



Sgurr Fhuaran  
-1065

Beinn Sgritheall  
-971

Ladhar Bheinn  
-1016

2208

Loch Ailort  
Rois-Bheinn  
-876

**Tidal**

Hours	Geographical Position	
	Directions of streams (degrees)	Rates at spring tides (knots)
Before High Water	58° 55' A	7 30'
6	-6	104 0.5
5	-5	091 0.4
4	-4	033 0.2
3	-3	326 0.4
2	-2	307 0.6
1	-1	297 0.6
High Water	0	288 0.6
1	+1	275 0.4
2	+2	236 0.3
3	+3	158 0.3
4	+4	129 0.5
5	+5	119 0.6
6	+6	110 0.6
After High Water	58° 15' E	7 08'
-6	-6	050 0.7
-5	-5	035 0.9
-4	-4	028 0.9
-3	-3	038 0.7
-2	-2	049 0.4
-1	-1	0.0
0	0	223 0.6
+1	+1	225 0.8
+2	+2	221 0.9
+3	+3	221 0.9
+4	+4	212 0.6