

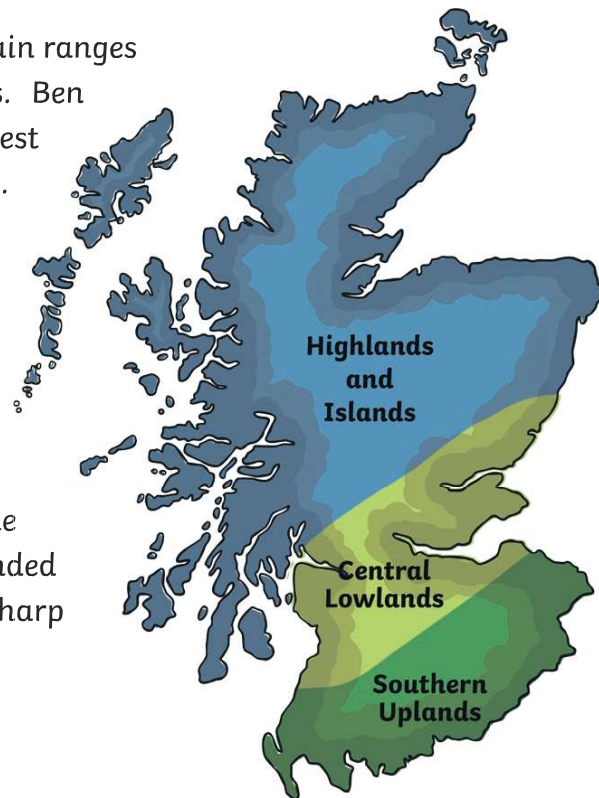
# Scotland's Landscape

We can divide Scotland's landscape into three areas: the Highlands and Islands, the Central Lowlands and the Southern Uplands.

## Highlands

The Highlands of Scotland have mountain ranges like the Grampians and the Cuillins. Ben Nevis, near Fort William, is the highest mountain in Britain. It is 1344m high. Fossils have been found in the North West Highlands from 750 million years ago. These are some of the oldest mountain ranges in the world.

The Cuillin mountains are found on the Isle of Skye. They are known as the Red Cuillin and the Black Cuillin. The Red Cuillin in the East are soft and rounded but the Black Cuillin in the west are sharp and jagged.



Highland mountains are popular in both summer and winter with walkers, climbers and skiers, and whilst they are beautiful, they can also be very dangerous places.

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## Islands

Scotland has 790 islands, but only around ninety-five of these have people living on them.

The Shetland Isles are the most northerly part of Scotland and are nearer to Norway than they are to the Scottish mainland. There are around one hundred Shetland Islands but only sixteen of these are inhabited. The largest island, known as Mainland, is where the main town called Lerwick is found. Other inhabited islands such as Yell, Unst, Bressay, Whalsay, East and West Burra and Trondra can be reached by ferry or road bridge. The highest point in Shetland is Ronas Hill at 450m.



Orkney is not one island but a group of around seventy islands between mainland Scotland and the Shetland Isles. Around eighteen of these islands are inhabited. The main town in Orkney is Kirkwall.



The Outer Hebrides are a group of islands off the north-west coast of mainland Scotland. The main islands are Lewis and Harris, North Uist, Benbecula, South Uist, and Barra. The town with the largest population is Stornoway on the Isle of Lewis.

The Inner Hebrides are a group of islands between the coast of mainland Scotland and the Outer Hebrides. The largest islands in this group are Islay, Jura, Mull, Rum and Skye. Ferries travel between many of these islands and the mainland. The island of Skye can be reached by crossing the Skye road bridge.

Burra and Trondra can be reached by ferry or road bridge.



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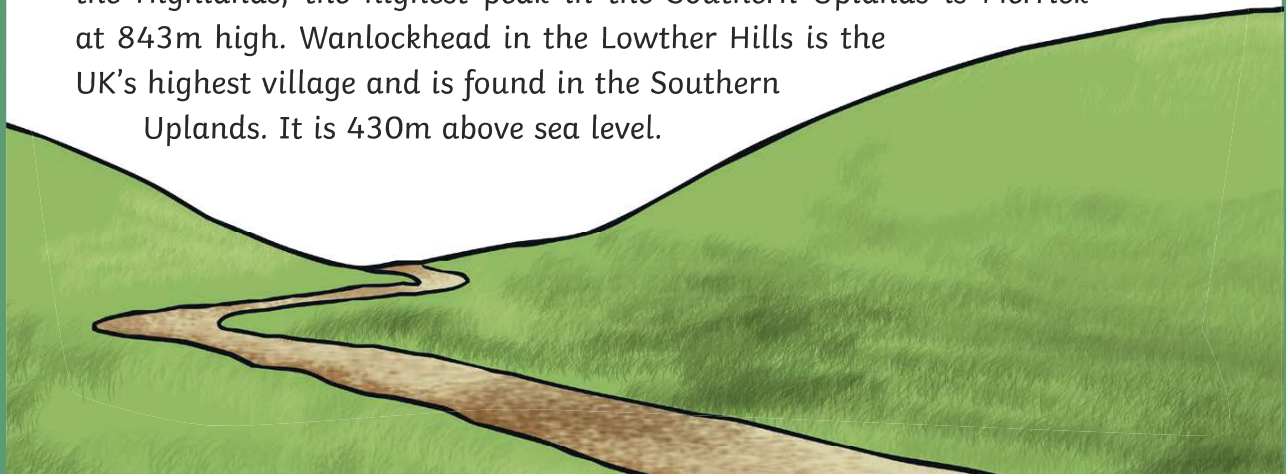
## Central Lowlands

The Central Lowlands are found between the Highlands in the north and the Southern Uplands in the south. They stretch from the Firth of Forth on the East coast to the Firth of Clyde on the west coast. Scotland's capital city, Edinburgh (pictured), and Scotland's largest city, Glasgow, are found at either side of the Central Lowlands. Over half of Scotland's population live in this area.



## Southern Uplands

The Southern Uplands are the most southerly part of Scotland and are found near the border with England. The Uplands have ranges of hills like the Galloway Hills and the Lammermuir Hills. Although they are not as mountainous as the Highlands, the highest peak in the Southern Uplands is Merrick at 843m high. Wanlockhead in the Lowther Hills is the UK's highest village and is found in the Southern Uplands. It is 430m above sea level.



# Scotland's Landscape Questions

1. Name the three areas of Scotland's landscape.

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2. Name two Scottish mountain ranges.

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3. What is the highest mountain in Britain called and how high is it?

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4. Where are the Cuillin mountains found?

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5. How many Shetland Islands are inhabited?

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6. How many Orkney Islands are there?

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7. Where are the Outer Hebrides and Inner Hebrides found?

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8. Which two cities can be found in the Central Lowlands?

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9. Which country do the Southern Uplands border?

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10. What is the name of the highest village in the UK and how high above sea level is it?

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