## Traverse of Scotland - Checkpoint locations

Number	Checkpoint	OS grid ref	Description
CP00	Cape Wrath	NC259747	Cape Wrath Lighthouse (see note 1)
CP01	Blairmore Car Park	NC195601	Car park at Blairmore
CP02	Kinlochbervie	NC229562	Car park at Kinlochbergie, south end of loch
CP03	Rhiconich	NC255523	Near Rhiconoch Hotel just after junction of B801 with A838 road
CP04	Lochstack Lodge	NC268435	On A838 next to entry to Lochstack Lodge
CP05	Lochmore Lodge	NC298388	On A838 next to entry to Lochmore Lodge
CP06	Kylestrome	NC217345	Car park off A894 near Kylestrome
CP07	Loch na Gainmhich	NC240293	Car park off A894 at northern end of Loch na Gainmhich
CP08	Inchnadamph	NC251217	Car park at Inchnadamph
CP09	Loch Ailsh	NC316101	Track junction near SE end of Loch Ailsh approx 2 miles from A837 (see note 2)
CP10	Oykel Bridge	NC385008	junction of A837 with minor road at Oykel Bridge
CP11	Inverlael	NH181852	junction of track with A835 road at Inverlael
CP12	Corrie Hallie	NH114850	Car park at Corrie Hallie off A832
CP13	Lochivraon Bothy	NH117733	Lochivraon bothy (see note 3)
CP14	Kinlochewe	NH038623	Car park at the end of the road through Incheril east of Kinlockewe
CP15	Achnashellach Stn	NH002484	Car park at Achnashellach Station.
CP16	Coulags Bridge	NG948446	Junction of forest track with A890 approx 1km west of Coulags Bridge
CP17	Attadale	NG924387	Car park off A890 just south of Attadale House by river bridge
CP18	Killilan	NG940303	Car park near Killilan. Access is from A87 near Dornie at head of Loch Alsh
CP19	Morvich	NG960210	Car park at Morvich accessed off A87 north of Shiel Bridge
CP20	Cluanie	NH075117	Car park near Cluanie Inn off A87
CP21	Kingie	NH113018	Junction of path with road approx 1km NE of Kingie at east end of Lock Garry
CP22	Loch Garry	NH193023	Junction of track with road north of bridge across Loch Garry narrows
CP23	Mandally	NH281005	Car park at end of minor road which runs south side of river Garry from A82 south of Invergarry
CP24	Laggan Locks	NN286963	Car park at Laggan Locks at head of Loch Lochy
CP25	Clunes	NN203886	Car park at Clunes
CP26	Gairlochy	NN176842	Locks at Gairlochy
CP27	Neptune's Staircase	NN115770	Car park at Neptune's Staircase, Banavie
CP28	Fort William	NN104742	Car park at Safeways
CP29	Lundavra	NN100665	Car park near ruin of Blar a Chaorainh on minor road / track which runs to Lundavra.
CP30	Kinlochleven	NN187619	Park in Kinlochleven on B863 near bridge over River Leven (near Climbing Centre)
CP31	Altnafeadh	NN220563	Car park / layby on A82 at Altnafeadh
CP32	Blackrock Cottage	NN268530	Near Blackrock Cottage on road to Glencoe Ski Centre where WHW leaves road
CP33	Victoria Bridge	NN270418	Car park between Inveroran Hotel and Victoria Bridge, near end of minor road from Bridge of Orchy
CP34	Bridge of Orchy	NN297396	Car park in Bridge of Orchy

## Traverse of Scotland - Checkpoint locations

CP35         Tyndrum         NN327306         Park in Tyndrum where WHW crosses road. If no parking space then use car park just down road.           CP36         Cinalanich         NN375250         Near Cinalanich (see note 4)           CP37         Inverarnan         NN321186         Where the WHW passes Beinglas Farm off A82(T) road at Invaranan.           CP38         Rowardennan         NS359986         Car park at Rowardennan near pier. Access is via a small road from Drymen through Balmaha.           CP39         Balmaha         NS420908         Car park at Balmaha           CP40         Garadhban Forest         NS503889         Park in Gartness village           CP41         Gartness         NS503889         Park in Gartness village           CP42         Dumgoyne         NS523835         Car park in Dumgoyne           CP43         Easter Carbeth         NS534796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP43         Easter Carbeth         NS533798         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP43         Easter Carbeth         NS533790         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP44         Linklade         NS837872         Car park at Talkink Wheel of B881 or minor road to Carbeth Loch           CP48         Allandie				
CP37         Inveraman         NN321186         Where the WHW passes Beinglas Farm off A82(T) road at Invararnan.           CP38         Rowardennan         NS35986         Car park at Rowardennan near pier. Access is via a small road from Drymen through Balmaha.           CP40         Garadhban Forest         NS480908         Car park at Balmaha           CP40         Garadhban Forest         NS480906         Car park at mominor road approx 1 mile north of Drymen where WHW crosses road.           CP41         Gartness         NS503869         Park in Gartness village           CP42         Dumgoyne         NS522835         Car park in Dumgoyne           CP43         Easter Carbeth         NS504796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS509788         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS509788         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Kilsyth           CP44         Riskirk Wheel         NS806789         Car park at Tainganter darkawhorige on minor road sE of Kilsyth	CP35	Tyndrum		Park in Tyndrum where WHW crosses road. If no parking space then use car park just down road.
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CP39         Balmaha         NS420908         Car park at Balmaha           CP40         Garadhban Forest         NS480906         Car park on minor road approx 1 mile north of Drymen where WHW crosses road.           CP41         Gartness         NS503869         Park in Gartness village           CP42         Dumgoyne         NS522835         Car park in Dumgoyne           CP43         Easter Carbeth         NS534796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS580788         Entrance to Craigend Farm off A891           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP46         Twechar         NS693779         Where path crosses B822 (Rowantree Terrace) SE of Kilsyth           CP46         Twechar         NS693777         Where path crosses B822 (Rowantree Terrace) SE of Kilsyth           CP47         Kilsyth         NS737774         Car park off minor road at canal lock E of Allandale           CP47         Kilsyth         NS737774         Car park off minor road at canal lock E of Allandale           CP50         Glen Village         NS885802         Car park off minor road at Canal at Minor road in Glen Village south of Falkirk           CP51         Alimond         NS962760         Bend on	CP37	Inverarnan	NN321186	
CP40         Garadhban Forest         NS480906         Car park on minor road approx 1 mile north of Drymen where WHW crosses road.           CP41         Gartness         NS503869         Park in Gartness village           CP42         Dumgoyne         NS522835         Car park in Dumgoyne           CP43         Easter Carbeth         NS534796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS534796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS534798         Entrance to Craigend Farm off A891           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP45         Lennoxtown         NS689759         Just off B8023 on minor road to Twechar           CP47         Kilsyth         NS737774         Car park at Craigmarloch drawbridge on minor road SE of Kilsyth           CP48         Allandale         NS805789         Car park at Elkirk Wheel off B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS853802         Car park at park on minor road east of Linlithgow with minor road in Glen Village south of Falkirk           CP51         Almond         NS962760         Beand on 8825 south of Almond           CP53         <	CP38	Rowardennan	NS359986	Car park at Rowardennan near pier. Access is via a small road from Drymen through Balmaha.
CP41         Gartness         N\$503869         Park in Gartness village           CP42         Dumgoyne         N\$522835         Car park in Dumgoyne           CP43         Easter Carbeth         N\$584796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         N\$590788         Entrance to Craigend Farm off A891           CP45         Lennoxtown         N\$633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP46         Twechar         N\$699759         Just off B8023 on minor road to Twechar           CP47         Kilsyth         N\$737774         Car park at Craigmarloch drawbridge on minor road SE of Kilsyth           CP48         Allandale         N\$805789         Car park off minor road at canal lock E of Allandale           CP49         Falkirk Wheel         N\$853802         Car park off minor road at canal lock E of Allandale           CP50         Glen Village         N\$885782         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         N\$962760         Bend on 8825 south of Almond           CP51         Almond         N\$962760         Bend on 825 south of Almond           CP52         Linilthgow         N\$7094741         Junction of path with minor road drosses the canal at M	CP39	Balmaha	NS420908	Car park at Balmaha
CP42         Dumgoyne         NS522835         Car park in Dumgoyne           CP43         Easter Carbeth         NS534786         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS530788         Entrance to Craigend Farm off A891           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP46         Twechar         NS699759         Just off B8023 on minor road to Twechar           CP47         Kilsyth         NS737774         Car park at Craigmarfoch drawbridge on minor road SE of Kilsyth           CP48         Allandale         NS805789         Car park off minor road at canal lock E of Allandale           CP49         Falkirk Wheel         NS853802         Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS865802         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         NS962760         Bend on B825 south of Almond           CP52         Linlithgow         NT029770         Car park on minor road east of Linlithgow (PH sign on map)           CP53         Niddry Castle         NT094741         Junction of path with minor road SE of Winchburgh near Nicidry Castle           CP53 <td< td=""><td>CP40</td><td>Garadhban Forest</td><td>NS480906</td><td>Car park on minor road approx 1 mile north of Drymen where WHW crosses road.</td></td<>	CP40	Garadhban Forest	NS480906	Car park on minor road approx 1 mile north of Drymen where WHW crosses road.
CP43         Easter Carbeth         NS534796         Park at side of B821 road where WHW leaves road NE of Carbeth Loch           CP44         Craigend         NS590788         Entrance to Craigend Farm off A891           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP46         Twechar         NS699759         Just off B8023 on minor road to Twechar           CP47         Klisyth         NS737774         Car park at Craigmarloch drawbridge on minor road SE of Klisyth           CP48         Allandale         NS805789         Car park at Falkirk Wheel of B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS853802         Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS865782         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         NS8657802         Car park on minor road east of Linithgow (PH sign on map)           CP51         Almond         NS865760         Bend on B825 south of Almond           CP52         Linithgow         NT029770         Car park on minor road east of Linithgow (PH sign on map)           CP53         Niddry Castle         NT099710         Where minor road crosses the canal at Muirend South of Broxburn	CP41	Gartness	NS503869	Park in Gartness village
CP44         Craigend         NS590788         Entrance to Craigend Farm off A891           CP45         Lennoxtown         NS633770         Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown           CP46         Twechar         NS699759         Just off B8023 on minor road to Tweechar           CP47         Kilsyth         NS737774         Car park at Craigmarloch drawbridge on minor road SE of Kilsyth           CP48         Allandale         NS805789         Car park off minor road at canal lock E of Allandale           CP49         Falkirk Wheel         NS858782         Car park at Falkirk Wheel off B816.           CP50         Glen Village         NS885782         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         NS962760         Bend on B825 south of Almond           CP52         Linilithgow         NT029770         Car park on minor road ass of Linilithgow (PH sign on map)           CP53         Niddry Castle         NT094741         Junction of path with minor road SE of Winchburgh near Niddry Castle           CP54         Muirend         NT0997710         Where minor road crosses the canal at Muirend south of Broxburn           CP55         Ratho         NT139709         Car park at Jeas at Megetland Sports Complex by canal towpath approx 1km east of Slateford centre.           <	CP42	Dumgoyne	NS522835	Car park in Dumgoyne
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CP46         Twechar         NS699759         Just off B8023 on minor road to Twechar           CP47         Kilsyth         NS737774         Car park at Craigmarloch drawbridge on minor road SE of Kilsyth           CP48         Allandale         NS805789         Car park off minor road at canal lock E of Allandale           CP49         Falkirk Wheel         NS853802         Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS85782         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         NS962760         Bend on B825 south of Almond           CP51         Almond         NS962760         Bend on B825 south of Almond           CP52         Linlithgow         NT029770         Car park on minor road east of Linlithgow (PH sign on map)           CP52         Linlithgow         NT094741         Junction of path with minor road set of Vinichburgh near Niddry Castle           CP54         Muirend         NT097710         Where minor road crosses the canal at Muirend south of Broxburn           CP55         Ratho         NT139709         Car park by canal at Ratho           CP56         Hermiston         NT179705         Minor road crossing of canal north of Hermiston           CP57         Slateford         NT23	CP44	Craigend	NS590788	Entrance to Craigend Farm off A891
CP47         Kilsyth         NS737774         Car park at Craigmarloch drawbridge on minor road SE of Kilsyth           CP48         Allandale         NS805789         Car park off minor road at canal lock E of Allandale           CP49         Falkirk Wheel         NS853802         Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy.           CP50         Glen Village         NS85782         Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk           CP51         Almond         NS962760         Bend on B825 south of Almond           CP52         Linlithgow         NT029770         Car park on minor road east of Linlithgow (PH sign on map)           CP53         Niddry Castle         NT097710         Where minor road crosses the canal at Mulrend south of Broxburn           CP54         Muirend         NT097710         Where minor road crosses the canal at Mulrend south of Broxburn           CP55         Ratho         NT139709         Car park by canal at Ratho           CP56         Hermiston         NT179705         Minor road crossing of canal north of Hermiston           CP57         Slateford         NT230711         Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre.           CP58         Duddingston Loch         NT286720         Where path crosses road SE of Duddingston Loch </td <td>CP45</td> <td>Lennoxtown</td> <td>NS633770</td> <td>Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown</td>	CP45	Lennoxtown	NS633770	Where path crosses B822 (Rowantree Terrace) SE of Lennoxtown
CP48 Allandale NS805789 Car park off minor road at canal lock E of Allandale CP49 Falkirk Wheel NS853802 Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy. CP50 Glen Village NS885782 Canal bridge at junction of B8028 with minor road in Glen Village south of Falkirk CP51 Almond NS962760 Bend on B825 south of Almond CP52 Linlithgow NT029770 Car park on minor road east of Linlithgow (PH sign on map) CP53 Niddry Castle NT094741 Junction of path with minor road SE of Winchburgh near Niddry Castle CP54 Mulrend NT097710 Where minor road crosses the canal at Mulrend south of Broxburn CP55 Ratho NT139709 Car park by canal at Ratho CP56 Hermiston NT179705 Minor road crossing of canal north of Hermiston CP57 Slateford NT230711 Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre. CP58 Duddingston Loch NT286720 Where path crosses road SE of Duddingston Loch CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour CP60 Industrial Museum NT370737 Car park at Fisherrow Harbour CP61 Seton Sands NT430762 Car park at Industrial Museum between Musselburgh and Prestonpans CP62 Aberlady Bay NT471804 Car park at Industrial Museum between Gullane and Dirleton approx 1km E of Gullane CP63 Gullane NT498843 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT54884 Junction of minor road with track north of Stonelaws CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP46	Twechar	NS699759	Just off B8023 on minor road to Twechar
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CP51 Almond NS962760 Bend on B825 south of Almond CP52 Linlithgow NT029770 Car park on minor road east of Linlithgow (PH sign on map) CP53 Niddry Castle NT094741 Junction of path with minor road SE of Winchburgh near Niddry Castle CP54 Muirend NT097710 Where minor road crosses the canal at Muirend south of Broxburn CP55 Ratho NT139709 Car park by canal at Ratho CP56 Hermiston NT179705 Minor road crossing of canal north of Hermiston CP57 Slateford NT230711 Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre. CP58 Duddingston Loch NT286720 Where path crosses road SE of Duddingston Loch CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady) CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at Mhite Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP49	Falkirk Wheel	NS853802	Car park at Falkirk Wheel off B816. Popular tourist attraction so may be busy.
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CP53 Niddry Castle NT094741 Junction of path with minor road SE of Winchburgh near Niddry Castle CP54 Muirend NT097710 Where minor road crosses the canal at Muirend south of Broxburn CP55 Ratho NT139709 Car park by canal at Ratho CP56 Hermiston NT179705 Minor road crossing of canal north of Hermiston CP57 Slateford NT230711 Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre. CP58 Duddingston Loch NT286720 Where path crosses road SE of Duddingston Loch CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady) CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP51	Almond	NS962760	Bend on B825 south of Almond
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CP56 Hermiston NT179705 Minor road crossing of canal north of Hermiston CP57 Slateford NT230711 Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre. CP58 Duddingston Loch NT286720 Where path crosses road SE of Duddingston Loch CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady) CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP54	Muirend	NT097710	Where minor road crosses the canal at Muirend south of Broxburn
CP57 Slateford NT230711 Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre.  CP58 Duddingston Loch NT286720 Where path crosses road SE of Duddingston Loch  CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour  CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans  CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands  CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady)  CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane  CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay  CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws  CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes  CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns)  CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is via minor road off Park South of Power station	CP55	Ratho	NT139709	Car park by canal at Ratho
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CP59 Fisherrow Harbour NT334729 Car park at Fisherrow Harbour CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady) CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road of power station	CP57	Slateford	NT230711	Car park at Meggetland Sports Complex by canal towpath approx 1km east of Slateford centre.
CP60 Industrial Museum NT370737 Car park at Industrial Museum between Musselburgh and Prestonpans CP61 Seton Sands NT430762 Car park on coastal road at Seton Sands CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady) CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP58	Duddingston Loch	NT286720	Where path crosses road SE of Duddingston Loch
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CP62 Aberlady Bay NT471804 Car park of A198 road at head of Aberlady Bay (NW of Aberlady)  CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane  CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay  CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws  CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes  CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns)  CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn.  CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP60	Industrial Museum	NT370737	Car park at Industrial Museum between Musselburgh and Prestonpans
CP63 Gullane NT498834 Where JMW leaves A198 road between Gullane and Dirleton approx 1km E of Gullane CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP61	Seton Sands	NT430762	Car park on coastal road at Seton Sands
CP64 North Berwick Bay NT549853 Beach road B1346 at North Berwick Bay CP65 Stonelaws NT574814 Junction of minor road with track north of Stonelaws CP66 Knowes Mill NT606779 Knowes Mill where minor road crosses River Tyne north of Knowes CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP62	Aberlady Bay	NT471804	Car park of A198 road at head of Aberlady Bay (NW of Aberlady)
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CP67 Belhaven Bay NT651788 Car park at John Muir Country Park / Belhaven Bay (access off A1087 at West Barns) CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP65	Stonelaws	NT574814	Junction of minor road with track north of Stonelaws
CP68 White Sands NT712772 Car park at White Sands. Access is via minor road off A1087 at Broxburn. CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP66	Knowes Mill	NT606779	Knowes Mill where minor road crosses River Tyne north of Knowes
CP69 Thorntonlock NT751745 Car park at Thorntonlock. Access is off A1 just south of power station	CP67			
	CP68	White Sands	NT712772	Car park at White Sands. Access is via minor road off A1087 at Broxburn.
CP70 Pease Bay NT794706 Car park on minor road near caravan / camping site at Pease Bay	CP69	Thorntonlock	NT751745	Car park at Thorntonlock. Access is off A1 just south of power station
	CP70	Pease Bay	NT794706	Car park on minor road near caravan / camping site at Pease Bay

## Traverse of Scotland - Checkpoint locations

CP71	Telegraph Hill	NT835694	Layby on minor road approx 1km off A1107 at Telegraph Hill by transmitter mast
CP72	Coldingham	NT892665	Junction of minor road from Lumsdaine with A1107 approx 1km west of Coldingham
CP73	Eyemouth	NT943644	Car park on High Street in Eyemouth by bay
CP74	Burnmouth	NT954611	Where path meets road just north of Burnmouth near school
CP75	The Border	NT979575	Scotland / England border near Lamberton (see note 5).

## **Additional Notes**

- 1. Access to the lighthouse is via a small passenger ferry across the Kyle of Durness followed by a minibus taxi service which only runs in the summer months. Times to be checked and if possible booked in advance. The whole area is also used by the MOD for military exercises so it is possible there may be restrictions in place imposed by MOD which may mean deviations though this rarely affects overall access.
- 2. There is a private road to the lodge / hotel so may be OK to drive to the changeover point. If not e.g. locked gate, then park on A837 near NC296082 and run / walk to the changeover point on a fairly level track, allow time to do this.
- 3. Access to the Lochivraon bothy is by a private estate track which runs along the north bank of Loch a Bhraoin. Access point is from the A832 at NH162760. The distance each way is approx 2.5 miles along a level 4x4 track. The bothy has recently been renovated and is open. Team taking over will need to run / walk to the changeover point, allow time to do this.
- 4. Changeover point is where the WHW exits a forest plantation approx 1km west of Crianlarich railway station. No road access so park in Crianlarich. Team taking over will need to run / walk to the changeover point, allow time to do this.
- 5. The actual border between Scotland and England is marked by a wire fence on the coastal path approximately 600 metres north of the caravan site at Marshall Meadows Bay. (NT980 568). Access is off the A1 just south of Lamberton. We parked at the caravan site with the permission of the caravan site owners to meet the incoming runners at the finish.