.1	<i>N of Jura</i>	55	690-045	<i>Cruach Scarba</i>	449	15 km ²
30.	<i>Luing</i>	3.2	<i>NE of Scarba</i>	55	743-132	<i>Cnoc Dhomnuill</i>	94	14 km ²
31.	<i>Shuna</i>	3.3	<i>E of Luing</i>	49	920-497	- none -	71	4.5 km ²
32.	<i>Lunga</i>	3.4	<i>Scarba</i>	55	706-086	<i>Bidein na Iolair</i>	98	2.5 km ²
33.	<i>Fiola Meadhonach</i>	3.5	<i>N of Lunga</i>	55	711-097	- none -	30	19h
34.	<i>Rubha Fiola</i>	3.6	<i>N of Lunga</i>	55	712-108	- none -	33	20h
35.	<i>Eilean Dubh Mor</i>	3.7	<i>W of Luing</i>	55	695-105	- none -	53	50h
36.	<i>Eilean Dubh Beag</i>	3.8	<i>N of Lunga</i>	55	695-112	- none -	30	16h
37.	<i>Eilach an Naoimh (Garvellochs)</i>	3.9	<i>NW of Scarba</i>	55	639-098	- none -	77	56h
38.	<i>A'Chuli (Garvellochs)</i>	3.10	<i>NW of Scarba</i>	55	655-113	- none -	35	20h
39.	<i>Garbh Eilach (Garvellochs)</i>	3.11	<i>NW of Scarba</i>	55	673-125	- none -	110	1.4 km ²
40.	<i>Torsa</i>	3.12	<i>NE of Luing</i>	55	762-135	- none -	63	1.1 km ²
41.	<i>Seil</i>	3.13	<i>SE of Mull</i>	55	753-179	<i>Meall a Chaise</i>	146	13 km ²
42.	<i>Easdale</i>	3.14	<i>S of Seil</i>	55	735-172	- none -	10	25h
43.	<i>Insch</i>	3.15	<i>W of Seil</i>	55	728-193	- none -	69	33h
44.	<i>Kerrera</i>	3.16	<i>Oban</i>	49	815-278	<i>Carn Breughach</i>	189	12 km ²
45.	<i>Bernera</i>	3.17	<i>W of Lismore</i>	49	795-393	- none -	55	34h
46.	<i>Lismore</i>	3.18	<i>Loch Linnhe</i>	49	814-389	<i>Barr Mor</i>	127	23 km ²
47.	<i>Eriska</i>	3.19	<i>E of Lismore</i>	49	905-431	- none -	47	1.45 km ²
48.	<i>Shuna</i>	3.20	<i>N of Lismore</i>	55	765-087	<i>Drum na Dubh Glaic</i>	90	1.55 km ²
49.	<i>Mainland UK</i>	3.21	<i>Fort William</i>	41	167-713	<i>Ben Nevis</i>	1343	230000km ²

Name	Region & N ^o .	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
------	---------------------------	----------	----------	-------------------	-------------	-----------------	------

Region 4. Ross of Mull to Ardnamuchan

50.	<i>Eilean Chalmain</i>	4.1	<i>S of Ross of Mull</i>	48	307-175	- none -	40	16h
51.	<i>Erraid</i>	4.2	<i>Ross of Mull</i>	48	296-201	<i>Cnoc Mor</i>	75	1.9 km ²
52.	<i>Iona</i>	4.3	<i>Ross of Mull</i>	48	283-252	<i>Dun I</i>	100	8.8 km ²
53.	<i>Eilean nam Bam</i>	4.4	<i>E of Iona</i>	48	300-247	- none -	20	17h
54.	<i>Mull</i>	4.5	<i>Central Inner Hebrides</i>	48	526-331	<i>Ben More</i>	966	870 km ²
55.	<i>Inch Kenneth</i>	4.6	<i>SE of Ulva</i>	48	433-356	- none -	49	55h
56.	<i>Staffa</i>	4.7	<i>SW of Ulva</i>	48	324-351	- none -	42	33h
57.	<i>Little Colonsay</i>	4.8	<i>S of Ulva</i>	48	376-369	<i>Tor Mor</i>	61	88h
58.	<i>Eorsa</i>	4.9	<i>E of Ulva</i>	48	480-378	- none -	98	1.2 km ²
59.	<i>Ulva</i>	4.10	<i>W side of Mull</i>	48	403-402	<i>Beinn Creagach</i>	313	19 km ²
60.	<i>Gometra</i>	4.11	<i>W of Ulva</i>	48	361-414	- none -	155	4.3 km ²
61.	<i>Bac Mor (Treshnish Isles)</i>	4.12	<i>W of Ulva</i>	48	243-388	- none -	86	26h
62.	<i>Lunga (Treshnish Isles)</i>	4.13	<i>W of Ulva</i>	48	277-420	<i>Cruachan</i>	103	81h
63.	<i>Fladda (Treshnish Isles)</i>	4.14	<i>W of Ulva</i>	48	298-438	- none -	20	26h
64.	<i>Tiree</i>	4.15	<i>W of Mull</i>	46	968-402	<i>Carnan Mor</i>	141	78 km ²
65.	<i>Soa</i>	4.16	<i>E side of Tiree</i>	46	070-462	- none -	12	24h
66.	<i>Gunna</i>	4.17	<i>SW of Coll</i>	46	097-512	- none -	35	69h
67.	<i>Coll</i>	4.18	<i>W of Mull</i>	46	181-581	<i>Ben Hogh</i>	104	76 km ²
68.	<i>Calve Island</i>	4.19	<i>Tobermory Bay</i>	47	525-545	- none -	12	72h
69.	<i>Oronsay</i>	4.20	<i>Loch Sunart</i>	47	590-590	- none -	55	2.4 km ²
70.	<i>Eilean Mor</i>	4.21	<i>Loch Sunart, N of Oronsay</i>	47	568-613	- none -	37	28h
71.	<i>Carna</i>	4.22	<i>Loch Sunart</i>	49	618-590	<i>Cruachan Charna</i>	169	2.1 km ²

Region 5. Skye & the Small Isles

72.	<i>Eilean. Shona</i>	5.1	<i>Loch Moidart</i>	40	649-740	<i>Beinn a Bhailich</i>	265	6 km ²
73.	<i>Muck</i>	5.2	<i>NW of Ardnamurchan</i>	39	403-791	<i>Beinn Ainain</i>	137	5.6 km ²
74.	<i>Eilean nan Each</i>	5.3	<i>Muck</i>	39	392-815	- none -	54	21h
75.	<i>En Chasthastail</i>	5.4	<i>off the SE corner of Eigg</i>	39	487-829	- none -	35	25h
76.	<i>Eigg</i>	5.5	<i>NW of Ardnamurchan</i>	39	463-847	<i>An Sgur</i>	393	30 km ²
77.	<i>Lunga Mor</i>	5.6	<i>Arisaig</i>	40	609-859	- none -	17	21h
78.	<i>En Ighe</i>	5.7	<i>Arisaig</i>	40	631-878	- none -	10	33h
79.	<i>Rhum</i>	5.8	<i>NW of Ardnamurchan</i>	39	394-953	<i>Askival</i>	812	105 km ²
80.	<i>Sanday</i>	5.9	<i>SW of Canna</i>	39	288-040	- none -	44	1.8 km ²
81.	<i>Canna</i>	5.10	<i>NW of Ardnamurchan</i>	39	264-065	<i>Carn a Ghaill</i>	210	11 km ²
82.	<i>Soay</i>	5.11	<i>off the SW of Skye</i>	32	462-155	<i>Beinn Bhreac</i>	141	10 km ²
83.	<i>Ornsay</i>	5.12	<i>E side of Sleat peninsula</i>	33	709-125	- none -	46	33h
84.	<i>Skye</i>	5.13	<i>Northern inner Hebrides</i>	32	450-208	<i>Sgurr Alasdair</i>	992	1656 km ²
85.	<i>Glas Eilean</i>	5.14	<i>Loch Alsh</i>	33	843-253	- none -	5	24h
86.	<i>Pabay</i>	5.15	<i>W of Scalpay</i>	32	671-270	- none -	28	1.2 km ²
87.	<i>Scalpay</i>	5.16	<i>S of Raasay</i>	32	605-292	<i>Mullach na Carn</i>	385	25 km ²
88.	<i>Longay</i>	5.17	<i>W of Scalpay</i>	32	657-311	- none -	67	50h
89.	<i>Eilean Mor (Crowlins)</i>	5.18	<i>E of Raasay</i>	32	699-340	<i>Meall a Chois</i>	114	1.9 km ²
90.	<i>Eilean Meadhonich (Crowlins)</i>	5.18	<i>E of Raasay</i>	32	686-350	- none -	45	77h
91.	<i>En Beag (Crowlins)</i>	5.20	<i>E of Raasay</i>	32	684-357	- none -	35	16h
92.	<i>Wiy</i>	5.21	<i>Loch Bracadale</i>	23	297-368	- none -	60	1.5 km ²
93.	<i>Oronsay</i>	5.22	<i>Loch Bracadale</i>	23	312-359	- none -	72	18h
94.	<i>Tarner</i>	5.23	<i>Loch Bracadale</i>	23	298-387	- none -	67	28h
95.	<i>Harlosh</i>	5.24	<i>Loch Bracadale</i>	23	278-394	- none -	51	28h
96.	<i>Raasay</i>	5.25	<i>E of Skye</i>	24	579-395	<i>Dun Caan</i>	443	62 km ²
97.	<i>Eilean Mor</i>	5.26	<i>Loch Dunvegan</i>	23	227-488	- none -	15	17h
98.	<i>Garbh Eilean</i>	5.27	<i>Loch Dunvegan</i>	23	238-495	- none -	15	17h
99.	<i>Eilean. Fladday</i>	5.28	<i>NW of Raasay</i>	24	585-514	- none -	39	1.2 km ²
100.	<i>Eilean. Tigh</i>	5.29	<i>off N tip of Raasay</i>	24	603-539	- none -	111	54h
101.	<i>Isay</i>	5.30	<i>Loch Dunvegan</i>	23	219-564	- none -	28	60h
102.	<i>Rona, South</i>	5.31	<i>N of Raasay</i>	24	613-576	<i>Meall Acarseid</i>	125	9.3 km ²
103.	<i>South Ascrib</i>	5.32	<i>Loch Snizort</i>	23	301-632	- none -	41	22h
104.	<i>Staffin Island</i>	5.33	<i>NW of Trotternish</i>	23	492-691	- none -	21	22h

	Name	Region & N ^o	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
105.	En Flodigarry	5.34	NW of Trotternish	23	482-718	- none -	56	21h
106.	En Trodday	5.35	N Trotternish	23	441-788	- none -	45	38h
107.	En Horrisdale	5.36	Gairloch	19	787-745	- none -	31	1.2 km ²
108.	Longa	5.37	Gairloch	19	739-779	Druim an Eilein	70	31h
109.	Fladda Chuain	5.38	N of Skye	23	359-815	- none -	25	19h

Region 6. Southern Outer Hebrides

110.	Berneray	6.1	Southernmost tip of Outer Hebrides	31	553-800	- none -	181	2 km ²
111.	Mingulay	6.2	N of Berneray	31	553-828	Carnan	273	6.4 km ²
112.	Pabbay	6.3	S of Barra	31	593-872	The Hoe	171	2.5 km ²
113.	Rosinish	6.4	E of Pabbay	31	616-872	none	43	14h
114.	Lingay	6.5	N of Pabbay	31	602-896	- none -	84	27h
115.	Sandray	6.6	S of Barra	31	640-915	Cairn Galtar	207	3.8 km ²
116.	Flodday	6.7	W of Sandray	31	612-933	- none -	43	23h
117.	Muldoanich	6.8	SE of Barra	31	689-940	- none -	153	78h
118.	Vatersay	6.9	S of Barra	31	626-963	Heishival Mor	190	9.6 km ²
119.	Barra	6.10	S of South Uist	31	678-995	Heaval	190	59 km ²
120.	Flodday	6.11	NE of Barra	31	752-023	- none -	42	38h
121.	Fuiay	6.12	NE of Barra	31	741-023	- none -	107	84h
122.	Hellisay	6.13	NE of Barra	31	753-043	Beinn a Charnain	73	1.4 km ²
123.	Gighay	6.14	NE of Barra	31	764-049	Mullach a Charnain	95	96h
124.	Orosay	6.15	SW of Fuday	31	713-061	- none -	31	28h
125.	Fuday	6.16	NE of Barra	31	735-083	Mullach Neachel	89	2.3 km ²
126.	Eriskay	6.17	Between Barra & South Uist	31	796-112	Ben Scrien	185	7 km ²
127.	Fiaray	6.18	N of Barra	31	700-107	- none -	30	34h
128.	Eilean Iasgaich	6.19	Loch Boisdale	31	790-184	- none -	21	23h
129.	South Uist	6.20	Southern Outer Hebrides	22	808-311	Beinn Mhor	620	320 km ²
130.	Stuley	6.21	N of Loch Boisdale	22	831-234	- none -	40	45h
131.	Calvay	6.22	Loch Eynort	22	773-287	- none -	15	26h
132.	Shillay Mor	6.23	Loch Skiport	22	843-386	- none -	25	16h
133.	Luirsay Dubh	6.24	Loch Skiport	22	862-403	- none -	28	18h
134.	Wiay	6.25	SE of Benbecula	22	871-463	Beinn a Tuath	102	3.7 km ²
135.	Fodragay	6.26	W of Wiay	22	843-458	- none -	12	25h
136.	En na Cille	6.27	W of Wiay	22	845-462	- none -	<10	16h
137.	Trail Breck	6.28	W of Wiay	22	849-462	- none -	21	25h
138.	Grimsay	6.29	W of Wiay & S of Benbecula	22	837-468	- none -	20	68h
139.	Kiervagh islands	6.30	N of Wiay	22	867-477	- none -	23	49h
140.	Gualan	6.31	SW of Benbecula	22	778-488	- none -	<10	24
141.	Benbecula	6.32	Southern Outer Hebrides	22	825-533	Rueval	124	82 km ²
142.	Ronay	6.33	NE of Benbecula	22	890-563	Beinn a Charnain	115	5.6 km ²
143.	Flodda	6.34	W of Ronay	22	845-552	- none -	20	70h
144.	Grimsay	6.35	W of Ronay & NE of Benbecula	22	860-570	- none -	30	8.3 km ²
145.	Seannabhaile	6.36	N of Grimsay	22	860-580	- none -	>10	55h
146.	Floddaymore	6.37	N of Ronay	22	915-570	- none -	28	58h
147.	Flodday Beg	6.38	N of Ronay	22	918-582	- none -	32	16h
148.	Baleshare	6.39	W of North Uist	22	790-610	- none -	<10	9 km ²
149.	Ceann Iar (Monachs)	6.40	W of North Uist	22	635-611	- none -	19	1.5 km ²
150.	Shivinish (Monachs)	6.41	W of North Uist	22	628-619	- none -	16	22h
151.	Ceann Ear (Monachs)	6.42	W of North Uist	22	617-625	- none -	17	2 km ²
152.	Kirkibost	6.43	W of North Uist	18	752-662	- none -	11	2 km ²
153.	North Uist	6.44	Southern Outer Hebrides	22	899-605	Eaval	347	303 km ²
154.	Flodday	6.45	Loch Maddy	18	940-693	- none -	15	50h
155.	Clisay Mor	6.46	Loch Maddy	18	933-703	- none -	10	19h
156.	Keallasay beg	6.47	Loch Maddy	18	916-712	- none -	10	55h
157.	Keallasay mor	6.48	Loch Maddy	18	913-718	- none -	<10	55h
158.	Stromay	6.49	Tidal coast of N Uist	18	938-748	- none -	10	1 km ²
159.	Oronsay	6.50	Tidal coast of N Uist	18	848-763	- none -	25	85h
160.	Vallay	6.51	Tidal coast of N Uist	18	788-768	Ceann Uachdarach	38	2.5 km ²
161.	Lingay	6.52	Tidal coast of N Uist	18	870-783	- none -	31	42h

Name	Region & N ^o	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
------	-------------------------	----------	----------	-------------------	-------------	-----------------	------

Region 7. Northern Outer Hebrides

162.	<i>Hermetray</i>	7.1	<i>Sound of Harris</i>	19	990-745	- none -	35	72h
163.	<i>Vaccasay</i>	7.2	<i>Sound of Harris</i>	19	978-745	- none -	18	29h
164.	<i>Tahay</i>	7.3	<i>Sound of Harris</i>	19	963-750	- none -	65	53h
165.	<i>Sursay</i>	7.4	<i>Sound of Harris</i>	19	960-760	- none -	20	30h
166.	<i>Torogay</i>	7.5	<i>Sound of Harris</i>	19	918-789	- none -	13	28h
167.	<i>Lingay</i>	7.6	<i>Sound of Harris</i>	19	014-791	- none -	28	16
168.	<i>Groay</i>	7.7	<i>Sound of Harris</i>	19	002-792	- none -	26	28
169.	<i>Gilsay</i>	7.8	<i>Sound of Harris</i>	19	021-798	- none -	28	18h
170.	<i>Berneray</i>	7.9	<i>Sound of Harris</i>	19	929-833	<i>Beinn Shleibhe</i>	93	10 km ²
171.	<i>Boreray</i>	7.10	<i>Sound of Harris</i>	19	849-818	<i>Mullach Mor</i>	56	2.0 km ²
172.	<i>Killegray</i>	7.11	<i>Sound of Harris</i>	19	973-840	- none -	45	1.8 km ²
173.	<i>Ensay</i>	7.12	<i>Sound of Harris</i>	19	978-858	- none -	40	1.9 km ²
174.	<i>Pabay</i>	7.13	<i>Sound of Harris</i>	19	894-884	<i>Beinn a Charnain</i>	196	8.2 km ²
175.	<i>Shillay</i>	7.14	<i>Sound of Harris</i>	19	878-915	- none -	79	47h
176.	<i>Dun St Kilda</i>	7.15	<i>40M W of Sound of Harris</i>	19	105-973	<i>Bioda Mor</i>	178	21h
177.	<i>Hirta St Kilda</i>	7.16	<i>40M W of Sound of Harris</i>	19	010-003	<i>Conachair</i>	430	6.7 km ²
178.	<i>Soay St Kilda</i>	7.17	<i>40M W of Sound of Harris</i>	19	062-017	<i>Cnoc Glas</i>	378	1.1 km ²
179.	<i>Boreray St Kilda</i>	7.18	<i>40M W of Sound of Harris</i>	19	153-053	<i>Mullachan Eilein</i>	384	77h
180.	<i>Stockinish</i>	7.19	<i>SE side of South Harris</i>	14	137-903	- none -	44	49h
181.	<i>Scalpay</i>	7.20	<i>East Loch Tarbet</i>	14	236-956	<i>Ben Scoravick</i>	104	6.5 km ²
182.	<i>Scotosay</i>	7.21	<i>East Loch Tarbet</i>	14	185-974	- none -	50	49h
183.	<i>En an Tighe Shiantas</i>	7.22	<i>8M SE of Lewis</i>	14	422-971	- none -	125	55h
184.	<i>Garbh Eilean Shiantas</i>	7.23	<i>8M SE of Lewis</i>	14	414-987	- none -	160	88h
185.	<i>En Mhuire Shiantas</i>	7.24	<i>8M SE of Lewis</i>	14	432-985	- none -	90	30h
186.	<i>Taransay</i>	7.25	<i>W of Harris</i>	19	034-019	<i>Ben Raah</i>	267	14.7 km ²
187.	<i>Soay Mor</i>	7.26	<i>SW of North Harris</i>	13	063-053	- none -	30	45h
188.	<i>Soay Beg</i>	7.27	<i>SW of North Harris</i>	13	056-059	- none -	37	17h
189.	<i>Lewis & Harris</i>	7.28	<i>The northern Outer Hebrides</i>	14	155-072	<i>Clisham</i>	799	2179 km ²
190.	<i>Gasker</i>	7.29	<i>5M SW of Scarp</i>	13	877-117	- none -	30	21h
191.	<i>Seaforth island</i>	7.30	<i>SE Lewis, in Loch Seaforth</i>	14	206-111	- none -	217	2.7 km ²
192.	<i>Eilean Iubhard</i>	7.31	<i>W side of Lewis</i>	14	389-098	- none -	76	1.3 km ²
193.	<i>Scarp</i>	7.32	<i>NW of Harris</i>	13	969-159	<i>Sron Romul</i>	308	10.5 km ²
194.	<i>Mealasta</i>	7.33	<i>W of Lewis</i>	13	977-212	- none -	77	1.2 km ²
195.	<i>Eilean Chaliun Chille</i>	7.34	<i>E Side of Lewis</i>	14	389-217	- none -	30	1.1 km ²
196.	<i>En Thoraidh</i>	7.35	<i>Loch Erisort</i>	14	421-201	- none -	50	19h
197.	<i>En Orasaidh</i>	7.36	<i>Loch Erisort</i>	14	414-214	- none -	53	23h
198.	<i>Orasay</i>	7.37	<i>East Loch Roag</i>	13	218-320	- none -	<10	17h
199.	<i>Eilean Kearstay</i>	7.38	<i>East Loch Roag</i>	13	198-337	- none -	37	77h
200.	<i>Keava</i>	7.39	<i>East Loch Roag</i>	13	197-351	- none -	25	25h
201.	<i>Floday</i>	7.40	<i>West Loch Roag</i>	13	107-336	- none -	48	39h
202.	<i>Vuia Beg</i>	7.41	<i>West Loch Roag</i>	13	122-335	- none -	70	35h
203.	<i>Vuia Mor</i>	7.42	<i>West Loch Roag</i>	13	129-349	- none -	60	84h
204.	<i>Vacsay</i>	7.43	<i>West Loch Roag</i>	13	118-368	- none -	34	41h
205.	<i>Pabay Mor</i>	7.44	<i>West Loch Roag</i>	13	102-376	- none -	60	1.0 km ²
206.	<i>Great Bernera</i>	7.45	<i>Loch Roag</i>	13	143-390	- none -	87	21.2 km ²
207.	<i>Little Bernera</i>	7.46	<i>Loch Roag</i>	13	141-138	- none -	36	1.4 km ²
208.	<i>Eilean Mor Flannan isles</i>	7.47	<i>21M NW of Loch Roag</i>	13	728-469	- none -	88	16h

Region 8. North West, North & East coasts

209.	<i>Isle of Ewe</i>	8.1	<i>Loch Ewe</i>	19	840-893	<i>Sgeir a Bhuic</i>	72	3.1 km ²
210.	<i>Gruinard</i>	8.2	<i>S of Loch Broom</i>	19	945-940	<i>An Eilid</i>	106	2 km ²
211.	<i>Isle Martin</i>	8.3	<i>Loch Broom</i>	19	090-998	- none -	120	1.6 km ²
212.	<i>Preist island</i>	8.4	<i>Summer Isles</i>	15	926-019	- none -	78	1.2 km ²
213.	<i>En Dubh</i>	8.5	<i>Summer Isles</i>	15	972-038	- none -	87	37h
214.	<i>Horse island</i>	8.6	<i>Summer Isles</i>	15	024-043	- none -	60	53h
215.	<i>Tanera Mor</i>	8.7	<i>Summer Isles</i>	15	990-071	- none -	124	3.1 km ²
216.	<i>Tanera Beg</i>	8.8	<i>Summer Isles</i>	15	965-074	- none -	83	66h
217.	<i>Eilean Fada Mor</i>	8.9	<i>Summer Isles</i>	15	973-080	- none -	38	18h

	Name	Region & N ^o	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
218.	<i>Glasleac Mor</i>	8.10	<i>Summer Isles</i>	15	953-095	- none -	20	22h
219.	<i>Isle Ristol</i>	8.11	<i>Summer Isles</i>	15	968-118	- none -	71	1.5 km ²
220.	<i>En Mullagrach</i>	8.12	<i>Summer Isles</i>	15	958-117	- none -	46	29h
221.	<i>Eilean Mor</i>	8.13	<i>Enard Bay</i>	15	055-174	- none -	54	18h
222.	<i>Soyea</i>	8.14	<i>Enard Bay</i>	15	048-220	- none -	38	20h
223.	<i>Oldany</i>	8.15	<i>Eddrachillis Bay</i>	15	086-348	<i>Sidhean nan Ealachan</i>	104	2.6 km ²
224.	<i>Garbh Eilean</i>	8.16	<i>Kylestrome</i>	15	225-340	- none -	40	19h
225.	<i>Calbha Beg</i>	8.17	<i>Eddrachillis Bay</i>	15	153-368	- none -	38	45h
226.	<i>Calbha Mor</i>	8.18	<i>Eddrachillis Bay</i>	15	167-368	- none -	67	70h
227.	<i>Handa</i>	8.19	<i>Eddrachillis Bay</i>	9	130-482	<i>Sithean Mor</i>	123	3.1 km ²
228.	<i>Eilean an Eireannaich</i>	8.20	<i>Loch Laxford</i>	9	202-505	- none -	63	20h
229.	<i>En an Roin Mor</i>	8.21	<i>Kinlochberveie</i>	9	182-587	- none -	63	35h
230.	<i>Eilean Choraidh</i>	8.22	<i>Loch Eriboll</i>	9	422-582	- none -	23	26h
231.	<i>Eilean Hoan</i>	8.23	<i>Near Loch Eriboll</i>	9	448-675	- none -	24	28h
232.	<i>Rabbit islands</i>	8.24	<i>Kyle of Tongue</i>	9	603-631	- none -	45	26h
233.	<i>Rabbit islands</i>	8.25	<i>Kyle of Tongue</i>	9	609-634	- none -	40	28h
234.	<i>Eilean Nan Ron</i>	8.26	<i>E of Kyle of Tongue</i>	9	645-655	- none -	76	1.4 km ²
235.	<i>Eilean Iosal</i>	8.27	<i>E of Kyle of Tongue</i>	9	633-658	- none -	20	20
236.	<i>Neave island</i>	8.28	<i>E of Kyle of Tongue</i>	9	663-645	- none -	70	30h
237.	<i>Rona (north)</i>	8.29	<i>40 Miles NW of Cape Wrath</i>	8	818-322	<i>Tobha Ronaidh</i>	108	1.1 km ²
238.	<i>Isle of May</i>	8.30	<i>Firth of Forth</i>	59	655-994	- none -	50	45h

Region 9. Orkneys

239.	<i>Stroma</i>	9.1	<i>NW of Duncansby Head</i>	7	355-765	<i>Cairn Hill</i>	53	3.8 km ²
240.	<i>Muckle Skerry</i>	9.2	<i>NE of Duncansby Head</i>	7	465-785	- none -	20	34h
241.	<i>Swona</i>	9.3	<i>N of Duncansby Head</i>	7	395-845	<i>Warbister Hill</i>	41	92h
242.	<i>South Ronaldsay</i>	9.4	<i>SSE of Mainland Orkney</i>	7	455-885	<i>Ward hill</i>	118	50 km ²
243.	<i>South Walls</i>	9.5	<i>W of South Ronaldsay</i>	7	305-895	- none -	57	11 km ²
244.	<i>Switha</i>	9.6	<i>W of South Ronaldsay</i>	7	365-905	- none -	28	41h
245.	<i>Flotta</i>	9.7	<i>WNW of South Ronaldsay</i>	7	355-935	<i>West Hill</i>	58	8.8 km ²
246.	<i>Fara</i>	9.8	<i>E of Hoy</i>	7	325-955	<i>Thomson's Hill</i>	43	3 km ²
247.	<i>Hunda</i>	9.9	<i>NNW of Ronaldsay</i>	7	435-965	- none -	42	1.1 km ²
248.	<i>Calf of Flotta</i>	9.10	<i>N tip of Flotta</i>	7	375-965	- none -	16	16h
249.	<i>Burray</i>	9.11	<i>Directly N of South Ronaldsay</i>	7	465-965	<i>Hillside</i>	80	9.0 km ²
250.	<i>Rysa Little</i>	9.12	<i>E of Hoy</i>	7	315-975	- none -	20	33h
251.	<i>Glimps Holme</i>	9.13	<i>N of Burray</i>	7	475-995	- none -	32	55h
252.	<i>Lamb Holm</i>	9.14	<i>N of Burray</i>	7	485-005	- none -	15	40h
253.	<i>Cava</i>	9.15	<i>NE of Hoy</i>	7	335-995	- none -	38	1.1 km ²
254.	<i>Hoy</i>	9.16	<i>SSW of Mainland Orkney</i>	7	250-005	<i>Ward Hill</i>	479	132 km ²
255.	<i>Copinsay</i>	9.17	<i>E of Mainland Orkney</i>	6	615-015	- none -	50	73h
256.	<i>Graemsay</i>	9.18	<i>SW of Mainland Orkney</i>	6	255-055	<i>West Hill</i>	62	4.1 km ²
257.	<i>Mainland Orkney</i>	9.19	<i>Largest island, central Orkney</i>	6	350-050	<i>Ward Hill</i>	268	523 km ²
258.	<i>Holm of Grimbister</i>	9.20	<i>5 M WNW of Kirkwall</i>	6	375-135	- none -	<5	16h
259.	<i>Damsay</i>	9.21	<i>5 M WNW of Kirkwall</i>	6	385-135	- none -	10	18h
260.	<i>Helliar Holm</i>	9.22	<i>4M NE of Kirkwall</i>	6	485-155	- none -	28	35h
261.	<i>Auskerry</i>	9.23	<i>S of Stronsay</i>	5	671-163	- none -	15	85h
262.	<i>Shapinsay</i>	9.24	<i>NE of Mainland Orkney</i>	6	505-175	<i>Ward Hill</i>	64	29 km ²
263.	<i>Gairsay</i>	9.25	<i>NE of Mainland Orkney</i>	6	445-225	- none -	102	2.4 km ²
264.	<i>Sweyn Holm</i>	9.26	<i>NE of Gairsay</i>	6	455-225	- none -	10	17h
265.	<i>Stronsay</i>	9.27	<i>ENE of Mainland Orkney</i>	5	689-231	<i>Burgh Hill</i>	46	33 km ²
266.	<i>Wyre</i>	9.28	<i>NE of Mainland Orkney</i>	6	445-255	<i>Hawn</i>	32	3.1 km ²
267.	<i>Muckle Green Holme</i>	9.29	<i>SW of Eday</i>	6	528-274	- none -	28	28h
268.	<i>Lingaholm</i>	9.30	<i>NW side of Stronsay</i>	5	614-274	- none -	12	57h
269.	<i>Egilsay</i>	9.31	<i>E of Rousay</i>	6	475-285	- none -	35	6.5 km ²
270.	<i>Rousay</i>	9.32	<i>NE of Mainland Orkney</i>	6	420-289	<i>Knitchen Hill</i>	227	49 km ²
271.	<i>Eynhallow</i>	9.33	<i>SW of Rousay</i>	6	358-292	- none -	35	75h
272.	<i>Brough Head</i>	9.34	<i>NW side of Mainland Orkney</i>	6	235-285	- none -	46	16h
273.	<i>Papa Stronsay</i>	9.35	<i>NE side of Stronsay</i>	5	665-300	<i>The Ness</i>	13	54h
274.	<i>Holm of Huip</i>	9.36	<i>Off N tip of Stronsay</i>	5	629-311	- none -	12	24h

	Name	Region & N ^o	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
275.	Holm of Scockness	9.37	W of Rousay	6	457-315	- none -	18	22h
276.	Eday	9.38	NW of Stronsay	5	553-300	Ward Hill	101	27 km ²
277.	Faray	9.39	NW of Eday	5	533-365	- none -	32	1.8 km ²
278.	Holm of Faray	9.40	NW of Eday	5	527-388	- none -	16	27h
279.	Calf of Eday	9.41	NE side of Eday	5	580-398	- none -	54	2.4 km ²
280.	Sanday	9.42	N of Stronsay	5	630-377	The wart	65	50 km ²
281.	Start Point	9.43	Off E tip of Sanday	5	787-435	- none -	<10	24h
282.	Westray	9.44	NW of Eday	5	430-449	Fitty Hill	169	43 km ²
283.	Holm of Papa	9.45	E side of Papa Westray	5	509-518	- none -	11	21h
284.	Papa Westray	9.46	NE of Westray	5	498-550	North hill	48	9.2 km ²
285.	North Ronaldsay	9.47	Northernmost of the Orkneys	5	754-532	- none -	20	6.9 km ²

Region 10. Shetlands

286.	Fair Isle	10.1	25M south of Shetland	4	219-374	Ward Hill	217	7.7 km ²
287.	St Ninian's Isle	10.2	9 M NNW Sumburgh Head	4	365-211	- none -	55	1.3 km ²
288.	Mousa	10.3	12M south Lerwick	4	462-241	Mid Field	55	1.8 km ²
289.	South Haora	10.4	7M WNW Lerwick	4	362-270	- none -	42	60 h
290.	East Burra	10.5	7M SW Lerwick	4	389-339	Easter Hoeg	81	5.2 km ²
291.	West Burra	10.6	8M SW Lerwick	4	362-328	- none -	65	7.4 km ²
292.	Oxna	10.7	7M WSW Lerwick	4	350-369	- none -	38	68 h
293.	Papa	10.8	6M WSW Lerwick	4	364-377	- none -	32	59 h
294.	Trondra	10.9	4M SW Lerwick	4	392-379	- none -	50	2.8 km ²
295.	Foula	10.10	24M W of West Burra	4	948-395	The Sneug	418	12.6 km ²
296.	Bressay	10.11	3M SE Lerwick	4	503-388	Ward of Bressay	226	28.1 km ²
297.	Isle of Noss	10.12	6M ESE Lerwick	4	552-399	Noss head	181	3.4 km ²
298.	Hildasay	10.13	7M W Lerwick	4	358-408	- none -	32	1.1 km ²
299.	North Havra	10.14	6M ENE Lerwick	4	368-425	- none -	40	17 h
300.	Vaila	10.15	14M ENE Lerwick	4	235-462	East Ward	90	3.3 km ²
301.	Linga (nr Walls	10.16	13M ENE Lerwick	3	238-478	- none -	25	19 h
302.	Little Holm	10.17	11M N Lerwick	3	448-528	- none -	15	17 h
303.	Papa Stour	10.18	7M ESE Muckle Roe	3	153-619	Virda Field	87	8.3 km ²
304.	Vementry	10.19	2M SW Muckle Roe	3	297-609	Muckle Ward	90	3.7 km ²
305.	Papa Little	10.20	2M SE Muckle Roe	3	340-614	North ward	82	2.3 km ²
306.	Linga (nr Muckle Roe)	10.21	1M E Muckle Roe	3	354-639	- none -	69	70 h
307.	Muckle Roe	10.22	13M NW Lerwick	3	321-647	South Ward	169	17.8 km ²
308.	West Linga	10.23	1M W Whalsay	2	532-645	- none -	52	1.3 km ²
309.	Whalsay	10.24	10M NNE Lerwick	2	550-614	Ward of Clett	119	19.7 km ²
310.	Housay (Outskerries)	10.25	12M NE Whalsay	2	666-706	- none -	48	1.6 km ²
311.	Grunay (Outskerries)	10.26	12M NE Whalsay	2	696-716	- none -	26	21 h
312.	Bruray (Outskerries)	10.27	12M NE Whalsay	2	690-722	- none -	53	55 h
313.	Fora Ness	10.28	Between Yell & Mainland	3	451-718	- none -	100	1.3 km ²
314.	Linga (S of Yell)	10.29	Between Yell & Mainland	3	467-735	- none -	35	38 h
315.	Samphrey	10.30	Between Yell & Mainland	3	467-761	- none -	25	66 h
316.	Gluss Isle	10.31	Between Yell & Mainland	3	372-783	Ramma Hill	62	2.6 km ²
317.	Bigga	10.32	Between Yell & Mainland	3	446-792	- none -	34	78 h
318.	Little Roe	10.33	Between Yell & Mainland	3	402-798	- none -	24	19 h
319.	Uynarey	10.34	Between Yell & Mainland	3	443-809	- none -	36	20 h
320.	Brother Isle	10.35	Between Yell & Mainland	3	426-815	- none -	25	40 h
321.	Lamba	10.36	Between Yell & Mainland	3	391-818	- none -	35	43 h
322.	Mainland Shetland	10.37	150M N of John o Groats	3	305-837	Ronas Hill	450	969 km ²
323.	Yell	10.38	NE of Mainland	2	501-851	Ward of Otterswick	205	212 km ²
324.	Uyea (Mainland)	10.39	NW of Mainland	1	921-928	- none -	70	28 h
325.	Hascosay	10.40	Between Yell & Fetlar	1	543-912	- none -	29	2.8 km ²
326.	Fetlar	10.41	E of Yell	1	622-936	Vord Hill	158	41 km ²
327.	Urie Lingey	10.42	N of Fetlar	1	597-956	- none -	15	18 h
328.	Linga (SW of Unst)	10.43	SW of Unst	1	562-982	- none -	26	45 h
329.	Haaf Gruney	10.44	N of Fetlar	1	636-982	- none -	19	16 h
330.	Uyea (Unst)	10.45	SE of Unst	1	600-993	The Ward	50	2.1 km ²
331.	Huney	10.46	E of Unst	1	648-063	- none -	15	17 h
332.	Balta	10.47	E of Unst	1	662-082	Muckle Head	44	80 h
333.	Unst	10.48	NE of Yell	1	632-168	Saxa Vord	285	121 km ²

Name	Region & N ^o .	Location	O.S. Map	Grid ref (summit)	Summit name	Height (metres)	Area
------	---------------------------	----------	----------	-------------------	-------------	-----------------	------

Region 11. Freshwater

334.	<i>Inchmurrin</i>	11.1	<i>Loch Lomond</i>	56	383-877	- none -	89	1.2 km ²
335.	<i>Inchcailloch</i>	11.2	<i>Loch Lomond</i>	56	410-903	- none -	85	50 h
336.	<i>Inchfad</i>	11.3	<i>Loch Lomond</i>	56	397-909	- none -	24	35 h
337.	<i>Inchmoan</i>	11.4	<i>Loch Lomond</i>	56	375-907	- none -	10	24 h
338.	<i>Inchcruin</i>	11.5	<i>Loch Lomond</i>	56	385-913	- none -	10	19 h
339.	<i>Inchtavannach</i>	11.6	<i>Loch Lomond</i>	56	367-916	- none -	80	70 h
340.	<i>Inchconna-chan</i>	11.7	<i>Loch Lomond</i>	56	375-915	- none -	50	35 h
341.	<i>Inchlonaig</i>	11.8	<i>Loch Lomond</i>	56	384-937	- none -	62	80 h
342.	<i>St Serf's Island</i>	11.9	<i>Loch Leven nr Dunfermline</i>	58	165-005	- none -	10	31 h
343.	<i>Eilean Subhainn</i>	11.10	<i>Loch Maree</i>	19	925-715	- none -	36	98 h
344.	<i>Garbh Eilean</i>	11.11	<i>Loch Maree</i>	19	915-725	- none -	20	39 h
345.	<i>Eilean Ruairidh Mor</i>	11.12	<i>Loch Maree</i>	19	895-735	- none -	51	38 h
346.	<i>Eilean Leathan</i>	11.13	<i>Loch Obsidary, North Uist</i>	22	050-615	- none -	38	20 h
347.	<i>Eilean Dubh Mor</i>	11.14	<i>W of Loch Maddy, North Uist</i>	18	650-685	- none -	<5	18 h