



Scale
 1: 4 500 000
 One centimetre on the map represents 45 kilometres on the ground.
 0 45 90 135 180 km
 Transverse Mercator Projection

Land height
 measured in metres above sea level

land below sea level	
less than 100 m	
100 - 200 m	
200 - 500 m	
500 - 1000 m	
more than 1000 m	

Key

- red labels show places you study in this book
- large cities and towns
- largest cities
- towns
- highest point in the UK
- lake
- river
- national boundary
- international boundary

● red labels show places you study in this book

Map of the British Isles