
DURHAM
HEBRIDES
Ben Nevis
SCOTLAND
Dundee
Cupar
Stirling
Loch Katrine
Loch Lomond
Glasgow
238 m
NORTH
Tweed
NORTHUMBERLAND N.P.
THE BORDER FOREST PARK
BRITISH ISLES
Newcastle upon Tyne
NORTHERN IRELAND
Belfast
Cross Fell
Middlesbrough
LAKE DISTRICT N.P.
GREAT BRITAIN
YORKSHIRE DALES N.P.
ISLE OF MAN
York
Bradford
Leeds
Kingston upon Hull
Preston
Manchester
Oldham
Sheffield
Dublin
Liverpool
Caernarfon
Stoke on Trent
Nottingham
UNITED KINGDOM
Norwich
Dudley
Birmingham
Coventry
Waveney
ENGLAND
WALES
Gloucester
Luton
BRECON BEACONS N.P.
Oxford
Thames
London
Cardiff
Bristol
Reading
EXMOOR N.P.
Calais
Portsmouth
Brighton
Poole
Bournemouth
DARTMOOR N.P.
Plymouth
English Channel