

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	Gairloch	NN176842	Locks at Gairloch
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

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CP35	Tyndrum	NN327306	Park in Tyndrum where WHW crosses road. If no parking space then use car park just down road.
CP36	Crianlarich	NN375250	Near Crianlarich (see note 4)
CP37	Inverarnan	NN321186	Where the WHW passes Beinglas Farm off A82(T) road at Inverarnan.
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	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	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	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	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	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 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
CP70	Pease Bay	NT794706	Car park on minor road near caravan / camping site at Pease Bay

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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.