



10	Low Slack	BD T		0	Loch Long	Finnart Oil Terminal
12	Low Flood	SD T		1	Loch Fyne	The Caves
15	Low Ebb	BD		2	Sound of Mull	100 yrd Reef
10 +pony	Mid Flood	SD		3	Dunbar	Ardgarton
12+pony	Mid Ebb	MD		4	North Berwick	St Cats Salt Pit
15+pony	High Flood	First Class		5	St Abbs	St Cats Pier
twin 7	High Ebb	SD I			Eyemouth	St Cats Reef
twin10	High Slack	MD I			Sea Cliff	Roddee Reef
twin 12		RI			Loch Leven	Mod Site
		RC				Fyne Face
						Gorton Point
						Stallion Rock
						Kenmore Point
						Farnace Quarry
						Tea Rooms
						Old Swim Pool
						The Gegan
						St Baldreds Boat
						The Yetts
						Peeble Beach
						Bass Rock
						Craigleith
						Fidra
						Lamb
						Isle of May
						Sea Gull Rock
						Cathedral Rock
						Broad Craig
						Big Green Carr
						Black Carr
						Wuddy Rocks
						Tyes Tunnel
						Anemone Garden
						Greenend Gully
						Nestend Gully
						Weasel Loch
						Leeds Bay
						Ballachulish