



A-Z Directory

Business & Residential Listings

Highlands and Islands

2024

Product Code: 310

Business Listings

A-Z listings of local Businesses and Residential.

Information listed within the A-Z section **has been supplied by each Communication Provider** (service provider) and is published based on their directory status. If the business has been flagged as **Ex-Directory** it **will not be printed**. BT will only print information that **has been provided**. If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.

How to find a number

Entries are listed alphabetically. First by business name...

Adams Apples 49 Fore St
Bradway Hospital 7 Parade
Candlelight Rest 1 Watt St
Elley C M, Hosiers 1 The Lanes

...then by initials or next word...

Hall A, Plmbr 7 Water La
Hall Brothers 25 Fox La
Hall C F, Btchr 109 High St
Hall Denton, Hlge 16 Yorks Rise ...

...then by street name or, if there is no street name, by locality...

Smith A, Solr 14 Ambleside Lane
Smith A, Bldr 27 Brick Road
Smith A, Pntr Degas Drive
Smith A, Gcr 71 Endell Rd

Like-sounding names

Check alternative spellings of names, for example **Read...Reed... Reid...**

Unconnected words

If an entry has two or more unconnected words, for example **General Motors**, the first word is treated as the surname and the second word as a forename.

Initials

Initials separated by spaces or full stops are listed at the beginning of each entry. Initials that are not separated are treated as words.

AAA Autos, 21 New St
ABC Marketing, 44 King St
Abbott Autos, 47 Prior Road
ABC Plumbing, 52 Singer Close

Numbers as names

Names which begin with a number, such as **3M**, are listed in numerical order before the alphabetical entries.

1st Choice Fabrics, 6 Old St
2nd Hand Cars Ltd, 17 Park Rd
A1 Tyres, 53 Orwell St
Abbot A, 598 Frith St

Prefixes

ST comes after **SAINT**, which occurs after **SAH**.

Sah A, 12 Dales Clo
Sah Z, 15 Cecil St
Saint B.J, 17 Homer Rd
St. Clare, High St

M', MC, MAC are all treated as **MAC**; the next letter determines the position.

Mabey T, 63 Wilsons La
McBride J, 64 Manning Clo
MacCullum P, 289 Kings Rd
McEwan S, 24 Bembo Rd

DE and **DE LA** are arranged together, so that all **DEs** will be together and all **DE LAs** will be together, and so on. The order is determined by the next letter in the name.

Dayville A, 7 Box St
De Angel P.A, 16 Allisson St
de Silva P.A, 17 Upper Hill
De la Bere, 3 Egerton Street
de la Rue, 17 Cats Walk

Punctuation

Ampersands (&), apostrophes and hyphens are disregarded.

Abbreviations

Churches and places of worship are represented by an abbreviation.

BAP	Baptist Union of Great Britain
BUD	Buddhist
CE	Church of England
CI	Church of Ireland
CS	Church of Scotland
CW	Church in Wales
HIN	Hindu
JWSH	Jewish
LUTH	Lutheran
METH	Methodist
MUS	Muslim
ORTH	Orthodox
PENT	Pentecostal
QU	Quaker
RC	Roman Catholic
SA	Salvation Army
SE	Scottish Episcopal Church
SK	Sikh
URC	United Reformed Church

If you can't find a number

If the number you want is for a home business address, either check the Residential listings or call BT Directory Enquiries 24 hours a day, 7 days a week on **118 500**.

Calls to 118500 cost 77p per call plus £1.55 per minute inc VAT, plus your telephone service provider's Access Charge (excludes BT payphones). Prices correct at time of going to press.

Changes

Some numbers may change during the lifetime of The Phone Book. Customers affected by number changes will be notified in advance. Callers will receive a recorded announcement advising them of the new number.

1st Avoch Sea Scouts, Avoch Community Centre MacKenzie Place Avoch	(01381) 621272	Innishail South Laggan Spean Bridge.....	(01809) 501451	Accesorz-Dyze, Shoes & Accessory Dyeing, Bayview Bayview Crescent Broadford.....	(01471) 822750
1st Pizza Direct, Glenurquhart Rd Inverness	(01463) 717171	A & P Chambers, Ltd, Electrcn Eqpt Mfrs, Nia Roo Nairmside.....	(01463) 790400	Accountant, C, Clansman Garage, Mount Alexander Camaghael Fort William Fort William	(01397) 701650
Culloden Shopping Cntr Keppoch Rd Culloden	(01463) 798400	A S & P Robb, Ltd, 43 Vatisker Isle Of Lewis	(01896) 829006	Ace Safety Solutions, Ltd, Installations, 3 Glenburn Drive Inverness	(0843) 5387135
2 Dye 4, Hrdssrs, B 106 High Street Invergordon	(01349) 852434	A Tait, & Sons, Workshop Doumy	(01856) 771236	Acharacle Medical Practice, Pines Medical Centre Acharacle	(01967) 431231
2 Quail Restaurant, 2 Quail Castle Street Dornoch	(01862) 811811	A T C Cosmetics, Ltd, 1-3 Castle Rd Invergordon	(01349) 854599	Achentoul Estate, Co, Old Kinbrace Farmho	(01431) 831209
3d Komputers, 3D Computers Broom Place Portree	(01478) 611752	A T S, Ltd, Tyres,Batteries,Exhausts, Centres Inverness Harbour Rd Inverness	(01463) 236167	Achentoul Ldg	(01431) 831209
3D Computers, Macleod Maccallum, Offices Above Bank Of Scotland Somerled Square Portree	(01478) 611336	Kirkwall Rosslands Gar Junction Rd Kirkwall.....	(01856) 872158	Achentoul Estate Company,The, Rose Bungalow Kinbrace	(01431) 831382
3d Komputers & Skye Office Supplies, 3D Computers Broom Pl Portree.....	(01478) 613576	A & W Macdonald, Marketing Pr Advertising, Newsagents Shop Canalside Fort Augustus	(01320) 366373	Achentoul Estate, Co,The, Saluscraggie Kildonan.....	(01431) 821046
3rd Inverness Crown Scout Group, Crown Scout Group Midmills Road Inverness.....	(01463) 250825	A W Scott, Ltd, Unit 11 Industrial Estate Evanton	(01349) 831000	Achentoul Farms, Ltd, Estate Office	(01862) 821308
5 Glenconon Guest House, 5 Glenconon	(01470) 542378	A2b Taxis, Ros-Mar Penifiler.....	(01478) 613456	Edderton Farm House Edderton.....	(01862) 821308
019, McConechys Tyres & Exhausts North Road Fort William.....	(01397) 700006	A2B Taxis, Garage, 12 Strone Place Caol.....	(01397) 701112	Shepherd Ivy Cottage Kinbrace	(01431) 831230
127 SOLUTIONS, Ltd, Business IT And Cisco Communications Provider, Inverness Sales	(0872) 0858296	A4 Design & Print, Ltd, 50 Seafield Rd Inverness.....	(01463) 220287	Achiltibuie Garden,The, Ltd, 103 Achiltibuie	(01854) 622202
FAX	(0872) 0858296	FAX	(01463) 713613	Achiltibuie Post Office, Gen Store Achiltibuie.....	(01854) 622200
122555, Forbes Building Great North Road Muir Of Ord.....	(01463) 872734	A9 Joinery, Ltd, 28 High Street Kingussie.....	(01540) 667233	Achiltibuie Stores, Merchant Achiltibuie.....	(01854) 622496
01478611522, Bank Of Scotland Building Somerled Square Portree	(01478) 611522	A9 taxis, Taxi & Minibus Hire, Unit 8 River Close South,Teanninich Indust Est Alness	(01349) 883355	Achlain Estates, Ltd, Grieve's House	(01456) 450505
1645 Inn, The, Covenanters Inn The 1645 Inn High Street Auldearn.....	(01667) 258628	A00034761435, 17-19 Bridge Street Wick.....	(01955) 928537	Achmony Holidays, Drumadrochit	(01456) 459320
1645 Inn, The, Covenanters Inn The 1645 Inn High Street Auldearn.....	(01667) 452456	Aakwork, Helzie House Westray.....	(01857) 677877	Drumadrochit	(01456) 459320
1769 Thurso & District Squadron Atc, Drill Hall Sinclair Street Thurso.....	(01847) 891412	Aardvark Contracting, Ltd, Unit 6 Industrial Estate Ormonde Terrace Avoch	(01381) 620004	Or	(01456) 459320
1896 Gallery, Deshar Road Boat Of Garten.....	(01479) 831111	AB2000, Ltd, Unit 4 Balmakeith Bsns Pk Nairn.....	(01667) 456702	Achmore Sub Post Office, Post Office Achmore	(01851) 860230
306356, Arqjva Cabinet Invergarry	(01809) 501473	Unit 10 Balmakeith Industrial Estate Nairn	(01667) 456863	Achness Hotel, Rosehall	(01863) 766255
3388 Chinese Takeaway, 5 Cadboll Place Tain.....	(01862) 893388	Or	(01667) 459156	Achness House Hotel, Guests	(01549) 441207
A 2 B Taxis, 7 Nicolson Road Stormoway	(01851) 703415	Abban Street Dental Clinic, 22A Abban Street Inverness	(01463) 718140	Ackerhill Tower, Ackerhill Tower Ackerhill	(01955) 605491
A & A Muir, Farm, Hermisgarth Sanday.....	(01857) 600335	Abbey Management Services Scot, Ltd, Wholesale Retail, Flat 2 The Old School The Highland Club St. Benedicts Abbey Fort Augustus	(01320) 366539	Acorn Properties, Mr, Cf, Dalwhinnie Garage Dalwhinnie.....	(01528) 522334
A A Taxis, Taxi Servs, 12 Strone Place Caol.....	(01397) 701702	Fort Augustus	(01320) 366539	Acorn Signs, 42 Harbour Rd Inverness	(01463) 713708
A A Young, Ltd, Unit 40c Ben Nevis Drive Ben Nevis Industrial Estate.....	(01397) 704938	Fort Augustus	(01320) 366897	Or	(01463) 243225
A B & H I Kirkness, Fribo Westray	(01857) 677274	Abbeyfield, (Nairn) Soc Ltd, Davidson Villa 59 Seabank Road Nairn	(01667) 451041	Action for Children Scotland, Projects Gael Og Highland Rail Ho Station Sq, Academy St Inverness.....	(01463) 717227
A Cut Above The Rest, Market Gardens a Cut Above The Rest Kingussie	(01540) 661808	Abbeyfield Societies In Scotland, Ltd, 1 Spey Street Kingussie	(01540) 661216	Active Highs, Ltd, Youth Hotel South Laggan	(01809) 501459
A & D Clarke, Stratheat Holm	(01856) 781200	Abbeyfield Society, (Ballachulish), Abbey Field House Park Road Ballachulish	(01855) 812950	Active Outdoor Pursuits, Craigower Lodge Golf Course Road Newtonmore.....	(0845) 0505052
A & D Clarke, Millfield Toab Tankerness.....	(01856) 861349	Aberdeen 4 X 4, Fairways Great Nth Rd Muir Of Ord	(01463) 871083	Active Outdoor Pursuits, Craigower Ldg Golf Course Rd Newtonmore.....	(01540) 673319
A & E Harrold, 20 High Street Thurso.....	(01847) 892460	Aberdeen 4 X 4 Self Drive, 15 Harbour Rd Inverness.....	(01463) 709888	Acupuncturist Clinic,The, Ltd, 36 Harrowden Rd Inverness	(01463) 223122
A.G. Contractors, Ltd, Hannia Wester Inshes Inverness	(01463) 592791	Aberdeen Alarm, Co Ltd, 19 Carsegate Rd Inverness.....	(01463) 716353	Ada Ray, 6 Inchvannie Ct Dingwall	(01349) 865365
A & I Quality Butcher, Unit 4 Keppoch Road Culloden	(01463) 798821	Aberdeen Association of Social Service, See Voluntary Service Aberdeen ABERDEEN JOURNALS, Ltd, See Separate display advertisement for Aberdeen Journals Ltd Aberdeen & Northern (Estates), Ltd (A Member Of ANM Group Ltd), Inverurie	(01467) 623800	Adam, James, & Co Ltd, Kinchurdy Farm Boat Of Garten	(01479) 831210
A & I Quality Butchers, 27 Tomatin Rd Inverness	(01463) 717796	Aberdeen Old People's Welfare Council, see AgeCare Aberdeen Aberdeen University Lighthouse Field Station, Lighthouse Cott George St Cromarty.....	(01381) 600548	ADC Golspie Practice, Ltd, Unit 11 Golspie Industrial Estate Golspie	(01408) 633342
A.J.B Scholes, 8 Albert Street Kirkwall	(01856) 876271	Aberfeldy Lodge Guest House, 8 Harbour View Anderson Street Inverness	(01463) 418323	Unit 11 Golspie Indust Est, Main St Golspie	(01408) 633019
A.J.B Scholes, Ltd, 8 Albert Street Kirkwall	(01856) 872983	Abernes, 39 Dalneigh Rd Inverness	(01463) 237090	Adecco Inverness, FAX	(01463) 729779
A.J Morrison, Ltd, 19 Brae Park Munlochry	(01463) 811239	Aberness Recruitment Agency, Ltd, Aberness Recruitment Second Floor Inverness Shire Square Academy Street	(01463) 719030	Admin ELF, Ltd, Ashleigh Cromdale	(01479) 872159
A K E Links Motors, A K E Links Motors Mot Centre Shore Road Tain.....	(01862) 892999	Abernethy Golf Club, Clubhouse Nethy Bridge.....	(01479) 821305	Adopt-A-Child Sponsorship, Keppoch Rd Culloden	(01463) 792600
A K E Links Motors M O T Centr, A K E Links Motors M O T Centr Shore Road Tain.....	(01862) 892955	Abernethy Trust, Abernethy Outdoor Centre Nethy Bridge	(01479) 821279	Advanced Stairlifts, (Scotland) Ltd, Seafield Trdg Est Seafield Rd Inverness.....	(01463) 235583
A & L Motors, Main Street Castletown	(01847) 821401	Abernethy Trust Ardour, FAX	(01967) 411250	Advantage Storage, Ltd, 1 Carsegate Road South Inverness.....	(01463) 710107
A & L Services, Ltd, Cmptr Consultancy Servs, 4 Millcraig Cottages Alness.....	(01349) 882344	Abertay Services, Ltd, West End Filling Station Strathpeffer Road Dingwall.....	(01349) 862221	Adventure Activity Associates, Ltd, 85 Grampian Rd Aviemore	(01479) 811448
A L Whyte, Frms, Honeysgoe St. Margarets Hope	(01856) 831260	Or	(01349) 865789	Advisory, Conciliation & Arbitration Service, see ACAS Advocacy Highland, 2 Seafield Road Inverness.....	(01463) 233460
A M Dunbar Electrical Contractors, Ltd, Ponsonby Rosslyn Street Brora	(01408) 621585	Abi's Takeaway, Unit 6 Airds Crossing High Street Fort William	(01397) 701266	Advocacy Orkney, Travel Cntr West Castle St Kirkwall	(01856) 870111
A M Paipear, 41 Balivanich	(01870) 603299	Able Care, Seafield Rd Inverness	(01463) 233900	Advocacy Western Isles, 277 Dalibburgh	(01878) 700000
A M Philips Reekie Campmuir, Ltd, Leanaig Road Conon Bridge	(01349) 866021	Able Care, Kate, 60 Seafield Road Inverness.....	(01463) 715788	Bayhead Bdge Cntr Lamont La Stormoway	(01851) 701755
A N Fraser Joinery, 54 Seaforth Road Stormoway	(01851) 703020	Abriachan Nurseries, Abriachan Nurseries Inverness.....	(01463) 861232	Aeco, Ltd, Royal Brackla Distillery Nairn.....	(01667) 404642
		Absolutely Clean Or Its Absolutely Free, Inverness	(0800) 4584901	Aegis-Scot Archaeology, Ltd, Dunkirk Shore Street Kirkwall	(01856) 881650
		Acair, Ltd, 54 Seaforth Road Stormoway	(01851) 703020	Aff, M, 23 Baron Taylor Street Inverness	(01463) 222422
				Age Concern Orkney, 6 Bridge St Kirkwall.....	(01856) 872438
				Aggregate Industries, Quarrying,Ready Mxd Concrete,Road Surfacing & Coated Stone, Balblair Quarry Ready Mixed Concrete	(01463) 772058

Mid Laigs Ready Mix & Coated Stone Daviot	(01463) 772058	Alcohol, Inverness Area 70 Tomnahurich St Inverness	(01463) 220995	Unit 12A Annat Point Industrial Estate Corpach	(01397) 772912
Aggreko Inverness, Unit 4, 50 Seafield Rd, Longman Indust Est Inverness	(03458) 247365	Alcore Construction, Ltd, Broadford Medical Centre Broadford	(01471) 820333	Allt Yellike Pods Skye, Ltd, 21 Earlish	(01470) 542376
AGM Batteries, Denchi House Thurso Enterprise Park Thurso	(01847) 808000	Alder Arts, Ardholm High Street Beauly	(01463) 782247	Altavona Guest House, Alltavona Corran Esplanade Oban	(01631) 565067
AGM Batteries, Ltd, Denchi House Thurso Enterprise Park Thurso	(01847) 867200	Aldourie Castle, Aldourie	(01463) 751743	Alness Community Association, Ltd, 102 High St Alness	(01349) 883005
Agrii, School Croft Culbokie	(01349) 877458	Aldourie	(01463) 751743	Or	(01349) 884924
Agrii, Unit 6a Inverbreakie Industrial Estate Invergordon	(01349) 853745	Alens & Kabir, Ltd, 2 Bridge Street Kirkwall	(01856) 878111	Alness Garage, 40 High St Alness	(01349) 882206
Aido's Bar, Ltd, 3 Church Street Nairn	(01667) 457577	Alex Murray Construction, Ltd, Island Road Stormoway	(01851) 701675	Alness News, Newsagents, 56 High Street Alness	(01349) 880633
Aigas Field Centre, Aigas Field Centre Aigas	(01463) 782443	Alexander Boyd, 15 Port Henderson	(01445) 741108	Alness Removals & Storage, Alness River Dv Teaninich Industrial Estate Alness	(01349) 882388
Ailsa Macinnes, Optometrist, 50 Hill St Inverness	(01463) 729200	Alexander, D.R. & Son, 19 Seafield Rd Inverness	(01463) 248268	Alness Shoe Barr, 103 High St Alness	(01349) 883446
FAX	(01463) 729200	Alexander, Jean Alison, 3 Lochell Place St Ninian Rd Nairn	(01667) 258431	Alpah, Ltd, Gordon Diesel Services Rigs Road Stormoway	(01851) 709869
Air Change, Ltd, Kyclerona Farm Ardersier	(01667) 461118	Alexander, Dr, K, Nyrtoft Stromness	(01856) 851084	Alpha Plus Windows & Conservatories, Ltd, Unit 14C Balmakeith Indust Est Nairn	(01667) 451880
AIR TRAINING CORPS, HQ Highland Wing T.A Cntr Gordonville Rd Inverness	(01463) 229724	Alexander Ross Sons Sand Gravel, Mid Laigs Quarry Daviot	(01463) 772255	Alta Advisers, Ltd, Grouse Beaters Accommodation Tomatin	(01808) 531338
Aird Boarding Kennels & Cattery, 4 Aird	(01471) 844335	Alexander, T, Slickly Lyth	(01955) 641212	Altnaharra Estate, Ltd, Eastview Altnaharra Lairg	(01549) 411220
Aird Hill, Aird House Badachro	(01445) 741282	Alexander Walker, Alexander Walker, Mullingaroch Boat Of Garten	(01479) 831205	ALVIE ESTATE, Estate Office	(01540) 651259
Aird Motors, Ltd, High St Beauly	(01463) 782266	Alexandra Hotel, Parade Fort William	(01397) 702241	Gamekeeper	(01540) 651259
Airports, Eday (Orkney) Airstrip	(01857) 622257	Alexandra Sports, 140 Gladys Av Kirkwall	(0843) 5156239	Alzheimer Scotland, Alzheimer Scotland Stormoway DRC 18 Bells Road Stormoway Isle of Lewis	(01851) 702123
Inverness New Terminal Building Ardersier	(01667) 464000	Alfred Flett, Ltd, St. Mary's Holm	(01856) 781219	Alzheimer Scotland Tain DRC Victoria Road Tain	(01862) 894276
Kirkwall (for Flight Enquiries/Reservations please see British Airways plc or Loganair Ltd)	(01857) 633240	Ali, Dr, N, Balmachree House Dalcross	(01463) 790602	Alzheimer Scotland West Highland Office Tigh Na Drochaid Resource Centre Bridge Rd Portree	(01478) 613450
North Ronaldsay (Orkney) Airstrip	(01857) 644252	Alis Taxis, Glengrascio Portree	(01478) 611160	Griaran Day Centre Westview Ter Stormoway	(01851) 706767
Papa Westray (Orkney) Airstrip	(01857) 600346	Alistair Rhind Funeral Director, 2 Bank Street Tain	(01862) 892588	Inverness Services Woodlands Cntr 23A Culduthel Rd Inverness	(01463) 713424
Sanday (Orkney) Airstrip	(01857) 616285	Or	(01862) 894235	Alzheimer Scotland Dingwall DRC, Athole Court Dingwall	(01349) 808650
Stromsay (Orkney) Airstrip	(01955) 602215	All For Pets, Pets Supplies, Camore Shop Dornoch	(01862) 810177	Alzheimer Scotland Inverness DRC, 2 Strothers Lane Inverness	(01463) 711707
Wick	(01955) 602215	All Mortgage Solutions, Cloysta Cottage Fort William	(01397) 705519	Am Bothan Bunk House Hostel, Brae Cott Ferry Rd Leverburgh	(01859) 520251
AJ Mathers, AJ Mathers, Bsns, Workshop Cromlech Stenness	(01856) 850887	Allan, Carn Ban Swordale Bonar Bridge	(01863) 766710	AM Fuaran Bar, 211 Altandhu	(01854) 622339
AJG Parcels, Ltd, 33 Harbour Rd Inverness	(01463) 715843	Allan Dickie, Dunrentin West Laroch	(01855) 811938	AM Politician, Ltd, Lounge Bar Balla	(01878) 720246
Akam Care, Ltd, Isle View Nursing Home Aultbea	(01445) 731500	Allan Munro Lettings, Ltd, Ghuilbin Ho Grampanian Rd Aviemore	(01479) 810811	A-mac Environmental, Ltd, Unit 11B Balmakeith Industrial Estate Nairn	(01667) 454400
Akram General Stores, Dept Store, Akram General Stores Tarbert	(01859) 502474	Allan W J Willson, Ltd, 1 Balnagore Fearn	(01862) 832050	Amalgamated Construction, Co Ltd, North Rd Fort William	(01397) 703052
Akva Group, 36F Shore St Inverness	(01463) 221444	Or	(01862) 832432	Amat Estate, The Manse Amat Ardgay	(01863) 755382
Alan Gow Groundworks, The Yard Sordale Halkirk	(01847) 831204	Allans Of Gillock, Ltd, Finstown(Orkney) Breckan Heddle Rd Finstown	(01856) 761594	Amazon Seafoods, (UK) Ltd, Seafood Processors Prawn (Scampi) Collections Daily Throughout Scotland, Gairloch	(01445) 712027
Alan M Ross, (Sand & Gravel) Limited, Balachladich Quarry Wester Urray Muir Of Ord	(01997) 433644	FAX	(01856) 761709	AMBULANCE, In Emergency dial 999 and ask the operator for Ambulance Ambulance & Medical Services, 55 Cranmore Drive Smithton	(01463) 798735
Alan's Taxis, 67 High Street Alness	(01349) 880000	Garden & Tool Hire Cntr Lochview Watten	(01955) 621609	American Golf, 17 Harbour Rd Inverness	(0844) 4992182
Alarms, Ltd, 38 Crown Dv Inverness	(01463) 230301	Inverness, 52 Seafield Rd Inverness	(01463) 713270	Amhuinnsuidhe Castle Estate, The, Estate Office	(01859) 560200
Alasdair Mackenzie, Beech Avenue Nairn	(01667) 456041	FAX	(01463) 713393	Amim, M, Grcr, 9 Hillhead Road Wick	(01955) 603676
Alastair Findlay, Ralia Lodge Newtonmore	(01540) 670053	Wick, Gillock Mains Gillock	(01955) 661211	AMK Plant & Tipper Hire, Ltd, Tavay Island Keose	(01851) 830388
Alba Consult Economics, 28 Broadstone Park Inverness	(01463) 233717	Allen Gordon, Lp, 8 Ardross St Inverness	(01463) 236516	Amplifon, Inverness 17 Huntly St	(0845) 2419344
Alba Traffic Management, 24 Longman Drive Inverness	(01463) 259195	Allen & Shaw, Solrs, FAX	(01463) 235107	Inverness 17 Huntly St	(0845) 6045781
Albannach, The, Baddidarroch Lochinver	(01571) 844537	Allen & Shaw, 23 Academy St Inverness	(01463) 225555	Or	(0845) 6045781
Albannach Guieed Tours, Guided Tours, 1 Tomnair Balallan	(01851) 830433	Alley Cat Gifts, Skeabost Farm Skeabost Bridge	(01470) 532607	Amplifon, Ltd, Hearing Aid Specialist, 17 Huntly Street Inverness	(01463) 210309
Albert Hotel, Htl, Mounthoolie Place Kirkwall	(01856) 875397	Alliance Hotels Consultants, Ltd, Glencoe Ho Glencoe	(01855) 811840	Ampm Shop, Ltd, Lorimers Family Restaurant Longman Road Inverness	(01463) 225562
Or	(01856) 876000	Glencoe House Glencoe	(01855) 811840	Amte Power, Plc, Richards Garage Ormlie Road Thurso	(01847) 867325
Albert Hotel, Mounthoolie Place Kirkwall	(01856) 877349	Alliance Pharmacy, The Chemist Myrtlefield Aviemore FAX	(01479) 810452	An Cala, 5 Cameron Avenue Mallaig	(01687) 462505
Albyn Housing, 98 High St Invergordon	(01349) 852978	Alliance Timber Preservation, Ltd, 9A Carsegate Road Inverness	(01463) 220240	An Comunn Gaidhealach, Balain Ho 40 Huntly St Inverness	(01463) 709705
Albyn Housing, 68 MacLennan Cres Inverness	(01463) 712516	FAX	(01463) 710029	Unit 7a, 7 James St Stormoway	(01851) 703487
Albyn Medical, Bridgend Rd Indust Est Dingwall	(01349) 862388	Allied Distillers, Please See Our Distplay Advertisement Above Allied, Souter & Jaffrey, Chrtld Survyrs, Inverness Pavillion 1, Fairways Business Pk Inverness	(01463) 239494	FAX	(01851) 706467
Albyn Medical, Ltd, Unit 5 Strathpeffer Rd Indust Est Dingwall	(01349) 864146	Allied Souter & Jaffrey, Ltd, Lift Line (Nos 7-14) Heraghty Lodge Dores Road Inverness	(01463) 222058	An Tuireann, An Tuireann Art Centre Struan Road Portree	(01478) 611310
Alcan Primary Metal-Europe, Estates Glenshero Lodge (MacDonald A)	(01528) 544222	Allied Southern & Jaffery, Ltd, 20A High St Fort William	(01397) 700449	Anchorage Restaurant, The Pier Leverburgh	(01859) 520225
Head Stalker, Glenshero	(01528) 544254	Or	(01397) 705541	Anderson Associates, Unit 8 Harbour View Cromwell Street Quay Stormoway	(01851) 701500
Sherramore Lodge	(01528) 544254	Pavillion 1 Fairways Business Pk Inverness	(01463) 225267	Anderson Associates Chartered Architect, Ltd, Unit 8 Harbour View Cromwell Street Quay Stormoway	(01851) 702319
Alchemy Plus, Ltd, Cmptr Consultancy, Halliday Ho, 2 Druumchat Vw Dingwall	(0872) 4366144	Pavillion 1 Fairways Business Park Inverness	(01463) 711061		
Halliday Ho 2 Druumchat Vw, Dingwall Business Pk Dingwall	(01349) 865000	Allied Surveyors, Inverness 1 Fairways Business Pk Inverness	(01463) 230441		
Halliday Ho 2 Druumchat Vw, Dingwall Business Pk Dingwall	(0872) 4366133	Allingham, D.J, The Flat Gualen Lodge Lairg	(01971) 521395		
FAX	(01349) 865111	All-Round Signs, Lp,			

Anderson Clark, Motor Repairs, 16 Carsegate Rd Inverness (01463) 222324	Office Kirkhope (01856) 701410	Branch 673 Unit 9 Eastfield Way, Inverness Business & Retail Park Inverness, Highland (0845) 1657673
Anderson & Jarvie, 12 Inshes View Westhill, Inverness (01463) 792682	Aquatera, Ltd, 14 Albert Street Kirkwall (01856) 877745	Inverness Eastgate Branch 349 Unit 38 Eastgate Shopping Centre Eastgate Inverness, Highland (0845) 1657349
Anderson Mechanical Services, 1 Black Park Broadford (01471) 822864	Aquatic Hygiene, Ltd, 2 Seafield Rd Inverness (01463) 233361	Argyle, P.G, Kilphedir Golspie (01408) 633574
Anderson, P.A, Broomhill Fortrose (01381) 620214	Aramark, Ltd, Management Offices Eastgate Shopping Centre Inverness (01463) 231091	Argyll & Bute Care & Repair, 5 Stafford St Oban (01631) 567780
Anderson, R.A, Mucomir Farm Gairloch (01397) 712754	Arcade Travel Agency, Business & Leisure, 36 Traill St Thurso (01847) 894554	FAX (01631) 567486
Anderson Rd Nurseries, Anderson Rd Stornoway (01851) 702069	ARCADE TRAVEL AGENCY, Business & Leisure, 36 Traill St Thurso (01847) 894554	Argyll & Bute Council, Schools & School Kitchens Rockfield Primary School Oban Primary Campus Stevenson St Oban (01631) 568091
Anderson Road Nurseries, Anderson Rd Stornoway (01851) 702379	ARCH HENDERSON, & Partners, Conslt Engs, 68 Princes St Thurso (01847) 896896	Argyll & Bute Woman's Aid Office, Oban Times Bldg Corran Espl Oban (01631) 567089
Anderson, The, The Royal Hotel Union St Fortrose (01381) 620236	FAX (01847) 893009	Argyll Furniture Store, Wholesale Retail, Argyll Furniture Store Oban (01631) 564443
Andrew Mowat, Highlands Of Scotland Tourist Board John O' Groats (01955) 611580	Arch Hydraulic Engineering, Needlefield Yard 20 Longman Road Inverness (01463) 235060	Argyll & Sutherland Properties, Corrie Ldg Millburn Rd Inverness (01463) 230270
Andrews Sykes Hire, Andrews Sykes Hire Unit 47 Carsegate Road Inverness (01463) 570496	Arch Inn,The, 10-11 West Shore Street Ullapool (01854) 612454	Argyll & The Isles Coast & Countryside Trust, Bishops House Corran Esplanade Oban (01631) 562692
Andy Race Fish Merchants, Fish Mrcnts, Site 15 Mallaig Industrial Estate The Pier Mallaig (01687) 462626	Ardconnel Court, Ltd, Flat 1 38 Ardconnel Street Inverness (01463) 222922	Argyllshire Gathering Halls, Breadalbane Street Oban (01631) 569407
Angus, Charles, Agric Engs, Oldfield Farm Thurso (01847) 894809	Ardell Limited, Consultant, Caravan 181 Strathgongue (01847) 611758	Arisaig Hotel Limited, Ltd, Hotel, Arisaig Hotel Arisaig (01687) 450336
Angus Campbell, Ltd, MANOR STORES CEARN SHULAISGEIR STORNOWAY (01851) 704402	Arden House, Newtonmore Road Kingussie (01540) 661369	Arisaig Hotel, Ltd, Arisaig (01687) 450310
Angus Clinton Motors, Ltd, Sandwich Road Stornoway (01851) 705553	Ardentorrie Guest House, 2 Gordon Terrace Inverness (01463) 230090	Arisaig (01687) 450310
Angus, D.B, Frmr, (Farm) Barrogill Mains Mey (01847) 851205	Ardentorrie Holiday Home, 26 Kingsmills Road Inverness (01463) 229875	Or (01687) 450310
Angus Maciver, Ltd, 2 Rigs Road Stornoway (01851) 705155	Ardsier Parish Church, Church Inverness (01463) 832747	Or (01687) 450701
Angus Maciver Ltd, Rigs Rd Stornoway (01851) 704087	Ardsier Pharmacy, 10 High St Ardsier (01667) 462615	Or (01687) 450705
Angus Maclean, Barevan Farm Muir Of Ord (01463) 870227	10 High Street Ardsier (01667) 462762	Ariundle Centre, Strathview Anahelt Strontian (01967) 402279
Angus Smith Photographic, 14 Church St Stornoway (01851) 703661	FAX (01667) 461177	ARK Plumbing Heating & Renewables, Ltd, The Drum Mhor Dulnain Bdge (0844) 3358992
Animal Health, (Highland) Ltd, Strathpeffer Rd Dingwall (01349) 865425	Ardfean Nursery, Gdn Supps, Phopachy Cottage Bunchrew (01463) 223607	Armada Medical Practice, New Surgery Achnacraig Armadale (01641) 541212
Ankenville Nursery, (Alness), Unit 1 Riverside Drive Teaninich Industrial Estate Alness (01349) 886520	Ardfean Nursery Bunchrew (01463) 243250	Armadale Pottery, (Isle Of Skye), Skye Batiks Ardasar (01471) 844439
ANM Group, Burnside Shore Road Dornoch (01862) 811453	Ardgay Community Centre, Ardgay Community Hall Ardgay Ardgay (01863) 766831	Armadale Store, Post Office, Faolinn Cottage Ardasar (01471) 844496
Anna Macneil, The Workshop Inchmore Inchmore Kirkhill Inverness (01463) 831567	Ardgay Game Factory, Ltd,The, South Bonar Industrial Estate Bonar Bridge (01863) 766162	Armour, R, & Partners, Qty Survyrs, 17 Queensgate Inverness (01463) 230365
Anne Hair Salon, 63 High Street Dingwall (01349) 866030	FAX (01863) 766859	Or (01463) 237828
Annie Cameron Retirement Home, Lochview Kinlochell (01397) 722317	Ardhasaig House Limited, Ardhasaig Hotel Marig (01859) 502500	FAX (01463) 236096
Anso Signs, 19A Tomich Industrial Estate Muir Of Ord (01463) 871622	Ardlarich Medical Practice, Appointments 15 Culduthel Rd Inverness (01463) 709709	Army, Regular Army Army Careers Information Offices Inverness 3 Bridge St Inverness (01463) 231520
Anta Scotland, Ltd, Mains Of Tullich Fearn (01862) 832477	Enquiries ,House Calls 15 Culduthel Rd Inverness (01463) 712233	Barracks & Camps Cameron Brks General Enquiries Inverness Training Camp Cameron Barracks Inverness (01463) 224545
Anthony Macmillan Photography, Sutherland Avenue Fort William, Inverness Shire (01397) 702557	Ardnamurchan Estates, Mingy House Kilchoan (01397) 700040	Norwegian Ldg (01479) 861280
Anwar Surveys, 6 Woodlands Park Westhill Inverness (01463) 592409	Ardnamurchan High School, General Office Ardnastaing Strontian (01397) 700105	Housing Management Staff Army Welfare Service 24 Wimberley Wy Inverness (01463) 233132
Aoc Archaeology Group, A O C Archaeology Ltd Rosehaugh (01463) 819841	Ardnamurchan Lighthouse Trust, Stable Block Kilchoan (01972) 510210	FAX (01463) 233132
Apex Vehicle Management, Ltd, 17 The Square Grantown-on-Spey (01479) 873796	Ardross Alness Bowling Club, Marketing Pr Advertising, BOWLING C Station Road Alness (01349) 883280	Infantry The Highland Regimental Information Team Cameron Barracks Inverness (01463) 714439
Applecross Heritage Centre, Clachan House Applecross (01520) 744478	Ardross Castle Enterprises, Ltd, Ardross Castle Ardross (01349) 882550	Mountain Training Centre, Tulloch (01397) 732245
Applecross Hotel, Applecross Hotel Shore Street Applecross (01520) 744264	Ardross Community Hall, Burnside Cullich Ardross (01349) 880591	Army - Territorial, Sub Office TA Cntr Gordonville Rd Inverness (01463) 231828
Applecross Post Office, Carn Raineach Applecross (01520) 744491	Ardsealach Lodge, Ardsealach Acharacle (01967) 431399	Army Cadet Force The Orkney Indep Cadet Bty ACF Weyland Pk Kirkwall... (01856) 872661
Applecross Smokehouse, Tigh A Chraicaich Kenmore Shieldaig (01520) 755367	Ardtornish Estate, Co Ltd, Estate Office Morven (01967) 421221	Infantry - 51st Highland Regiment C (Highlanders) Company Kirkwall Platoon Weyland Pk Kirkwall (01856) 872622
Applecross Surgery, Doctors Surgery Camusterrach (01520) 744252	Ardtornish Estate, Co Ltd, South Wing Flat Ardtornish Estate Ardtornish (01967) 421210	Stornoway Platoon Church St Stornoway (01851) 703176
Applecross Trust, The Jam Factory Applecross (01520) 744221	Ardtornish Estate Ardtornish (01967) 421218	Wick Platoon 36 Dempster St Wick (01955) 602807
Applecross Ho Applecross (01520) 744371	Estate Office Ardtornish (01967) 421259	Aroma Cafe, Aroma 95 High Street Fort William (01397) 700182
Or (01520) 744372	Gardeners Cott Ardtornish (01967) 421352	Ars Lawson & Partners, Trade, Pitglassie Farm Dingwall (01349) 862004
APPLECROSS TRUST. THE, Estate Office (01520) 744209	Hydro Electric Power House Oban (01967) 421328	Arthur & Carmichael, Solrs & Est Agts, Castle Street Dornoch (01862) 810202
Applied Care & Development, Lochbuie Croft Newtonmore (01540) 673863	Ardrverkie Estate, Ltd, Estate Office Factor (01528) 544300	FAX (01862) 810166
Or (01540) 673870	Ardreck Guest House, Ardreck Guest House Morefield Brae North Road Morefield (01854) 612028	Artmachine Graphics, Ltd, Unit 2b Quarryfield Rd, Hatston Indust Est Kirkwall (01856) 877707
Aqua Leisure, Ltd, Caberfeidh Ho Auldearn (01309) 641102	Arena Trade Solutions, Ltd, Munros Main Street Golspie (01408) 639334	Artworks, 6 West Argyle Street Ullapool (01854) 613047
FAX (01309) 641103	Argo's Bakery, Cairston Road Stromness (01856) 850245	Asda - Inverness, Ltd, Gen Stores, Sir Walter Scott Drive Inverness (0843) 5069593
Aquantic, Ltd, Conslt, East Murkle Murkle (01847) 821098	50 Victoria St Stromness (01856) 850945	Asda Stores Ltd, Asda Stores Ltd Ivanhoe Avenue Inverness (01463) 418683
Aquascot, Ltd, Unit 14 Fyrish Wy, Teaninich Indust Est Alness (01349) 899800	Argos Bakery, 65 Albert Street Kirkwall (01856) 988475	Ashburn House, Achintore Road Fort William (01397) 706000
Aquascot Marketing, Ltd, Fyrish Way Alness Ind Estate Alness, Ross-Shire (01349) 884481	Argos Bakery, A, 44 Albert Street Kirkwall (01856) 871201	Ashers Bakery, 6 High Street Grantown-On-Spey (01479) 873850
Sales Alness Indust Est Alness FAX (01349) 882176	Argos Bakery, A, 50 Victoria Street Stromness (01856) 850813	ASHERS BAKERY, Ltd, Unit 10 Balmakeith Industrial Estate Nairn (01667) 453206
Aquascot Seafarms, Ltd, Fort William Store Number 0878 Unit 1 North Road Fort William (0845) 1657878	Argos Bakery, A, 50 Victoria Street Stromness (01856) 851796	46 Church St Inverness (01463) 234388
Inverness Eastfield Way	Argos Ltd, 44 Albert Street Kirkwall (01856) 870723	

Bus Stn Farraline Pk Inverness.....(01463) 231000	Thurso.....(01847) 891051	B M TRUCKS,
Unit 4 Aviemore Shopping Cntr Grampian Rd	Aurora Environmental, Ltd,	Parts Dept Cromwell Rd Inverness.....(01463) 231727
Aviemore.....(01479) 811253	Garson Business Pk Stromness.....(01856) 851451	B R T Industrial Services, Bearing & Transmission Distribs,
9 High St Nairn.....(01667) 456767	Aurora Hair,	Carse Industrial Estate 61 Carsegate Road
40 High St Nairn.....(01667) 455572	Within Kingmsills Htl Damfield Road Inverness.....(01463) 230005	Inverness.....(01463) 225956
Ashgrove Motor Body, Co Ltd,	Aurora Hair Sal,	B Smith, & Son, Consultant,
Unit 1, 5 Burnett Rd Inverness.....(01463) 223966	Unit 4 Balloan Park Inverness.....(01463) 238017	Clachaig Nethy Bridge.....(01479) 821273
Ashgrove Motor Body, Ltd,	Austin, Jennifer, Energy Medicine Practitioner/Teacher (Mobile),	B S W Timber, Ltd,
1 Burnett Road Inverness.....(01463) 232036	Inverness.....(07071) 226898	Kilmallie Sawmill Annat Point Indust Est
Ashley Ann, Ltd, Kitch & Bedroom Manufacturers,	Autism Initiatives,	Corpach.....(01397) 773860
Unit 4a Airport Indust Est,Wick Airport	Albion Ho 28 Ardconnel Ter Inverness.....(01463) 717649	B.T.,
Wick (Caithness).....(01955) 604433	Auto Gas Inverness,	Please see under BT
Inverness Carsegate Rd Sth Inverness.....(01463) 711548	1A Lochalsh Road Inverness.....(01463) 232999	B T Enterprise Trials,
Thurso Bridgend Thurso.....(01847) 890506	Auto Windscreens,	30 Moray Park Place Culloeden Inverness.....(01463) 832589
Askernish Quarry, Co Ltd,	26 Shore St Inverness.....(01463) 711678	Baak, J.J,
Quarry Askernish.....(01878) 700571	Autobody Specialist,	Alltabhruais Spean Bridge.....(01397) 712065
Aspect Home Improvements Scotland,	Reidhaven Estate Yard Church Avenue	Back Comb & Beehive Hairdressing,
Unit 4 Sheraton Retail Park Fort William.....(01397) 708768	Grantown-On-Spey.....(01479) 873436	3 West Argyle Street Ullapool.....(01854) 612322
Aspen Spa, Ltd,	Autocraft, All Terrain Vehicles,	Back Football & Recreation Club,
Aspen Hartfield Tain.....(01862) 892233	Drumbeig Cottage Kinlochiel.....(01397) 722261	Community Centre Upper Coll.....(01851) 820745
Aspen Spa, Ltd,	Autohead Recon, Ltd,	Back Pharmacy, Pharmacy Dispensing,
Castle Street Dornoch.....(01862) 811022	36 Shore St Inverness.....(01463) 715335	The Butchers Shop Vatisker.....(01851) 820333
Assessor & Electoral Registration Officer,	Or.....(01463) 713506	Badachro Inn,
Badenoch & Strathspey,Lochaber,Nairn and Skye & Lochalsh Areas	Autoparts of Thurso,	Badachro.....(01445) 741255
Moray House 16-18 Bank Street Inverness.....(01463) 703320	19b Neil Gunn Drive Caithness.....(01847) 892916	Badaguish Outdoor Centre,
FAX.....(01463) 703301	Autoparts Stornoway,	Badaguish Aviemore.....(01479) 861285
Caithness Area	Island Road Stornoway.....(01851) 706939	Badanloch, Llp,
Bridge Street Wick FAX.....(01955) 603982	Autosave Components,	Badanloch Radio Station Kinbrace.....(01431) 831269
Inverness Area	Unit 5 27 Harbour Rd Inverness.....(01463) 713646	Badbea Crofters, Ltd, Prpty,
Moray House 16-18 Bank Street Inverness.....(01463) 703340	Autovision,	An Sealladh Inver.....(01571) 844179
FAX.....(01463) 703301	Harbour Rd Inverness.....(01463) 251500	Badenoch Business Services,
Associated Legal & Financial, Ltd,	Masterfit.....(01463) 710772	Unit 18,5/6,Spey Valley Business Park Dalfaber Industrial Estate
33 Academy Street Inverness.....(01463) 711993	FAX.....(01463) 710772	Aviemore.....(01479) 810125
Associated Taxis & Couriers,	Autovision Scotland, Ltd,	Badenoch Land Management, Ltd,
Rigs Rd Stornoway.....(01851) 702300	40 Harbour Rd Inverness.....(01463) 234311	Alvie Estate Office Alvie Estate Kincaig.....(01540) 651255
Rigs Road Stornoway.....(01851) 701111	Autovision (Scotland), Ltd,	Badenoch & Strathspey Community Conn Xions,
Assynt Crofters Trust, Trust,	40 Harbour Rd Inverness.....(0843) 5153608	2 Grampian Road Aviemore.....(01479) 810004
North Assynt Estate Stoer Lochinver.....(01571) 855298	Avalon Guest House,	Badenoch & Strathspey Community Transport, Co,
Assynt Development Trust, Ltd,The,	79 Glenurquhart Road Inverness.....(01463) 239075	2 Inverewe Grampian Road Aviemore.....(01479) 812632
Assynt Development Trust Ltd Lochinver.....(01571) 844275	Avco Industrial Supplies, Ltd, Mfg,	Bagsonline,
Assynt Estates,	Unit 7c Muir Of Ord Industrial Estate Great North Road	3 Henderson Dv Inverness.....(01463) 711850
Stronchrubie Lodge.....(01571) 822208	Muir Of Ord.....(01463) 871117	Baikies Restaurant & Takeaway, Wholesale Retail,
Keepers House Stronchrubie Elphin.....(01571) 822208	Avenue Salon,The, Ladies Hdrsr,	Pomona Restaurant Finstown Firth.....(01856) 761862
Assynt Hydro, Ltd,	28 Laurel Avenue Inverness.....(01463) 233588	Baile Na Cille Guest House, Guest Ho,
Oldany Culkein.....(01571) 833340	Avernish,	Baile Na Cille Timgarry.....(01851) 672242
Assynt Mountain Rescue Post,	Croft 9 Avernish Kyle.....(01599) 555239	Bailey, V, Bookkeeping Services,
Post Inchmadamp Elphin.....(01571) 822224	Averon Business Centre,	Old Manse Rendall.....(01856) 761468
Assynt Trading, Co Ltd,	Carnaby Ldg Ferry Rd Dingwall.....(01349) 865008	Baillie, J.S,
Lochinver Stores Lochinver.....(01571) 844207	Avery Weigh-Tronix, Ltd,	Sebay House Tankerness.....(01856) 861259
Atlantic Automation, Ltd,	Industrial Service Division Ord Indust Est Muir of Ord Inverness . (0845)	Bain Building,
Rangag Farm Latheron.....(01593) 741727	9002244	2 King Street Hilton.....(01862) 850331
Atlantis Leisure,	Avi Boutique, Fash Ret,	Bain, George, Pntr,
Atlantis Leisure Centre Dalriach Rd Oban.....(01631) 566800	Unit 5 Aviemore Shopping Centre Grampian Road	Warehouse Great Western Rd Kirkwall.....(01856) 873325
FAX.....(01856) 761581	Aviemore.....(01479) 258691	BAIN, MORRISON, & Co Ltd, Timb, Cement Mrcnts,
Atlantis Lodges,	Aviemore & Cairngorms Destination Management, Ltd,	18 Lewis St Stornoway.....(01851) 702160
Finstown.....(01856) 761581	Inverdrue House Aviemore.....(01479) 810200	FAX.....(01851) 702567
Atlas Arts,	Aviemore Gin Society, Ltd,	Baird, J.S.C, Law Acctnt,
Skye Gathering Hall Portree.....(01478) 611143	The Old Ministers House Inverdrue Aviemore.....(01479) 812181	27 High Street Fortrose.....(01381) 620112
Atos IT Services, UK Ltd,	Aviemore Kart Raceway, Ltd,	Baird Retail, Ltd,
Spean Bridge Wwvt Spean Bridge.....(01397) 712376	Aviemore Kart Raceway Granish Aviemore.....(01479) 812079	55 Victoria Street Kirkwall.....(01856) 872035
Attadale Estate,	Aviemore & Kingussie Dental Practice,	Bake 'n' Roll,
Attadale Ho Strathcarron.....(01520) 722217	Inspire Dental Gynack Street Kingussie.....(01540) 661280	Shopping Centre Glenloy Street Fort William.....(01397) 704222
Head Stalker Strathcarron.....(01520) 722308	Aviemore Landurette,	Balallan Sub Post Office,
Attic Antiques, French Polshr,	Unit 1-2 Myrtlefield Centre Grampian Road	Post Office Balallan.....(01851) 830200
25 Traill Street Thurso.....(01847) 895396	Aviemore.....(01479) 810462	Balance Sports,
Attic Hair Studio,The,	Aviemore Opticians, Trade,	118 High St Nairn.....(01667) 451050
31 Point Street Stornoway.....(01851) 702674	Unit 3 Myrtlefield Shopping Centre Grampian Road	Balavil Hotel,
Auchtertyre Learning Centre,	Aviemore.....(01479) 812777	Main St Newtonmore.....(01540) 673220
Taigh Darach,Lochalsh Bsns Pk,Auchtertyre Balmacara	Aviemore Ticket Agency, Ltd, Ticket Agencies,	Balblair Distillery, Ltd, Dstlrs,
.....(01599) 566775	Office 2, Station Square Grampian Road Aviemore.....(0843) 8160023	Office.....(01862) 821360
Audacia, Ltd, Accountancy,	Avis Europe, Plc,	FAX.....(01862) 821360
Lios Mor Viewfield Park Tain.....(01862) 730400	Avis Ho Park Road Bracknell.....(01344) 426644	Balcas Timber, Ltd,
Auld Alliance Restaurant, Shop,	Avis Rent A Car,	Unit 16 Cromarty Firth Indust Est Pk
Viewmount East Terrace Kingussie.....(01540) 661506	Kirkwall Airport	Invergordon.....(01349) 854711
Aultbea Hotel,The,	W R Tullock Car Rental Kirkwall Airport, Terminal Building Kirkwall	Unit 16 Cromarty Firth Indust Est Invergordon.....(01349) 854637
Residential Accommodation Aultbea Hotel Aultbea.....(01445) 731331	(01856) 875500	FAX.....(01856) 888000
Aultbea Stores,	Aviva,	Balfour Hospital,
Achnasheen.....(01445) 731203	Main Switchboard 8 Surrey St Norwich.....(01603) 622200	Switchboard.....(01856) 888000
Aultbea Achnasheen.....(01445) 731607	Avoch Fishermans Cooperative,	Balintore & District Resident Group,
Aultbea Surgery,	35 High Street Avoch.....(01381) 620823	Community Street 1 Tain.....(01862) 850050
Drs Robertson & Mitchell.....(01445) 731599	Avoch Post Office,	Ballachulish Albert Road,
Repeat Prescriptions.....(01445) 731599	35 High Street Avoch.....(01381) 621372	Arqiva Cabinet Ballachulish Visitor Centre Loan Fern
Aultguish Inn, Ltd,	Ayre Hotel, The,	Ballachulish.....(01855) 811454
Garve.....(01997) 429202	The Ayre Hotel Ayre Road Kirkwall.....(01856) 876197	Ballachulish Hotel,
Aultmore Management, Co Ltd,	Ayre Hotel, The,	Ballachulish FAX.....(01855) 811629
Heron Cottage Aultmore Nethy Bridge.....(01479) 821788	The Ayre Hotel Ayre Road Kirkwall.....(01856) 988259	Ballachulish Visitor Centre,
Aurora, Wholesale Retail,	B.A.S.P,	The Showroom Albert Road Ballachulish.....(01855) 811866
69 Albert Street Kirkwall.....(01856) 871521	20 Lorn Dv Glencoe.....(01855) 811443	Ballieffurth Farm Shop,
Or.....(01856) 989148	B D S Plant Hire & Contra,	Station Road Morayshire.....(01479) 821245
Aurora, Wholesale Retail,	Newhouse Xxxx Stromness.....(01856) 988793	Ballifeary Guest House,
Workshop Tarristae St. Ola.....(01856) 871861	B G A Quality Butchers, Ltd,	10 Ballifeary Road Inverness.....(01463) 235572
Aurora,	10-12 Macarthur Street Wick.....(01955) 602973	Balmacara Hotel,
Aurora 5 Rotterdam Street Thurso.....(01847) 501763	B & H Auto Spares, Oban Ltd,	Balmacara Hotel Balmacara Kyle.....(01599) 537044
Aurora, Wholesale Retail,	Units 2-7 Claggan Indstl Est Claggan	Balmacara Sub Post Office,
5 Rotterdam Street Thurso.....(01847) 891700	Fort William.....(01397) 702134	McRae-Jones Stores Balmacara.....(01599) 566784
Aurora Brewing, Ltd,	B & L Builders, (Orkney) Ltd,	Balmenach Distillery,
Thurso Business Park Thurso Enterprise Park	Hatston Indust Est Grainsshore Rd Kirkwall.....(01856) 870202	Office Cromdale.....(01479) 873829

FAX	(01479) 873829	Birsay	(01856) 721327	Beaully Taxis & Coach Hire,	
Balnagore Boarding Kennels,		Or	(01856) 721327	The Rookery Wester Balblair	(01463) 782498
Balnagore House Fearn	(01862) 832306	Barony Mills,		Beautiful Scotland, Ltd,	
Balnagown Castle Properties, Ltd,		Birsay	(01856) 721439	Flat 10 The Monastery The Highland Club St. Benedicts Abbey	
Cartshed Balnagown	(01862) 843075	Barr, Dr, M,		Fort Augustus.....	(01320) 366856
BALNAGOWN ESTATES, ROSS-SHIRE,		Fuaran Culcharry Nairn	(01667) 404229	Beauty, E.G,	
Kildary	(01862) 843601	Barra Distillery.Co.Uk, Dstly,		MacKinnon Stormy Hill Road Portree.....	(01478) 617266
Balnespick Partnership,		Taigh A' Dot Castlebay	(01871) 810006	Beauty House,The,	
Balvraid Lodge Tomatin.....	(01808) 511204	Barra Medical Practice,		B-Dazzled Main Street Castletown	(01847) 821723
Balti Cottage, Takeaway,		FAX Castlebay	(01871) 810333	Beaven, Dr, S.R,	
72 High Street Alness	(01349) 882227	Barra Pre School,		Skerryvore Practice	(01856) 888240
Balti Cottage,The,		Barra Childrens Centre Castlebay	(01871) 810890	Beccamac, Ltd,	
72 High Street Alness	(01349) 882604	Barra & Vatersay Community, Ltd,		The West Deanery Castle Street Dornoch	(01862) 811775
Balti Mahal, Takeaway,		Castlebay	(01871) 810266	Befrienders Highland,	
91 High Street Invergordon	(01349) 853657	Barry Noble St,		19 Church St Inverness	(01463) 235675
Baltruim, Bulbing Roofing & Finance,		Highland House, 20 Longman Road Inverness	(01463) 418197	Befrienders Highland Ltd,	
37A Union St Inverness	(0845) 6019679	Bar-Tec Scotland, Fire & Security,		1St Floor, Academy House 42 Academy Street	
Barnon, Ltd,		16 Carsegate Rd Sth Inverness	(01463) 225999	Inverness.....	(01463) 712791
Argyll House 7 High Street Fort William	(01397) 705838	FAX	(01463) 710841	Beg & Millard,	
Bangla Spice Stornoway, Ltd,		Bartlett, J.C, & Co,		Health Cntr Fountain Rd Golspie	(01408) 633221
33 Church Street Stornoway	(01851) 700418	6 Macgregors Ct Dingwall.....	(01349) 867100	Or.....	(01408) 633444
Bank Gusest House,		Barvas Estate, Ltd,		Begg, R, Electrical Services Ltd,	
28 BRIDGE STREET WICK	(01955) 604001	Barvas Lodge Lower Barvas.....	(01851) 840206	Oldwick Garage Roxburgh Road Wick	(01955) 603420
Bank of Scotland,		Base Taxi,		Begg Shoes,	
Personal Customers The Mound EH1	(03457) 213141	15 John Street Nairn.....	(01667) 456661	28 Union Street Inverness	(01463) 239189
Branches		Basecamp Bikes, Ltd, Whsle Ret,		Begley, D.M, & Son, Plmbg,Htg Eng,	
Aviemore Main Rd Aviemore.....	(01479) 887001	5 The Square Grantown-On-Spey	(01479) 870050	Whizzendine Heathery Loan St. Ola	(01856) 872088
Aviemore Main Rd Aviemore.....	(01479) 887011	Bashir I Hasham,		Belgian Caledonian Chocolate Company,	
Or	(01479) 887011	Tanmaur Orphir	(01856) 811764	6 Market Hall Academy Street Inverness	(01463) 712015
Benbecula (sub to Stornoway) Balivanich Benbecula.....	(01870) 602096	Or	(01856) 811786	Belgrave Arms Hotel,	
Dingwall High St Dingwall	(01349) 812113	Basil Harbour,		Dunrobin Street Helmsdale.....	(01431) 821242
Fort Augustus (sub to Ft William) Station Rd Fort William	(01397) 902901	134 Harbour St Nairn	(01667) 454774	Bell, Dr, June,	
902901		Basp, UK Ltd,		Health Cntr Springfield Rd Stornoway.....	(01851) 703145
Fort William 62 High St Fort William	(01397) 902901	20 Lorn Dv Glencoe	(01855) 811443	Bella Italia,	
Fort William		Bathrooms By Hughes & Innes, Ltd,		1 Bridge St Inverness	(01463) 230138
Or	(01397) 902918	2a Henderson Drive Inverness	(01463) 225541	Bella Jane Boat Trips,	
Gairloch Bank Brae Gairloch	(01445) 252020	Bathstore,		Bookings Only	(0800) 7313089
Gairloch (sub to Dingwall) Bank Brae Gairloch	(01445) 252002	Inverness		Isle Of Skye The Jetty Elgol.....	(01471) 866244
Golspie Main St Golspie	(01408) 633476	39 Harbour Rd Inverness.....	(01463) 225599	Bella Senne,	
Golspie Main St Golspie	(01408) 633671	Baxter Dunn & Gray, J,		94 Church Street Inverness.....	(01463) 223233
Or	(01408) 633671	15 Macleay St Wick (Caithness)	(01955) 602970	Bella Vista Guest House,	
Inverness 2-6 Eastgate Beaully	(01463) 882059	Bay Dunbeath,The,		Carness St. Ola	(01856) 872306
Isle Of Harris Main St Tarbert	(01859) 502477	Inver Arms Dunbeath	(01593) 731356	Bell-Ingram, Chrdt Survyr,	
Kirkwall 56 Albert St Kirkwall	(01856) 682001	Bay Farm Cottages,		Bonar Bridge	(01863) 766683
Kirkwall		Avoch	(01463) 811150	Inverness 22A Market Brae Inverness	(01463) 717799
Or	(01856) 682013	Avoch	(01463) 811150	Bonar Bridge FAX.....	(01863) 766736
Kyle Main St Kyle.....	(01599) 534256	Or	(01463) 811150	Bells Seafood, Ltd,	
Longman (sub to Inverness) 35D Harbour Rd Longman South.....	(01463) 882064	Bayhead Bridge Centre, Trading Ltd,		Scrabster Business Centre Thurso.....	(01847) 501679
882064		Bridge Centre Bayhead Stornoway	(01851) 705808	Ben Alder Estate Office,	
Mallaig (sub to Ft William) Station Rd Mallaig.....	(01687) 462265	Bayhead Post Office,		Head Keeper Shielling Lodge Dalwhinnie.....	(01540) 672000
Nairn 73 High St Nairn.....	(01667) 422006	Bayhead Shop Knockintorran.....	(01876) 510257	FAX	(01528) 522373
Nairn		Bayhead Self Catering,		Ben Nevis Distillery (Fort William), Ltd,	
Or	(01667) 422013	Bayhead Finsbay	(01859) 520282	Administration	(01397) 702768
Portree Somerled Sq Portree	(01478) 612438	Bayhead Shop,		FAX	(01397) 700200
Portree Somerled Sq Portree	(01478) 612449	Knockintorran.....	(01876) 510297	Visitors Centre	(01397) 700200
Or	(01478) 612449	Bayview Garage,		Ben Nevis Highland Centre,	
Stromness (sub to Kirkwall) 99 Victoria St Stromness	(01856) 850407	Olsons Scott's Road Hatston Industrial Estate		Nevis Bridge Clanwear Belford Road Fort William	(01397) 704244
Stromness 99 Victoria St Stromness	(01856) 850357	Kirkwall	(01856) 875194	Ben Nevis Hotel & Leisure Club,	
Tain (sub to Dornoch) Tower St Tain.....	(01862) 892057	Or	(01856) 879601	Ben Nevis Hotel North Road Fort William	(01397) 702331
Tain Tower St Tain.....	(01862) 894145	Bayview Hotel,		Ben Nevis Inn,	
Tarbert Harris (sub to Stornoway) Main St Harris	(01859) 502465	Bayview Hotel Russell Street Lybster	(01593) 721346	Achintee Farm Achintee Fort William.....	(01397) 701227
Thurso 25 Orlrig St Thurso	(01847) 864213	Bazpackers Hostel,		Ben Nevis Log Cabin, Ltd, Ltd,	
Thurso		4 Culduthel Rd Inverness.....	(01463) 717663	Harland Fort William	(01397) 708908
Or	(01847) 864214	Batzex.Com, Ltd,		Ben Nevis Motors, Ltd,	
Ullapool (sub to Dingwall) 30 West Argyle St Ullapool ...	(01854) 612693	81 Grampian Road Aviemore	(01479) 811799	North Road Fort William	(01397) 700110
Ullapool 30 West Argyle St Ullapool	(01854) 612451	BBC,		Ben Nevis Services,	
Wick 18 Bridge St Wick (Caithness).....	(01955) 672014	Radio Highland 7 Culduthel Road Inverness	(01463) 720720	Ben Nevis Filling Station Fort William.....	(01397) 702346
Isle Of Benbecula Balivanich	(01870) 602057	Radio Nan Gaidheal 56 Seaforth Road Stornoway.....	(01851) 705000	Ben Nevis Takeaway,	
Bank Street Lodge,		Radio Orkney Flat 1 Commercial Union House Castle Street		1 Lochy Cres Inverlochty	(01397) 706171
Bank Street Fort William	(0843) 5153724	Kirkwall	(01856) 873939	Ben Wyvis Kilts, Ltd,	
Bannerman, Co Ltd,		BBM Solicitors,		43 Church Street Inverness.....	(01463) 715448
The Burgence 2 Knockbreck Road Tain	(01862) 892322	Unit 5b Wick Bsns Pk Wick (Caithness)	(01955) 604188	Benbecula Auto Supplies,	
Bannerman, G, (Tain) Ltd, Gar Servs,		Be Personnel,		12A Torlum	(01870) 603322
Shore Road Tain	(01862) 892480	85 High Street Alness	(01349) 883303	Or.....	(01870) 602464
Bannockburn Inn, Bar Restaurant Accommodation,		Beach Craft Spirits, Ltd,		Benbecula Medical Practice,	
Bannockburn Inn Stafford Street Helmsdale	(01431) 821295	Unit 8a1 Balmakeith Business Park Nairn	(01667) 451249	Griminish Benbecula	(01870) 602215
Bannockburn Inn, Bar Restaurant Accomedation,		Beacon, Scio, The,		Bentinck, The Lady Anne,	
Stafford Street Helmsdale	(01431) 821461	Unit 4 Lochboisdale Isle Of South Uist	(01878) 709167	Langwell Ho	(01593) 751276
Baptist Church,		Beale & Pyper, Complete Ho Furns,		Benview Hotel,	
Castle St Inverness	(01463) 233031	9-11 High Street Grantown On Spey	(01479) 872203	Benview Hotel Strontian	(01967) 402376
Baptist, Dr,		Bear Scotland, Ltd,		Berardelli, P.D,	
Gairloch Health Centre Auchtercairn	(01445) 712229	Corpach Annat Point Industrial Estate Corpach	(01397) 773141	Achindaal Cottage Spean Bridge	(01397) 712159
Barber Shop,		Scotia Ho Dudgeon Pk Rd Brora	(01408) 621765	Berkenheger, Ingo,	
19 Harbour Road Inverness.....	(01463) 714979	North West Central Tertiary Ruthven Road		Caberfeidh Muir Of Ord	(01463) 870071
Barchester Health Care, Ltd,		Kingussie.....	(01540) 662283	Berneray Sub Post Office,	
Moray View Ho Stoneyfield Inverness	(01463) 246200	Beattie, Dr, A,		Failete Backhill	(01876) 540249
FAX	(01463) 246199	39 Ballifeary Lane Inverness.....	(01463) 714251	Bespoke Bicycles,	
Barclays Bank,		Beattie, J,		Glen House Willowglen Road Stornoway.....	(01851) 288264
Personal Customers	(03456) 052345	Rait Farm Nairn	(01667) 453047	Bethesda Nursing Home Trust,	
Business Customers	(03456) 052345	Beaufort Hotel-Inverness,		Springfield Road Stornoway	(01851) 706222
BAR-COM,		11 Culduthel Road Inverness	(01463) 700008	FAX	(01641) 521202
16 Carsegate Rd Sth Inverness	(01463) 711179	Beaufort,The,		Bettyhill Hotel,	
FAX	(01463) 710841	11 Culduthel Road Inverness	(01463) 222897	Bettyhill	(01641) 521202
Bark Products,		Beauli Ins Serv,		Bettyhill Sub Post Office,	
Units 4/5 Delyn Industrial Estate Invergordon	(01862) 842541	1A High St Beauli	(0870) 7572426	Post Office Bettyhill	(01641) 521201
Barony Hotel,		Beaully Plumbing, Co Ltd,		Bews, R,	
Birsay.....	(01856) 721327	Brooklea Lentrann.....	(01463) 831100	Unit 3 Inverbreakie Industrial Estate	

Invergordon	(01349) 854864	Black Trevor Architects, Tullymore Hermitage St Evanton,Dingwall	(01349) 853159	Bohai Group, Ltd, 37B Telford Street Inverness.....	(01463) 717575
Bici's, Pizza Delivery & Takeaway, 13 Young St Inverness	(01463) 233445	Blackhouse Studio, Limited Company, Architectural, Plot 6 Westhill Inverness.....	(01463) 210425	Boiler & Valve Engineering, Ltd, Unit 13A Balmakeith Industrial Estate Nairn.....	(01667) 454492
Bicis Pizzas, Italian Cafe, 13 Young Street Inverness.....	(01463) 234094	Blackisle Buiding Services, Ltd, 50 Seafield Road Inverness	(01463) 729166	Bonar Bridge Ardgay Golf Club, Clubhouse Market Stance Migdale Road Bonar Bridge.....	(01863) 766199
Bid 4 Oban Limited, 43 Stevenson Street Oban	(01631) 565504	Blacksmiths Bar, Ltd, Blacksmiths Sports Bar Keppoch Road Culloeden	(01463) 794440	Bonar Bridge Pharmacy Ltd T/A Bonar Brid, Mitchells Chemist Ltd Dornoch Road Bonar Bridge	(01863) 766889
BID 4 Oban, Ltd, 43 Stevenson Street Oban	(01631) 569915	Blackstairs, 20 Breadalbane Crescent Wick	(01955) 602866	Bonk, & Co Ltd, Multifuel & Gas Appliances, 8 Harbour Rd Inverness	(01463) 233968
Bidwells, Property Consultants, Bidwells North Rd Fort William	(01397) 702433	Blah D Blah Design, Ltd, Marketing, Branding, Print, Web Development, Inverness	(0872) 0855873	Bonner, J, Lynnhor Golspie	(01408) 633512
Alder Ho Cradlehall Business Pk Inverness	(01463) 796050	Sales	(0872) 0855873	Bonnie Bhaji, Indian Restaraunt, Chip Shop 4 King Street Invergordon	(01349) 368673
FAX	(01463) 798246	Blairmore Croft 181, 181 Blairmore Rhiconich.....	(01971) 521732	BOOKER CASH & CARRY, Inverness	(01463) 235291
Big Bite, 35 Point Street Stornoway.....	(01851) 700011	Blargoans, Ltd, The Corner Ho Dunnet	(01847) 851200	Longman Indust Est 19 Longman Dv Inverness.....	(01463) 243744
Bigface Limited, The Old Bridge Inn Dalfaber Road Aviemore.....	(01479) 811181	Langri Dunnet.....	(01847) 851476	FAX	(01463) 243744
Bigface, Ltd, Old Bridge Inn Dalfaber Road Aviemore.....	(01479) 811137	Blast Recreational Drugs Project, 94 Church St Inverness	(0800) 0561429	Boots N Paddles, 14 Cabrich Kirkhill.....	(01463) 783448
Bighthouse Partnership, Bighthouse Lodge Melvich	(01641) 531207	Blighwood 57 Management, Ltd, 40 High Street Fort William.....	(01397) 719603	Boots Opticians, Inverness Eastgate Shopping Cntr Inverness.....	(01463) 713673
Bikes Of Inverness, 39-41 Grant Street Inverness	(01463) 225965	Bliss Hair & Beauty, 67 High Street Grantown-on-Spey	(01479) 872914	Boots Pharmacy, Fortrose 47 High St Fortrose.....	(01381) 621524
Bills Taxis, Aviemore Centre.....	(0800) 585623	Block Works Garage, Precast Concrete Works Stromness	(01856) 850880	Invergordon 97 High St Invergordon	(01349) 852242
Bin Ends The Fine Wine Shop, 42 Princes St Thurso.....	(01847) 893322	Blood Transfusion Service, North of Scotland (Inverness)		Inverness 2 Southside Rd Inverness	(01463) 231192
2 River St Wick (Caithness)	(01955) 606006	Blood Transfusion Centre,Raigmore Hosp	(01463) 705315	BOOTS THE CHEMISTS, Dingwall 10 High St Dingwall.....	(01349) 862282
Binnie Electrical, Electrical Installation Inspection, Beinn Lee Newtonmore.....	(01540) 673647	Donor Services	(01463) 705315	Fort William Unit 2 Tweedale High St Fort William.....	(01397) 705143
Birchwood Highland, Unit 2b Wick Business Park Wick.....	(01955) 606742	Blow Glass Gallery,The, 4 Baron Taylor Street Inverness	(01463) 832422	Inverness	(01463) 715343
Birchwood Highland Caithness Support Group, Head Office 5 Wells St Inverness	(01463) 236507	Blow Your Top, Hairdressing Barbers Salon, 6 Sir Johns Square Thurso	(01847) 893848	Kirkwall 49 Albert St Kirkwall	(01856) 872097
Bird Watching & Wildlife Club, Managers Cott Grant Arms The Square Grantown-On-Spey	(01479) 872526	Blue Arrow, Ltd, Ballantyne Ho 84 Academy St Inverness.....	(01463) 240590	Nairn 35 High St Nairn	(01667) 453169
Birkenshaw Distributors, Ltd, Unit 2b, 33 Harbour Rd Inverness.....	(01463) 220147	Blue Joes, 12 Victoria Street Kirkwall.....	(01856) 871185	Stornoway 8 Cromwell St Stornoway.....	(01851) 701769
FAX	(01463) 225485	Blue Reef Cottages, 5 Scaristavore Scarista Isle Of Harris	(01859) 550370	Ullapool Fishermens Mission Shore St Ullapool	(01854) 612114
Birnie, D, Pntr & Dectr, Weydale Livera Street Evanton	(01349) 830653	Blueprint Architecture, 19 High Street Tain	(01862) 892900	Wick 58 High St Wick (Caithness).....	(01955) 603199
Birmie, Dr, G, Riverbank Janet St Thurso	(01847) 892027	Blush, J And J Shearer Victoria Place Wick.....	(01955) 603963	Boots, UK Ltd, 22 High St Kingussie	(01540) 661202
Birrell Mot & Service Centre, Mot Serv Centre, 3 Carsegate Rd Nth Inverness	(01463) 243344	Blythswood, Bookshops		Post Office High St Beauly	(01463) 782241
Birsay Energy, Ltd, Holodyke Wind Farm Dounby	(01856) 771850	Blythswood Lochcarron FAX	(01520) 722264	The Chemist Myrtlefield Aviemore	(01479) 810259
Birsay Farmers, Ltd, Swordfish Rd, Hatston Indust Est Kirkwall.....	(01856) 874654	Charity Shops		5 Wentworth St Portree	(01478) 612100
BIS, 78 High St Invergordon	(01349) 854933	Caol Glenloy St Fort William	(01397) 701516	Or	(01478) 613527
Bisset, Ian, Braham Camp Maryburgh	(01349) 861010	Invergordon 93A High St Invergordon.....	(01349) 854343	Bord De L'eau, 2 Market Street Wick	(01955) 604400
Bistro, (Lochcarron) Ltd,The, Flat 1 White House Lochcarron.....	(01520) 722178	Muir of Ord Tarradale Cnr Great North Rd Muir Of Ord	(01463) 871118	Borgie Lodge Hotel, Skerry Thurso Caithness	(01641) 521332
Black Bridge Bargains, 42B Thornbush Road Inverness	(01463) 222281	Portree 1 Marine Bldgs Quay St Portree	(01478) 612198	Borrisdale Tweed, Miss, The Cauldron Leverburgh	(01859) 520788
Black Corries Estate Management, Ltd, Professional Financial Services, The Lodge Black Corries Lodge Glencoe	(01855) 851215	Blythswood Care, 32 Bridge St Wick (Caithness)	(01955) 605522	Borthwick, Dr, E, 49 Spires Crescent Nairn	(01667) 452903
Black Corries Estate Management, Ltd, Marketing Pr Advertising, Black Corries Lodge Glencoe.....	(01855) 851272	2 Harrapool	(01471) 820020	Borve Campsite, 104 Borve	(01871) 817806
BLACK ISLE, Wildlife & Country Pk, Drummittal North Kessock Kessock	(01463) 731656	49 Kenneth St Stornoway	(01851) 705712	Borve Country House Hotel, Borve House Hotel Borve.....	(01851) 850223
Black Isle Beds, Ltd, Unit 1B 5 Harbour Road Inverness	(01463) 250528	Blythswood Trading, Ltd, Blythswood Care Glebe Street Inverness.....	(01463) 711658	Borve Lodge Estate, Borve Lodge Borve	(01859) 550213
Black Isle Brewing, Co Ltd, Old Allangrango Munloch	(01463) 811871	14 High St Dingwall	(01349) 867911	Or	(01859) 550307
Black Isle Bronze, Ltd, 4a Balmakeith Business Pk Nairn.....	(01667) 455172	Highland Deepehaven Indust Est Evanton	(01349) 830777	Borve Lodge Estate, Laxdale Cottage Seilebost.....	(01859) 550255
Black Isle Civil Engineering, Ltd, Muir Of Ord Indust Est. Great Nth Rd Muir Of Ord	(01463) 870904	Bml, Blackpark Filling Station Clachnaharry Road Inverness	(01463) 238270	Borve Lodge Estate, Number 2 Fincastle Fishing Hut Luskentyre.....	(01859) 550303
Black Isle Coal, The Mill Poyntzfield	(01381) 610281	Boabang, Dr, P, 21 Harbour Place Wick.....	(01955) 608817	Bosville Hotel, Bosville Ter Portree.....	(01478) 612846
Black Isle Dental Studio, Dental Practice, Mounteagle Road Culbokie, Ross-shire.....	(0844) 3878882	Boat Hotel,The, Boat of Garten.....	(01479) 831258	Bothy Bikes, Ltd, 56 High Street Kingussie.....	(01540) 661343
Black Isle Farmers Society, Great North Rd Muir Of Ord	(01463) 870870	Boat House,The, The Boat House Deshar Road Boat Of Garten	(01479) 831484	Boutique Hair & Beauty Aviemore, Unit 10 Myrtlefield Shopping Centre Grampian Road Aviemore.....	(01479) 810711
Black Isle Fire Systems, Ltd, Knothead North Kessock.....	(01463) 731199	Boat Of Garten Caravan & Camping Park, Caravan Park Deshar Road Boat Of Garten.....	(01479) 831652	Boutique Lodge, Ltd, The Lodge On The Loch Hotel Onich	(01855) 821092
Black Isle Holiday Apartments, Bridge Street Avoch	(01381) 620246	Boat of Garten Golf & Tennis Club, Office	(01479) 831282	Bowldown Farms, Ltd, Glendoe Lodge Glendoe Estate Fort Augustus.....	(01320) 366303
Black Isle Optician, Flat 2 Old Post Office Building Bridge Street Avoch	(01381) 620284	Boat Of Garten Sub Post Office, Deshar Rd Boat of Garten	(01479) 831223	Boyd, Bros Ltd, Hlge, The Pier Annat Point Fort William.....	(01397) 772235
Black Isle Renewables, Ltd, Tokavaig Ho Culbokie.....	(01349) 877029	FAX	(01479) 831527	BP Group of Companies, BP Oil UK Ltd Aircraft Refueling Kirkwall Airport	(01856) 870317
Black Isle Systems, Ltd, Computer Services, 4 Walker Rd Inverness	(01463) 246930	Boath House, Boath House Auldearn.....	(01667) 454896	Fuel Depot	(01856) 870317
FAX	(01463) 246936	Boath Stables, Boath Cottage Auldearn	(01667) 451300	FAX	(01851) 703026
Black Orchid Gifts, 88 High Street Alness.....	(01349) 880588	Boathouse Restaurant, Insh Hall Insh.....	(01540) 651615	Stornoway Airport Fuel Depot Lower Barvas	(01851) 703026
Black Sheep Hotels, Mars Highland Development Rokeby Manor Invergarry	(01397) 704250	BOC Gases, BOC Gas & Gear Centre 6 Seafield Rd Inverness	(01463) 220310	FAX	(01851) 703026
		Branch 6 Seafield Rd Inverness	(01463) 220310	Bracewell Stirling Architects, 5 Ness Bank Inverness.....	(01463) 233760
		Body Beautifu, Ardholm High Street Beauly	(01463) 782782	Brackenridge, Jim, (Transport) Ltd, Hatston Indust Est Kirkwall	(01856) 873717
		Body Shop,The, Ltd, Unit 40a Eastgate Shopping Centre Inverness	(01463) 236086	Brada Bar, Unit 12-13 Aviemore Centre Aviemore.....	(01479) 812770
		Body & Sole, 57 Keith Street Stornoway	(01851) 704363	Bradford, Dr, C, 16 Roag.....	(01470) 521850
		Bodycare & Hairworks, 73 Castle Street Inverness.....	(01463) 713632	Bradley Tyre Services, Whitebraes Tankerness.....	(01856) 861396
				FAX	(01856) 861354

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Brae Guest House, Brae Guest House Argyle Street Ullapool (01854) 612421	British Red Cross, 2 High St Dingwall (01349) 867677	Bubble & Goose Holdings, Ltd, 62 High Street Invergordon (01349) 888436
Braeval Hotel, Crescent Rd Nairn (01667) 452341	22 High Street Dingwall (01349) 867672	Buchan, I, Bldg Contr, Gairloch (01445) 712332
Brahan Farms, Ltd, Estate Office (01349) 861745	British Red Cross Society,The, 1 Glaitness Park Kirkwall (01856) 877579	Buchanan, Dr, M, Camilla Salen (01967) 431205
FAX (01349) 861745	BRITISH TELECOMMUNICATIONS PLC, Please see under BT	Buchanan, N, Mrcnt, The Shop Dunbeath (01593) 731217
Residences	British Waterways, Hunter A North Lodge Maryburgh (01349) 862571	Buchanhaven Pharmacy, Ltd, 12 High St Alness (01349) 883444
Rolfe R Gamekeepers Ho Brahan (01349) 861589	Inverness (01463) 725500	FAX (01349) 882012
Brahan Holiday Cottages, Brahan Dingwall (01349) 865505	BRITISH WATERWAYS BOARD, New Caledonian Canal Office Corpach (01397) 772249	Budge, D, Frmr, Barns Of Hempriggs Wick (01955) 603475
Braidgrove, Ltd, Redshank Ho Alness Point Business Pk Alness (01349) 892000	Aberchaldy Bridge (01397) 772233	Budge, P, Greystone St. Margarets Hope (01856) 831362
Brambles, Classic Ladies Fashs, 11 Leopold St Nairn (01667) 451177	Banavie Locks (01809) 501217	Budget Exhausts & Tyres, Inverness
Brambles, Shop, 17 Leopold Street Nairn (01667) 258461	Cullochy Lock (01397) 712746	40 Millburn Rd Inverness (01463) 224925
Brand, Steven, Joinery Ltd, Unit 4c Dalfaber Industrial Estate Dalfaber Drive Aviemore (01479) 812362	Gairloch Locks Spean Bdge (01397) 712746	Budhmor Eventide Home, Residents (01478) 612026
Brandon Landscapes, Landscape Contrs, 17A Longman Drive Inverness (01463) 711122	Kytra Lock (01809) 501220	Buds N Blooms, 12 Millbank Road Thurso (01847) 893671
Brass, Brian, Bldg Contrs, Kardale Sandwick (01856) 841733	Laggan Locks (01463) 231728	Buds 'n Blooms, A 63 Princes Street Thurso (01847) 892945
Brass's Buses, Garson Business Park Garson Place Stromness (01856) 851572	Tomnahurich Bridge (01463) 231728	Bughd Park Stores, Grousers, 98 Torvean Av Inverness (01463) 713655
Braulen Estate, Cambussorrag Cott (01463) 761236	Seaport Marina Inverness FAX (01463) 710942	Bught Caravan Park, Caravan Site Office Bught Inverness (01463) 236920
Braulen Estate, Head Stalker Glenstrathfarrar Kiltarity (01463) 761235	Broadbay Medical Practice, 16 Francis St Stormoway (01851) 703588	BUIDHEANN TIGHEADAS LOCH AILLSE AN EILEAN SGITHEANAICH, Ltd, Lochalsh & Syke Housing Association Bayfield Portree... (01478) 612035
Breacan Training, Miaivaig Jetty Miaivaig (01851) 672467	Broadford Health Centre, High Rd Broadford (01471) 822460	FAX (01478) 613377
Breck Designs, Kveldsro Weyland Terrace Weyland Terrace Kirkwall (01856) 871362	Broadland Properties, Ltd, The Power Ho Rosehaugh (01463) 811524	Builder Center, Stornoway
Breckenridge, J M, Unit 3 Annat Point Indust Estate Corpach (01397) 772141	Brockies Bar, Brockie's Lodge Hotel A833 Ardenrain - A862 Phoinneas Junction Kiltarity (01463) 741100	Parkend Indust Est Sandwick (01851) 705151
Breedon Aggregates Scotland, Ltd, The Toll Beauly (01463) 783237	Brogan Fuels, Site 13d Dalcross Indust Est Dalcross (01667) 460111	FAX (01851) 705347
Daviot (01463) 772232	Brooke, C,W, Fearn Ldg (01863) 766250	Bunchrew Caravan Park, Ltd, Office Bunchrew (01463) 237802
Marybank Quarry Marybank (01851) 702482	Brooks, Dr, Alison G, Princes St Surgery, 69 Princes St Thurso (01847) 893154	Bunchrew House Hotel, Ltd, Bunchrew (01463) 234917
Balblair Quarry Beauly (01463) 782394	Broomfield Catering, Ltd, Jasmine Tandoori Broomfield Holiday Park West Lane Ullapool (01854) 613331	Bunillidh Sports Clubs, Coupar Park West Helmsdale Helmsdale (01431) 821684
Bremmer, S, 8 The Loft Kirkwell (07000) 328786	Brora, Colbheinn 1 Victoria Road Brora (01408) 621230	Bunroy Holiday Park, Roy Bridge (01397) 712332
Bremner, H,R, Stoneybank Weydale Thurso (01847) 893880	Brora Golf Club, Golf Rd Brora (01408) 621417	Burgar Hill Renewables, Ltd, Evie (01856) 751772
Bremner, S, 13 Willow Court Conon Bridge, Dingwall (01349) 861393	43 Golf Road Brora (01408) 621473	Burger King, Eastfield Wy, Inverness Bsns & Retail Pk Inverness (01463) 230689
Brevins Guest House, The, The Brevins Nevis Bridge Fort William (01397) 701412	FAX (01408) 622157	Burghfield House, Burghfield House Hotel Cnoc-An-Lobht Dornoch (01862) 811006
Brewin Dolphin, Inverness	Brora & Helmsdale Medical Practice, Dentistry Helmsdale Health Cntr Rockview Pl Helmsdale (01431) 821125	Burgie Lodge Farms, Ltd, Office (01862) 842269
FAX Lyle Ho, Fairways Bsns Pk Inverness (01463) 226777	Surgery Helmsdale Health Cntr Rockview Pl Helmsdale . (01431) 821225	Polnicol Fm Invergordon (01862) 842269
Brewsters Inns, Inverness Beechwood Pk Inverness (01463) 232727	Brora & Helmsdale Medical Practice, Health Cntr Station Sq Brora (01408) 621320	Weighbridge (01862) 832294
Brian MacLennan Roofing Contractors, 17 Bayne Drive Dingwall (01349) 861021	Brown, Alex, & Co, Sols, Kintail House Beechwood Park Inverness (01463) 243450	FAX (01862) 832294
Or (01463) 717176	Brown Electrical, 10 Woodlands Industrial Estate Woodlands Terrace Grantown-on-Spey (01479) 873328	Burke Motors, Airport Ho Airport Indust Est Wick Airport (01955) 608866
Brian S Scott, Agric Contr, Netherhill Tankerness (01856) 861205	FAX (01479) 873026	Burn,The, Accomation Provider, Island Woodwork Isle Of Eigg (01687) 482417
Bridge Cafe,The, Little Chef Restaurant Spean Bridge (01397) 712957	Brown, Fraser, Engineering Ltd, Engng, Chapel Hill Church Pitcalnie (01862) 851600	Burnbank Lodges, Burnbank House Roy Bridge Road Spean Bridge (01397) 712520
Bridge Spice, Ltd, 7 Bridge Street Wick (01955) 609475	Brown & Little, Elec Contrs, 10 Woodlands Industrial Estate Woodlands Terrace Grantown-on-Spey (01479) 873328	Burnfield Medical Practice, Harris Rd Inverness (01463) 220077
Bridgemill Direct, Forres Road Nairn (0843) 5156231	Brown Trout Hotel,The, Htl, Brown Trout Hotel Station Road Watten (01955) 621354	Burnfield Sports Medicine Clinic, Harris Rd Inverness (01463) 701911
Bridgend Stores, Bridgend Stores Lairg (01549) 402103	Browns Gallery, Art Gall Frames, Browns Fine Arts Castle Brae Tain (01862) 893884	Burns, & Partners, Chrted Survyr's & Dvlpmnt Conslts, Ness Mws Ardeoss Pl Inverness (01463) 718719
Bridgnorth Ironmongers, Ltd, 20 Bridge Street Wick (01955) 604655	Bruce Clark, (Butchers) Ltd, 5A Leopold St Nairn (01667) 453221	Burns, T.S.H. & Sons, Sols, 12 Park St Dingwall (01349) 863222
Bright Care, North Gateway Daviot Wood Inverness (01463) 210250	Bruce Lindsay Coal, Unit 25,1 & 2 Cromarty Firth Industrial Park Invergordon (01349) 854444	Burnside Cottage Bread & Breakfast, Burnside Cottage Canisbay Wick (01955) 611766
Bright Eyes Boarding Kennels & Cattery, 11 Corntown Conon Bridge (01349) 866161	Bruce & Neil Chartered Architects, 26 Alexandra Pl Corran Espl Oban (01631) 563222	Burnside Garage Avoch, Garage Burnside Long Road Avoch (01381) 620355
Bri-Nick Commercials, (2018) Ltd, 5 Longman Drive Inverness (01463) 242444	FAX (01631) 566801	Burntisland Fabrication, Ltd, Arnish Point Isle Of Lewis (01851) 701162
Britannia Hall Committee, Dunnet (01847) 851988	Bruce Shell Fish, 9 Balconie Street Evanton (01349) 830187	Burntisland Fabrications, Ltd, Arnish Point Isle Of Lewis (01851) 705529
Britannia Hotel, Stakis Coyalumbridge Resort Hotel Aviemore (01479) 810661	Bryan J Rendall, (Electrical) Ltd, 6 Crowness Road Hatston (01856) 879086	Burray Watson, Arqiva Street Cabinet Burray (01856) 731611
Or (01479) 810679	BSW Sawmills, Payphone/Emergency Number (01397) 772121	Burwick Sun Post Office, Post Office Burwick St. Margarets Hope (01856) 831212
Or (01479) 811811	BT, Services & Subsidiaries	Business, Unit 11 Golspie Industrial Estate Golspie (01408) 634056
Or (01479) 812091	Audio Conferencing Services see BT Conferencing	Business, Bsns, Tor Ness House Thurso Enterprise Park Thurso (01847) 891933
Or (01479) 813000	BT Internet Services Consumer (BT Broadband)	Business Account, 22 Beachen Court Grantown-On-Spey (01479) 872463
British Association Of Snowsport Instructors, FAX (01479) 861718	Sales, Technical Help & Billing (03301) 234150	Business Insurance Brokers, 21a Kingsmill Rd Inverness (01463) 711101
British Gas, see Scottish Gas	Consumer (BT Yahoo) (03301) 234150	Buth An Rubha, Community Shop, School House Knock (01851) 870713
British Heart Foundation, Heart Resch Charity, Charity Shops	Operator Assistance UK Operator 100	Buth Bheag, Nicolson News Ferry Road Kyle (01599) 534002
Fort William Unit 1,99 High St Fort William (01397) 708475	International Operator 155	Butter Fingers, Gordon Ho High St Dornoch (01862) 811737
Furniture & Electrical Shops unit 2, 7-17 Union Street Inverness .. (0844) 2489128	Special Operator Assistance 198	Buttress- Artist, Jeff, Art,
Inverness 46 Union St Inverness (01463) 711918	Video Conferencing Services see BT Conferencing	
	Bt Taxis, Wholesale Retail,	

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Buttress's Mens & Ladieswear, 14 High Street Thurso(01847) 893815	Cairngorm, Royal Golf Hotel Grange Road Dornoch.....(01862) 810460	Cala Hotels, James St Stornoway(01851) 706600
FAX(01847) 896290	Cairngorm Auto Repairs, Ltd, Unit 1 Plot 19 Dalfaber Industrial Estate Dalfaber Drive Aviemore.....(01479) 810224	FAX(01851) 703900
Buzz Project,The, Inc Charity, Marine Harvest Scotland Ltd Blar Mhor Office Blar Mhor Industrial Estate Lochyside(01397) 705428	Cairngorm Beauty Therapy & Spa, Unit 13 Dalfaber Industrial Estate,Dalfaber Drive Aviemore.....(01479) 816233	Caladh Inn, James St Stornoway(01851) 702740
By Rosie, 89 Cromwell St Stornoway(01851) 701622	Cairngorm Brewery, Unit 12 Dalfaber Industrial Estate Dalfaber Drive Aviemore.....(01479) 812222	FAX(01851) 703158
Bydand Restaurant, 2 Traill Street Thurso(01847) 893737	Cairngorm Creations, Ltd, Unit 1 Grampian Road Aviemore(01479) 812735	Caladh Trust,The, East Camp Balivanich(01870) 603888
CA Tyres, Oldfield Farm Thurso(01847) 890702	Cairngorm Gin, Co Ltd, Unit 9/3 Achnagonalin Industrial Estate Grantown-On-Spey(01479) 816588	Calder & Barnes, The Mill House Auckengill(01955) 631705
CC A S T Highland, St. Duthus House St. Duthus Street Tain.....(01862) 328006	Cairngorm Mountian, Charity, Club House Blackmill Farm Feshie Bridge(01540) 651317	Calder Engineering, Ltd, Unit 16 Ormlie Industrial Estate Thurso(01847) 892122
CD M M (UK), Ltd, 36 Longman Drive Inverness.....(01463) 239950	Cairngorm Mountain Rescue Team, St. Columbas Aviemore.....(01479) 811664	Calder, H & D, Scrabster Bsns Pk Scrabster Thurso(01847) 892681
C & E Taxis, Caberfeidh Av Dingwall(01349) 862412	Cairngorm Moutain, Cairngorm Chairlift Aviemore(01479) 861300	Caledonian Community Leisure, Ltd, Bught Pk Inverness(01463) 667505
Or(01349) 867575	Cairngorm Outdoor, Ltd, 11 The Square Grantown-on-Spey(01479) 870484	Caledonia Bck35 Fishing, Ltd, Tappoch Lochloy Road Nairn.....(01667) 456296
C Innes, & Sons, Drumduan Farm Nairn.....(01667) 456413	CAIRNGORM HOTEL, Grampian Rd Aviemore(01479) 810233	Caledonia Catering, Ltd, 9-10 Grampian Road Aviemore.....(01479) 811079
C & J Clark International, Ltd, 40-42 High Street Inverness(01463) 241485	Cairngorm Hotel, Grampian Road Aviemore(01479) 810233	Caledonian, 9 High Street Inverness.....(01463) 250555
C.L.C, Bookshop, 23 Castle St Inverness(01463) 238876	CAIRNGORM MOUNTAIN, Ltd, Ski Resort, Aviemore.....(01479) 861261	CALEDONIAN CANAL, see British Waterways
C. M C K9 Behaviour, Ltd, Unit 3 Tomich Industrial Estate Muir Of Ord.....(01463) 871130	Cairngorm Mountain Rescue Team, St. Columbas Aviemore.....(01479) 811664	Caledonian Discovery, Ltd, Unit 2 Annat Point Industrial Estate Corpach(01397) 772167
C & M Kitchen Engineering, Unit 45 Carsegate Rd Inverness(01463) 717000	Cairngorm Moutain, Cairngorm Chairlift Aviemore(01479) 861300	Caledonian Gifts, Ltd, 10a Church Street Inverness.....(01463) 710664
C.P Architects, 110 George St Oban(01631) 563177	Cairngorm Outdoor, Ltd, 11 The Square Grantown-on-Spey(01479) 870484	Caledonian Hotel, Fort Augustus(01320) 366256
CS Drilling Services, Ltd, Myrelandhorn Watten.....(01955) 621732	Cairngorm School Of Dance, Unit 17-7 Spey Valley Business Park Dalfaber Industrial Estate,Dalfaber Drive Aviemore.....(01479) 812844	Caledonian Hotel, Wentworth Street Portree(01478) 612641
CV Components, Ltd, 42C Harbour Rd Inverness(01463) 220232	Cairngorm Spas, Ltd, Dalfaber Indust Est Dalfaber Dv Aviemore(01479) 812433	Caledonian Hotel,Ullapool, Office Quay St Ullapool(01854) 612306
C W Lamley, & Co Ltd, Prpty, Apartment 103 By The Bridge Bridge Street Inverness(01463) 237137	Cairngorm Studios, Ltd, The Highlands Gallery Seafield Avenue Grantown On Spey(01479) 873877	FAX(01854) 612679
C & W Tesco Anpr, Tesco 1a Eastfield Way Inverness Business & Retail Inverness(01463) 236135	Cairngorm Windows, Inverness Longman Dv Inverness.....(01463) 238000	Caledonian MacBrayne, Ltd, Ferry Oprs, Isle of Barra Isle of Barra Harbour Office The Pier Castlebay(01871) 810306
Caberfeidh Electrics, Ltd, Shore Cottage Heatherfield(01478) 612972	Cairngorms Chamber Of Commerce, Ltd, Inverduie House Aviemore(01479) 780539	Caledonian Maritime Assets, Ltd, Harbour Office The Pier Castlebay(01871) 817982
Caberfeidh Horizons, Ltd, The Bk Shop, 16 HIGH STREET KINGUSSIE(01540) 661000	Cairngorms Christian Centre, Badenoch Christian Centre Kincaig Kingussie(01540) 651373	Ferry Terminal Lochboisdale(01878) 700706
Cabin,The, North House John O' Groats(01955) 611400	Cairngorms National Park Authority,The, 14 The Square Grantown-on-Spey(01479) 873535	Macbrayne Ferry Terminal Pier Rd Tarbert(01859) 502850
Cable & Wireless, UK, Unit 8 Dalfaber Industrial Estate Dalfaber Drive Aviemore(01479) 811853	Cairns, Martin, Floor Coverings, Sheraton Retail Pk Fort William(01397) 702900	Caledonian Self Storage, 43 The Cairns Muir Of Ord(01463) 870076
Cactus Dental Technology, Ltd, Lockhart House Tulloch Street Dingwall(01349) 867444	Caitness Business Serviced Apartments, 37-38 Bank Row Wick(01955) 603500	Caledonian Tape Convertors, Ltd, Noswa Water Wks Strathpeffer Rd Dingwall(01349) 864883
Cademy, Dr, A.R, Kinlochbernie Health Cntr Kinlochbernie.....(01971) 521260	Caitness Cabs, 5 Naver House Naver Road Thurso(01847) 895677	Caley Cruisers, Canal Road Inverness(01463) 233437
Cadogan Estates, (Agric Holdings) Ltd, The Flat Above Garage Block Sunrise Golf Road Brora(01408) 622795	Caitness Chemicals, (Wick) Ltd, Mfr, 17C Airport Industrial Estate Wick Airport Wick.....(01955) 605463	Caley Cruisers, Ltd, Burnfoot Ho Canal Rd Inverness(01463) 718243
Cadogan Estates, (Agricultural Holdings) Ltd, Sunrise Golf Road Brora(01408) 621302	Or(01955) 603994	Canal Road Inverness(01463) 236328
Café 1925, The Old Post Office Ardasar(01471) 844255	Caitness Courier, Editorial 39 Orlig St Thurso.....(01847) 892015	CALEY MARINA & CHANDLERY, Ltd, Canal Rd Muirtown(01463) 236539
Cafe Biagiotti, Cafe Biagiotti, 11 Priory Court High Street Beauly(01463) 782036	Caitness Driving School, Macgabhann March Road Wick.....(01955) 605316	Canal Rd Muirtown(01463) 236539
Cafe Bristro, 57 High St Kingussie(01540) 661766	Caitness FM, Ltd, Radio Stn, Ormlie Industrial Estate Thurso(01847) 890000	Caley Timber, Timber Merchants, Unit 15 Dalcross Industrial Estate Inverness.....(01667) 460007
Cafe Canna, Ltd, Harbour View Isle Of Canna(01687) 482488	Caitness Furnishers, Traill Street Thurso(01847) 895317	Scotia Timbers Griminish(01670) 602942
Cafe India, Unit 2 Lockhart House Tulloch Street Dingwall.....(01349) 862607	Caitness Goose Company,The, Ollicate Farm Thrumster(01955) 651733	Caley Timber Building Supplies, Caley Timber Building Supplies Ltd Ltd, Building Supplies, Scotia Timbers Griminish(01870) 602967
Cafe Lephin, 2 Lephin Isle Of Skye(01470) 511465	Caitness Livestock Breeders, Ltd, C.L.B Trading Centre Sir Archibald Rd Thurso.....(01847) 894567	Caley Timber & Building Supplies, Ltd, Dalcross Unit 15 Dalcross Indust Est Ardersier(01667) 460006
Cafe No 1, 75 Castle Street Inverness FAX(01463) 716363	Caitness Luxury Apartments Nc500, 36 Dempster Street Wick(01955) 606221	Callander Colgan, Ltd, 10 Ardross Street Inverness.....(01463) 701940
Cafe One, 75 Castle Street Inverness.....(01463) 716356	Caitness Machinery Ring, Biggins Farm Killimster Wick.....(01955) 608865	Calluna Homes, Ltd, 1 Church Street Cromarty.....(01381) 600464
Or(01463) 718574	Caitness Mental Health Support Group, The Haven Bankhead Wick (Caitness)(01955) 605264	Calman Trust, Ltd, 18 Hilton Village Inverness(01463) 248630
Cafelolzat21, 21 Albert St Kirkwall(01856) 877714	Caitness Mental Health Support Group, Stepping Stones Riverside Thurso.....(01847) 892177	Calmax Construction, Ltd, 1 Blackwater Newmarket.....(01851) 700007
Caffe Blue Mountain, Unit 6 Grampian Rd Aviemore.....(01479) 811266	Caitness Osteopathic Services, The Bridges Back Bridge St Wick (Caitness)(01955) 606999	Calterdon, Ltd, Mtr Agt,Engs, Harbour Rd Inverness.....(01463) 236566
Caffe Nero, 54-56 High Street Inverness(01463) 240363	Caitness Osteopathic Services, Wholesale Retail, 17 Davidson's Lane Thurso.....(01847) 896363	Calum's Seal Trips, 32 Harbour Street Plockton.....(01599) 544306
Caged Parcel Deliveries, Scatwell Fm Ho Strathconon.....(0800) 1695358	Caitness Prestige Car Hire, Prestige Car Hire, Heatherview Main Street Lbyster(0845) 3701819	Camanaichd Association,The, Alton House 4 Ballifeary Road Inverness(01463) 715931
Cairn Hotel,The, Carrbridge(01479) 841212	Caitness Print Solutions, 1 Lower Dunbar Street Wick.....(01955) 604409	Camas Properties, Ltd, 5 High Street Dingwall(01349) 867387
Cairn Housing Association, Scotsburn Court Tain(01862) 894733	Caitness Scaffolding Contractors, Unit 7c Ormlie Industrial Estate Thurso(01847) 895726	Cameron, A.N, Hlge Conr, Old Rd Banavie Corpach(01397) 772738
Cairn Housing Association, 30 Waterloo Place Inverness(01463) 230361	Caitness Scaffolding Contractors, Ltd, Dounreay Sub Stn Dounreay.....(01847) 811517	Cameron Care, Ltd, Lochview Kinlochell(01397) 722406
Cairn Housing Association, Ltd, Flora McDonald Residence Residents.....(01463) 233080	Caitness Seacoast, Ltd, The Harbour Fishmart Wick(01955) 609200	Cameron, E, Gordon House High Street Dornoch(01862) 811235
Wardens Dornoch 26 Stafford Ct Dornoch FAX(01862) 811828	Caitness Stone Industries, Ltd, Spittal Quarries Spittal(01847) 841340	Cameron House Eventide Home, Culduthel Road Inverness(01463) 243241
		Cameron, Neil, Associates, Balmacaan Cawdor(01667) 404333
		Cameron Painters & Decorators, Ltd, Unit 9b Docharty Road Dingwall(01349) 865120
		Cameron Plant Services, Ltd, Baxter Industrial Estate Baxters Industrial Estate Muir Of Ord(01463) 870762
		Cameron, T.B, 6 Forestry Houses Onich.....(01855) 821317

Cameron-Mackintosh, J.A, Frmr, Morile Farm Tomatin (01808) 511239	Capital Carriers, Inverness Ltd, Stadium Road Inverness..... (01463) 225906	Wick, Highlands (03332) 208221
Cameron's Chip Shop, Ltd, Whsle Ret, 33 Point Street Stornoway (01851) 703200	Capital Software Development, Ltd, Burnside Balblair (01381) 610457	CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Carrbridge Golf Club, The Club House Golf Club Carr Bridge (01479) 841623
Campbell, Dr, A, Tigh Mo Chredhe Kinchurdy Road Boat Of Garten (01479) 831328	Capstick, G, Timber Ltd, Unit 4b Balmakeith Business Park Nairn (01667) 455243	Carrbridge Hotel, Carrbridge (01479) 841202
Campbell, Angus, Ltd, C Macaskill Caberfeidh Rd Stornoway (01851) 702127	Captain's Cabin, Captains Cabin Quay Street Ullapool (01854) 612356	Carrier Rental Systems, New Premises Inverness Airport Inverness Airport (01667) 461099
Campbell, D.E, Ltd, Wellbank Beauty (01463) 782400	Captains Galley, Holborn Cottage Scrabster (01847) 894999	Carron Pottery & Crafts, The Old Post Office Lochcarron Strathcarron (01520) 729128
Campbell Eyecare, Ltd, 28 Tower St Tain (01862) 892559	Captains House,The, 21-23 Bridge Street Kirkwall (01856) 881727	Carron Pottery & Crafts, Camalt Upper Slumbay Road Strathcarron (01520) 722321
Campbell, G.S, (Contractors) Ltd, 36 High Street Alness (01349) 882863	Car Hire Hebrides, Ltd, Terminal Building Benbecula Airport Isle Of Benbecula (01870) 603228	Carsegate MOT Test Centre, Ltd, Mot Cntr 18b Carsegate Road Inverness (01463) 221616
Campbell & Gillies Plumbing & Heating, Plumbing & Heating, 38 Castle Drive Lochside (01397) 700575	Ferry Terminal Shell St Stornoway..... (01851) 706500	Cartec Solutions, Trade, 20 Seafield Road Inverness (01463) 220977
Campbell, G.S, (Contractors) Ltd, Unit 4A Newtonmore Industrial Estate,Station Road Newtonmore (01540) 673742	Car Tuning & Servicing Centre, 9 River Dv Teaninich Indust Est Alness (01349) 882818	Carthannas Nis, Ness Charity Shop Cross Skigersta Road Ness (01851) 810863
Campbell, J, Stn Gar, Station Garage Lairg (01549) 402580	Caravan Club, (London) Ltd, Caravan Club Dalchalm (01408) 621479	Casey Construction, Ltd, Grainshore Road Hatston (01856) 870150
Campbell, M, 119 Cross Skigersta Road Port Of Ness..... (01851) 810427	Caravan Club,The, The Office Altnaharra (01549) 411226	Hatston Indust Est Grainshore Rd Kirkwall FAX (01856) 874699
Campbell Plant Hire, 17B Henderson Dv Inverness (01463) 237478	Dunnet Pavilion Dunnet (01847) 821319	Gaitnrip Farm St Ola..... (01856) 874175
Campbell, R.E, (Joinery) Ltd, Station Rd Spean Bdge (01397) 712561	Morvich Inverinate (01599) 511354	Plant Hire Workshop St Ola (01856) 875042
Campbell, Stewart, Maclennan, & Co, 8 Wentworth Street Portree (01478) 612540	Culloden Moor Inverness (01463) 790625	Cash Generator, 38 Union St Inverness (01463) 701700
Campbell, W.G, & Sons, Newton Newton Farm Cromarty (01381) 600229	Kinlochewe (Summer Season Only) (01445) 760239	Cash Point Auction, Ltd, Cash Register Supplies, Ltd, Cash Point Auction Roxburgh Road Wick (01955) 928008
Campbells Of Beauty, Ltd, Sheriff Court House Castle Street Dornoch (01862) 857197	Onich Burree Onich (01855) 821283	Balmakeith Indust Est Nairn (01667) 452218
Campbells Of Beauty, Ltd, Highland Tweed House High Street Beauty (01463) 782239	Carbost Community Shop, Convenience Store, Carbost Stores Carbost (01478) 640201	Cassie, R, Slating & Roofing Ltd, Plot 1b Docharty Road Dingwall (01349) 862392
Camping At Golspie, Camping At Golspie Business Park Golspie (01408) 536017	Carbost Medical Practice, The Surgery Carbost Carbost (01478) 640202	Castille Homes, Ltd, St. Annes Corpach (01397) 772155
Camping & Caravanning Club, Dingwall Jubilee Pk Rd Dingwall (01349) 862236	FAX (01478) 640464	Castle Fishing Company, East Bay Mallaig..... (01687) 462940
Glencoe Camp Site Glencoe (01855) 811027	Carbost Sub Post Office, Post Office Carbost (01478) 640286	Castle Gallery, 43 Castle St Inverness (01463) 729512
Or (01855) 811397	Cards & Things, Greeting Card Shop, 4-5 Sir Johns Square Thurso (01847) 892766	Castle Hotel, Office (01871) 810223
Inerewe Inerewe Camp Site Poolewe (01445) 781249	Care & Learning Alliance, Education, Watten Village Hall Watten (01955) 621930	Castle Hotel,The, Whsle Ret, Castle Street Portmahomack..... (01862) 871345
Delnies Wood Caravan Park Nairn (01667) 451782	CAREERS SCOTLAND, ALL Enquiries (0845) 8502502	Castle House Dental Practice, Pavilion 5 Fairways Bsns Pk Inverness (01463) 234598
Nairn Delnies Wd Caravan Pk Nairn (01667) 455281	Benbecula Kinloch Ho Liniolate (01870) 604927	Castle Kitchen, Takeaway, 38-40 Grant Street Inverness (01463) 237969
Poolewe (01445) 781325	Or (01870) 604925	Castle Moil Restauran, Kyleakin Isle Of Skye (01599) 534164
Rosemarkie Crvn Site Rosemarkie Rd Rosemarkie (01381) 621117	Or (01870) 604926	Castle Security Group Northern, Ltd, Kinneil Croy (01667) 493249
Camping & Caravanning Club, Arnisort (01470) 582225	FAX (01870) 604928	Castle Stuart Golf, Balnacloch Fm Dalcross (01463) 796110
Camping & Caravanning Club, Aviemore..... (01479) 861829	Kirkwall 2 Albert St Kirkwall (01856) 872460	Castle Tavern,The, 1 View Pl Inverness (01463) 718178
Camping & Caravanning Club, Ness Road East Fortrose (01381) 622384	Careshare At Claremont, Nrsry Sch, Belle Vue Stratherrick Road Inverness (01463) 223314	Castle Town Butchers, Butchers & Grocers, Viewfirth Main Street Castletown (01847) 821561
Camping & Caravanning Club, Ltd,The, Campgrounds Of Scotland Aviemore..... (01479) 861271	Caribbean Bar Kitchen, Ltd, Wholesale Retail, 14 Church Street Inverness..... (01463) 230856	Castle View Dental Practice, 79 Cromwell Street Stornoway..... (01851) 704400
Camus Contracts, Ltd, Unit 4 Annat Point Industrial Estate Corpach (01397) 772099	Carloway Estate Trust, (Urras Oighreachd Charlabhaigh), Carloway School Carloway (01851) 643481	Castle View Guest House, 2a Ness Walk Inverness (01463) 241443
Canan, Ltd, Sabhal Mor Ostiga Teangue (01471) 888500	CARLSBERG-TETLEY ALLOA, Ltd, Customer Service (0845) 7840840	Castlebay Community School, School (01871) 810561
Cancer Research, UK Scotland, Shops Fort William Unit 8 Tweedale High St Fort William..... (01397) 705116	Telesales Orders (0845) 7840840	Castlebay Hotel, Public Bar (01871) 810561
Inverness 1 Drummond St Inverness (01463) 231326	Carlton Bingo, Beechwood Pk Nth Inverness (01463) 231400	Castletown Butchers, Trail St Castletown (Caithness) (01847) 821878
Oban 101 George St Oban (01631) 563296	Carlton Clubs, Ltd, Head Office PO Box 21, 23/25 Huntly St Inverness..... (01463) 237611	Castletown Hotel, St. Clair Arms Hotel Main Street Castletown (01847) 821656
Thurso 7 High St Thurso (01847) 894083	Carmichael, Alistair, MP, Orkney & Shetland Constituency Orkney Office 14 Palace Rd Kirkwall (01856) 876541	Castletown Medical Practice, Langley Cott Murrayfield Castletown (Caithness) (01847) 821205
Wick (Caithness) 36 Bridge St Wick (Caithness) (01955) 605010	Carmichael Estate, Feshie Feshie Bruach Feshie Bridge (01540) 651855	Prescriptions (01847) 821756
Candy Coo, 32 High Street Grantown (01479) 258412	Carma Gadelica, Armadale Ho Bank Street Portree (01478) 612585	Castleview Personnel, Ltd, 11 Post Office Av Inverness (01463) 230200
Cannich Woodland Campsite, Cannich Caravan Park Cannich..... (01456) 450340	Carnach House, Bed & Breakfast, Carnach House Delnies Nairn..... (01667) 453554	Catalina House Care Home, Alness (01349) 884643
Cannon Hygiene, Ltd, Unit 29 Carsegate Road Inverness..... (01463) 710883	Carnan Stores, Lochboisdale (01870) 610216	FAX (01349) 884643
Canon Business Solutions, Consumables Sales (0844) 8920844	Carnan Lochboisdale (01870) 610205	Catering Maintenance Services Highland, Ltd, 64 Burgence Drive Tain (01862) 893613
Canonbury Estates, Ltd, Hillcote Bishops Road Fortrose (01381) 621421	Carnegie Club Skibo Castle,The, Ivy Cottage Clashmore (01862) 881754	Cath Waters, Ltd, 5 Lochside Dunvegan (01470) 521399
Cantray Bridge, The Square Cantray Croy (01667) 493646	Carnegie Club,The, Skibo Castle Clashmore (01862) 894600	Catholic Church, See under Churches & Other Places of Worship
Cantraybridge Rural Skills College, 3 Cantray Sq Croy (01667) 493500	Carnegie Lodge Hotel, The Viewfield Hotel Viewfield Road Tain (01862) 894039	Catholic Church, Diocese of Aberdeen Kirkwall Church Main St Kirkwall..... (01856) 872462
Cao, Li, Ltd, 76 High Street Nairn..... (01667) 453884	Carnegie Publishing, Ltd, Garbhein Cottage Garbhein Road Kinlochleven..... (01855) 819996	Inverness, St. Ninian's (01870) 610243
Caol Cabs, 19 Glen Nevis Rd Caol (01397) 702525	Carnegie Whisky Cellars,The, The Carnegie Courthouse Castle Street Dornoch (01862) 811791	Diocese of Argyll and the Isles Ardkenneth (01871) 810267
Caol Cuts Hair Design, Shopping Centre Glenloy Street Caol (01397) 702629	Caroles, Reflections Bayfield Road Portree..... (01478) 613246	Castlebay (01878) 720201
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Capaldi's Of Brora, Factory Unit 6 Brora Indust Est Brora (01408) 621803	Carpetright, Inverness Glendoe Terrace Inverness, Highlands (03332) 208128	Vatersy (01871) 810286
Capelli Studio, 18 Battlefield Crescent Inverlochty..... (01397) 703798	Inverness Unit 2 Interchange Retail Park Millburn Road Inverness, Highland (03332) 208418	CAVE RESCUE, In Emergency dial 999 and ask the operator for Cave Rescue
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CRC Accountancy, Acctcy & Taxation, 22 East Road Kirkwall	(01856) 881173	Crown Deli, 17 Kingsmills Rd Inverness	(01463) 241444	Superstores Inverness Telford St.....	(03445) 610000
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Creative Cuts, Thickbigging House Finstown	(01856) 761676	Crown Law Practice, (J Merchant), Solrs,Est Agt, 3 Crown Cir Inverness.....	(01463) 667850	Cussans, Dr, J, Woo Rousay.....	(01856) 821449
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Creative Skate Store, 55 Academy St Inverness	(01463) 238882	Crown Medical Centre, 12 Crown Avenue Inverness	(01463) 214450	Cutting Edge,The, Barbs, 116 High St Wick (Caithness)	(01955) 604567
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Crgp Architects, Greenhouse Beechwood Pk Nth Inverness.....	(01463) 718200	Croyard Medical Practice, The Surgery Croyard Rd Beauly.....	(01463) 782794	Cycle Orkney, Bobbys Cycle Centre Tankerness Lane Kirkwall	(01856) 875777
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FAX	(01463) 725067	Marshall Centre Edinbane.....	(01470) 582438	D Henderson, & Son, Moorside Alterwall Lyth	(01955) 641233
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Port Office Shore Rd Invergordon	(01349) 852854	Culloden Baptist Church, Culloden Baptist Church Wellside Road Balloch	(01463) 795789	D R Whiteford, Castle Craig Farm Nigg	(01862) 851243
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DRS Dawson & Johnson, Nurses Cottage Daliburgh	(01878) 700758	Dunbeath Hatchery Dunbeath Mill Dunbeath	(01593) 731760	Eagle Consulting, Management Consultancy, FAX	(01463) 717870
Drum Castle, See National Trust for Scotland		Keepers House Keepers Cott,Blackburn Dunbeath.....	(01593) 731256	Eagle Consulting, Ltd, 15A Harbour Rd Inverness.....	(01463) 717170
Drum Hotel, Whitehouse Drumnadrochit.....	(01456) 450076	Dunbeath Post Office, Post Office Dunbeath	(01593) 731201	Eagle Hotel,The, Castle Street Dornoch.....	(01862) 810008
Drum Hotel, Drumnadrochit	(01456) 459491	Dunbeath Preservation Trust, The Heritage Museum Dunbeath.....	(01593) 731233	Eagle View, Perth Road Newtonmore	(01540) 673675
Drum Hotel, Ltd, Drumnadrochit	(01456) 450793	Duncan, Dr, C, 34 Ardconon Street Inverness	(01463) 710351	EAL Electrical, Unit 4a3 Strathspay Industrial Estate Woodlands Terrace	(01479) 481114
Drumnadrochit	(01456) 450793	Duncan House, Strathaird House Strathaird.....	(01471) 866366	Grantown-On-Spey.....	(01479) 481114
Or	(01456) 450793	Duncan Scaffold, Ltd, The Base Dochcarty Rd Dingwall.....	(01349) 862433	Easson Harvesting, Ltd, 9 Telford Place Fort William.....	(01397) 705509
Or	(01456) 459000	Duncan Scott Business Insurance Brokers, 21a Kingsmill Road Inverness	(01463) 711101	East Camp Trust, The, East Camp Balivanich Isle Of Benbecula.....	(01870) 603819
Or	(01456) 459121	Duncan & Todd, Ophthal Optcns, Branches Nairn 109 High St Nairn	(01667) 453426	East Sutherland Village Advisory Services, The Links Golspie Bsns Pk Golspie	(01408) 633430
Drum INV, Ltd, 5 Drumnadrochit.....	(01456) 453302	Duncan & Todd, Kings Ho The Green Portree.....	(01478) 612644	Caithness & Sutherland Enter Station Rd Golspie	(01408) 633000
Drumbeg Hotel, Drumbeg	(01571) 833236	Duncan & Todd Nairn, 109 High Street Nairn	(01667) 454898	East2west Financial Services, Ltd, 108 High St Nairn	(01667) 455444
Drumbeg Salmon, Ltd, Fish Farm Office	(01571) 833202	Duncan & Todd Skye, Ltd, Skye & Lochalsh Enterprise The Green Portree	(01478) 612967	FAX	(01667) 455524
FAX	(01571) 833202	Duncans Of Grantown, Ltd, Unit 7A Achnagoinin Industrial Estate		Eastbury Accounting Solutions, Ltd, Beechwood Marchfield Balnain	(01456) 476711
Drumbeg Stores,The, Drumbeg Stores Drumbeg	(01571) 833235	Grantown-On-Spey.....	(01479) 873500	Easter Ross Coach, Co LLP, Unit 9 Blarilath Industrial Estate Tain.....	(01862) 892166
Drumblair Post Office, Drumblair Dores Road Inverness	(01463) 230776	Duncan's Video Repair, 11 Carsegate Rd Inverness.....	(01463) 712151	Easter Ross Fabrication, Sandwood Fendom	(01862) 892558
Drumchork Lodge Hotel, Foxglove Cottage Drumchork Road Aultbea	(01445) 731246	Dunraig Nursery, Dunraig Nursery Plockton.....	(01599) 544229	Easter Ross Glazing, Co, Unit 19 Clayton Ct Castle Av Indust Est	(01349) 856900
Drummond Store, 114 Culduthel Road Inverness	(01463) 231275	Dundonnell Hotel,The, Dundonnell Hotel Dundonnell	(01854) 613340	Invergordon	(01349) 856900
Drumnadrochit Lodges, Drumnadrochit	(01456) 450467	Dundonnell Estate, Ltd, The Mansion Ho Dundonnell	(01854) 633206	Easter Ross Vets, Ltd, 86 High St Alness	(01349) 884863
DRUMOSSIE HOTEL, Inshes	(01463) 236451	FAX	(01854) 633383	Easter Urray Boarding Kennels, Easter Urray Muir Of Ord	(01463) 870702
Old Perth Road Inverness FAX.....	(01463) 712858	Keepers Cott Balinore Cottis Dundonnell.....	(01854) 633335	Eastern Airways, UK Ltd, New Building Airport Indust Est, Wick Airport	(01955) 603914
Drumossie Hotel, Ltd, The Old Filling Station Old Perth Road Inverness	(01463) 236451	Dundonnell Hotel, Dundonnell by Garve, Public Bar	(01854) 633366	Wick (Caithness)	(01955) 605980
Dryburgh Cycles, The Bike Shop Tulloch Street Dingwall.....	(01349) 862163	Dunedin Medical Practice, Temple Cres Inverness.....	(01463) 712157	Eastern Holdings, Unit 1c 3 Carsegate Road North Inverness	(01463) 225889
DSC North, Ltd, Beechwood Achilty	(01997) 421699	Dunelm Soft Furnishings, Ltd, Unit 4a Inshes Retail Park Inverness.....	(01463) 232200	Eastgate Apartments, Apartment 3 1A Millburn Road Inverness.....	(01463) 716169
DSM Management, Unit 1 Ben Nevis Drive Fort William.....	(01397) 701645	Dunnes Removals And Deliveries, The Garage Parkend Industrial Estate Sandwick	(01851) 288030	Eastgate Shopping Centre, FAX	(01463) 226450
DT Engineering Construction Solutions, Ltd, Sea Glen Villa Marybank.....	(01851) 705444	Dunnet Bay Distillers, Dstlrs, Links Fm Dunnet.....	(01847) 851287	Eastgate Unit Trust, Management Offices Eastgate Shopping Centre	(01463) 229857
Dualline, Ltd, 33a Saltburn Invergordon	(01349) 888865	Dunnet, Wm, & Co Ltd, Mtr Vhcle Dlrs, Thurso		Inverness.....	(01463) 229857
Duchally House, Ltd, 3 Wellington Road Nairn	(01667) 457561	Mansons La Thurso	(01847) 893101	EazyWeb.net, Business, E-commerce & Editable Sites, Inverness	(0872) 0855659
Dudley, Dr, R, 68 Braes Of Conon Conon Bridge.....	(01349) 862547	Parts Department	(01847) 894164	Sales	(0872) 0855659
Duff, William, & Sons Ltd, Beachend Balnabrauch	(01862) 871451	Dunnett, James, Ltd, Store, 1 West Watten Watten	(01955) 621202	Ebenezer Stores, Ebenezer Stronsay	(01857) 616339
Duffy, M, 21 Glenburn Drive Inverness.....	(01463) 222673	Dunnett's Funeral Directors, Dunnett Ho MacArthur St Wick FAX	(01955) 604809	Ecljtz, Mrs, Margaret McCallum, 19 High Street Dingwall	(01349) 863342
Duke Of Bedford,The, Drumbain Fm Tomatin	(01808) 511447	Ormlie Ldg Hstl Ormlie Rd Thurso	(01847) 896888	Ed Smith Photography, 35 High Street Kingussie	(01540) 661792
Strathlioir Tomatin	(01808) 511280	Dunnett's Funeral Directors, 23-25 Macarthur Street Wick	(01955) 605678	Eday Community Enterprises, Ltd, Eday	(01857) 622283
Duke Of Gordon Hotel, Newtonmore Rd Kingussie	(01540) 661302	Dunnetts, Ltd, Ormlie Lodge Ormlie Road Thurso	(01847) 896851	Eday Partnership, The Pier Eday	(01857) 622313
Or	(01540) 661471	Dunnett's Transport, Ormlie Ldg Hstl Ormlie Rd Thurso	(01847) 896760	Eday Sub Post Office, Eday Community Enterprise Eday	(01857) 622339
Dulnain Bridge Plant, Ltd, 12 Woodlands Industrial Estate Woodlands Terrace Grantown-On-Spey	(01479) 816395	Dunollie Hotel, (Reception) Broadford.....	(01471) 822253	Eddrachilles Hotel, Eddrachilles House Badcall	(01971) 502080
Dulnain Bridge Plant, Ltd, 13A Woodlands Industrial Estate Woodlands Terrace Grantown-On-Spey	(01479) 873430	Dunollie Projects, Ltd, Dunollie Ho Oban	(01631) 570550	Eden Court Theatre, Box Office	(01463) 239841
Dulnain Bridge Sub Post Office, Post Office Dulnain Bridge	(01479) 851331	DUNROBIN CASTLE, FAX	(01408) 634081	Bishops Rd Inverness	(01463) 239841
Dun Flodigarry Hostel, Dun Flodigarry Flodigarry.....	(01470) 552212	Dunruadh Self Catering & Antlers Cafe, Wholesale Retail, Dunruadh Main Street Newtonmore.....	(01540) 673798	Edgar, G, BDS, Dental Surgery, 1 Montague Row Inverness.....	(01463) 243767
Dunain Park Hotel, Dunain Park Hotel Inverness.....	(01463) 230512	Dunvegan Health Centre, Health Visitor	(01470) 521776	Edgars Auto Service, Snowburn Kinlochell	(01397) 698007
Dun-Aliscaig Estate Management, Ltd,		Dunvegan Post Office, Post Office Dunvegan	(01470) 521201	Edge Hair Design, Hair & Beauty,	

32 Waterloo Place Inverness(01463) 719141	Unit 3 Kiln Corner Junction Road Kirkwall(01856) 873243	Express Print, see Xpress Print
Edinbane Inn, Edinbane Hotel Edinbane(01470) 582414	Energy Saving Store , The, Ltd, 4 High Street Dingwall.....(01349) 864910	Extreme Tattoo, It Telecoms Internet, 33 Academy Street Inverness..... (01463) 717462
Edinbane Lodge, Ltd, Edinbane Portree(01470) 582217	Enerpoo Group Ltd, 66 Princes Street Thurso(01847) 501926	Extreme Tattoo, Lip, 5-7 Tomnahurich Street Inverness..... (01463) 832117
Edinbane Pottery, Ltd, Pottery Edinbane(01470) 582234	Enerquip, Ltd, Roadside Lybster(01593) 721785	F And G Joiners, Design House 50 Seafield Road Inverness..... (01463) 716377
Edinburgh City Pads, Ltd, An Cala Portuairk Kilchoan(01972) 510722	Engebret, Ltd, 21 Rathad A Bhraighe Branahue(01851) 702304	F Macleod Funeral Directors, 9A Wentworth Street Portree (01478) 611110
Edinburgh Smoked Salmon Co, (1992) Ltd, FAX(01349) 860606	Filling Stn Sandwick Rd Stornoway(01851) 702303	F P D Portree, Ltd, 1 Bosville Terrace Portree..... (01478) 613717
Edmundson Electrical, Ltd, Inverness	Enigma Security Solutuons, Ltd, Area Command Hq Burnett Road Inverness.....(01463) 717037	F Walker PPS, Ltd, 1 Eabhal Business Park Balivanich..... (01870) 601240
10 Walker Rd Inverness(01463) 713388	Ennstone Thistle, Ltd, Quarrymasters & Contrs, Banavie Quarry(01397) 772267	Fabric Fairy,The, 10 Ferry Road Golspie (01408) 633097
Edrington Group,The, Highland Park Distillery St. Ola(01856) 877851	Banavie Quarry Site Cabin Position 2 Banavie(01397) 772222	Fabrik Magik, Fabrik Magik 50 Seafield Road Inverness..... (01463) 715255
Effie Nicholson, 7 Viewfield Road Portree(01478) 612696	Morefields Quarry(0870) 3503000	Faichemard Farm Camping Site, Faichemard Farm Invergarry (01809) 501212
Eg Beauty, Mackinnon Store Stormyhill Road Portree(01478) 520017	Enterprise Rent-a-Car, Central Reservations(0870) 3503000	Fairburn Activity Centre, Fairburn..... (01997) 433397
Egilsay Community Association, Schoolhouse Egilsay(01856) 821361	Enterprise Trials, 26 Lord Thurso Court Thurso(01847) 895568	Fairburn Estates, Dairy Arcan Mains Muir of Ord (01997) 433276
Ego Hair Desgin, 28 Huntly Street Inverness.....(01463) 220234	Entertainer Toy Shop,The, Toys & Games, Unit 56 Eastgate Shopping Centre Inverness(01463) 243773	Fairburn House, Ltd, Ret, Fairburn (01997) 433361
Egg Tearooms, Tea Room, Post Office Isle Of Egg(01687) 482487	Environment Department of, For Enquiries About Environmental Health Matters Contact Your Local Council	Fairfield Medical Practice, Gen Enqs 22A Abban St Inverness (01463) 713939
Eight15, Ltd, 5 Ladies Walk Inverness(0131) 285 0978	Enviromental Research Institute, Castle Street Thurso(01847) 889589	FAX(01463) 667860
Eildon Guest House, 29 Old Edinburgh Road Inverness(01463) 231969	Castle Street Thurso Fax.....(01847) 890014	Fairfield Stores, 40 Montague Row Inverness (01463) 715489
Eilean Donan Guest House, 14 Market Street Ullapool(01854) 612524	Equal Adventure, Glenmore Ldg Aviemore(01479) 861200	Fairhurst, W.A, & Partners, Inverness
Eilean Dubh Home Care, Adult Home Care, Glentire Culbokie(01349) 877707	Equal Systems, Equal Systems, 10 Bellfield Park Inverness(01463) 250724	Unit B1 Etive Ho Beechwood Pk Inverness (01463) 724544
Eilean Dubh Restaurant,The, 18 High St Fortrose(01381) 620690	Equifax, Plc, Personal - Commercial Credit Information & Sales Chapel St London NW1(0844) 3350550	Fairhurst, W.A, & Partners, Etive Ho Beechwood Pk Inverness (01463) 724530
Eilean Shona Management, Ltd, Self Catrng Holidays, Fish Farm Eilean Shona(01967) 431249	Equine Veterinary Centre, Drumlochy North Kessock(01463) 731961	Fairley, Dr, A, 181 Balchladich (01571) 855736
Eilean Shona Management, Ltd, Village Hall Eilean Shona House Eilean Shona(01967) 431576	Eric The Mower Man, Lawn Mower Rprs, Ronan Kildonan Edinbane.....(01470) 582343	Fairlie, Dr, H, Hill View Upper Carnoch (01855) 811345
Eilertsen Dental Care, Hope Ho Cradlehall Bsns Pk Inverness.....(01463) 794304	Ernest Petrie, Unit 1 Ormie Industrial Estate Thurso(01847) 895289	Fairways, Golf Course, FAX Fairways Bsns Pk Inverness (01463) 712695
Eisd Music Shop,The, Burnbrae Staffin Road Portree.....(01478) 613664	Ernst & Young, Chrted Acctntrs, Stonyfield Business Pk Inverness(01463) 667000	Fairways, Professionals Shop, Fairways Business Park Inverness (01463) 713334
Eishken Lodge, Eishken(01851) 700700	FAX(01463) 667001	Fairways Leisure Group, Ltd, Fairways Business Park Inverness (01463) 713335
Eishken, Ltd, Eishken Lodge Eishken(01851) 830480	Esso Lewiston Garage, New Garage Lewiston(01456) 450212	Falck Renewables, Plc, Beauty House Dochfour Business Centre Dochfour (01463) 246360
Eishort Marine Enterprises, Unit 1 Paicr Nan Craobh Industrial Estate Broadford(01471) 822037	Estate Agents, 23 Academy Street Inverness.....(01463) 234014	Falconer Contract Delivery, 22 Hillside Av Kingussie (01540) 661249
Ek, 12 Bridge Street Kirkwall(01856) 877778	Estate Co Ltd, C, Coigs Cottage Tomatin(01808) 531210	Family Mediation Argyll & Bute, 26 Alexandra Place,Corran Esplanade Oban (01631) 570101
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Electric Center, Ltd, Unit 5,51 Seafield Rd Inverness(01463) 713777	Etteridge Lodge, Newtonmore(0843) 5155120	Far North Aviation, Control Tower The Airport, Wick Airport Wick (Caithness) (01955) 602201
Electrical Services, (Nairn), 41 High St Nairn(01667) 453038	Etv Inverness, Vehicle Service Depot Cromwell Rd Inverness.....(01463) 231727	Old Control Tower Wick Airport Wick (Caithness) (01955) 602202
Electricbase, 53 Shore Street Inverness(01463) 233013	Eunson, George R, Corse St, Ola Kirkwall(01856) 873501	FAX AIRPORT TERMINAL WICK AIRPORT AIRPORT INDUSTRIAL ESTATE WICK..... (01955) 602203
ELECTRICITY, Scottish Hydro-Electric Power loss and emergencies(0800) 300999	Euro Info Centre, 20 Bridge St Inverness(01463) 702560	Farm & Forestry Equipment, 44 Stuart Street Inverness (01667) 462608
Electrogas Services, Electrogas Servs, Clachuille Cott Muir Of Ord(01997) 433500	Eurocell, Unit 1 Rowan House 39-41 Harbour Road Inverness.....(01463) 718588	Farm & Garden Store, Shore House Gairloch..... (01445) 712083
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Eleven Restaurant & Bar, 11 James St Stornoway(01851) 705879	European Waterways, Ltd, Ard Chollie Canalside Fort Augustus(01320) 366281	FAX(01463) 710439
Elgin Truck & Van Centre, Ltd Ltd, 38 Carsegate Rd Inverness(01463) 717479	Eurolan Engineering, Ltd, Floor Second Highland Rail House Academy Street Inverness(01463) 225439	Farmer, Dr, Iain, Suardal Millfield Fort Augustus (01320) 366338
Elen, D.M, Undtkrs & Funrl Dir, s, 66 High St Nairn(01667) 453023	Evans, Dr, T, New Craggan Kirkhill(01463) 831745	Farmer, Dr, I.D, Cill Chuimein Medical Centre Fort Augustus FAX..... (01320) 366649
Ellerium Games Ltd, Unit 5 Lombard Street Inverness(01463) 417090	Evelix Filling Station, Evelix Service Station Evelix(01862) 811131	Farmer Jones Academy C/c, 8 Tower Street Tain (01862) 894358
Ellis Brigham Mountain Sports, 9 Grampian Rd Aviemore(01479) 810197	EVENING EXPRESS, See Separate insertion for Aberdeen Journals Ltd	Farmfoods, Ltd, Freezer Centres, Lochy Bdge Lochyside Road Loch Bridge Fort William (01397) 701947
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Emac Engineering, Ltd, Unit 3 Inverbreakie Indust Esta Te Invergordon.....(01349) 854210	Evolution Dental Practice, 27 Wells Street Inverness.....(01463) 233421	Fasgadh Stores, Fasgadh Stores Dunvegan (01470) 521432
Eman Gee, Ltd, 5 Bank Street Stornoway(01851) 827488	Ewan Forrest Financial Mortgage & Insurance, 21 Stafford St Tain(01862) 893561	Fassifern Bed And Breakfast, Bed & Breakfast, 2 Caberfeidh Fort William (01397) 705156
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Enable Scotland, 62 Junction Road Kirkwall.....(01856) 879512	Executive Magazine, Stadium Rd Inverness(01463) 732222	Fat Buddha Chinese Takeaway, 19 Young Street Inverness (01463) 232884
	Explore Highland, Clachnaharry Wks Lock Clachnaharry Rd Inverness(01463) 715929	Fat Face, Bank Of Scotland 2 Grampian Road Aviemore (01479) 812519

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FCA Fashion, Ltd, Old Station Restaurant Station Road Spean Bridge (01397) 712535	First Choice Travel Shop, Inverness 36 Union St..... (0870) 2421637	Fodderly House Care Home, Fodderly Ho Dingwall..... (01997) 421791
Fearn Hotel, Fearn (01862) 857377	Inverness 36 Union St Inverness..... (0844) 5615843	Fodderly Ho Dingwall..... (01997) 421243
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Feisean Nan Gaidheal Association, Meall Ho Portree..... (01478) 613355	Firth, J.S, & Partners, Langskaill Rousay..... (01856) 821200	FAX (01445) 731575
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FAX (01478) 613399	Or (01463) 729528	Forbes, D.J, Mains Cott Foyers Gorthleck (01456) 486333
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Ferguson, J, 15 Callanish (01851) 621380	FAX 1 Averon Wy Teaninich Indust Est Alness (01349) 886511	Dornoch (01463) 791575
Ferguson MacSween & Stewart, Solrs, Main St Kyle (01599) 534500	Fish & Chip Monster, Co,The, Tourist Information Centre Car Park Fort Augustus (01320) 366700	Forest District Offices, Inverness Smithton..... (01463) 791575
FAX (01478) 612709	Fish Vet Group, 22 Carsegate Rd Inverness..... (01463) 717774	Forest District Office Smithton FAX (01463) 793872
Ferguson Transport & Shipping, Annat Corpach (01397) 719475	Fishtown Inn,The, Cromarty Arms Pub Church Street Cromarty..... (01381) 600988	Forest Enterprise Scotland Campsites & Caravan Parks Glenmore Forest Park Visitor Centre Aviemore (01479) 861220
Ferguson & Wilson, 24 Union Street Inverness (01463) 222221	Fishing Scotland, Fishing School, Roy Bridge (01397) 712812	Fort Augustus Inchnacardoch Cottage Fort Augustus FAX (01320) 366581
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Fern Villa, Guest Ho, Fern Villa Loan Fern Ballachulish..... (01855) 811393	Assynt Medical Centre Assynt Medical Centre Or (01571) 844755	Lochaber Torlundy Fort William FAX (01397) 700179
Ferriers Finacial, 13 Kirk La Wick (Caitness) (01955) 605308	FAX (01571) 844476	Lochaber Fort William (01463) 232045
Ferries, James, & Co Ltd, Motor Sales, Service & Body Repairs, Recovery Service (Mobile Phone) (07836) 609890	Fixtronic Scotland, Unit 3A-3B Balmakeith Industrial Estate Nairn (01667) 258090	Mechanical Engineering Workshops, Longman - Main Office (01463) 232811
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Ferry Inn Stromness, Ltd,The, 10 John Street Stromness (01856) 850280	Fleming Buildbase, Hatston Indust Est Hatston..... (01856) 875725	Forestry Commission, Contin (01997) 420048
FES, Facilities Mngmt, 4 Inaclete Road Stornoway (01851) 700811	Hatston Indust Est Hatston FAX..... (01856) 875735	Forget Me Not Florists, Ltd, 109 High St Fort William (01633) 842752
Fettes, Dr, C.D, The Surgery Munloch (01463) 811200	Fleming & Fleming Optometrist Opticians, 92 High St Fort William (01397) 702973	Fornari Hairdresser, Ladies Salon, 33 Academy Street Inverness (01463) 231123
Fettes Saw Mill, Timb, Portacabin Fettes Sawmill Fettes Farm Cottages Muir Of Ord (01463) 871222	FAX (01397) 700300	Forrest, R, 47 Moss-side Road Nairn..... (01667) 459297
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Filling Station, 8-10 Academy Street Inverness..... (01463) 663360	Flett, H & O, Boardhouse Birsay (01856) 721368	Forss House Hotel, Forss House Holding Forss..... (01847) 861201
Find Your Flow, Ltd, 2 Parks..... (01878) 720234	Flett, Karl D, Bldg Contr, Karbridge Harry Orkney..... (01856) 761561	Forss Management, Ltd, Balmore House Forss Business & Technology Park Forss Thurso..... (01847) 808100
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Findlayson, Dr, J.A.D, Tarbert Hub West Tarbert (01859) 502010	Floor Centre The, Muirtown Locks Canal Road Inverness (01463) 223793	Fort Skeabost Hydro, Skeabost Farm Skeabost Bridge..... (01470) 532704
Fingal of Caledonia, The Slipway Annat Point Indust Estat E Corpach (01397) 772167	(FAX) (01463) 710426	Fort William Backpackers, Charlecote Alma Road Fort William (01397) 700711
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Finnigan, P.J, Architects, Mayfield Kettletoft..... (01856) 831675	Flotta Wind Power, Flotta Wind Turbine Flotta (01856) 701809	Fort William Shinty Club, Fort William Shinty Club An Aird Road Fort William (01397) 703694
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FAX (01856) 761117	Flower Daze, Bracklinn Bower (01955) 661333	Fortpeak, Ltd, 109 High St Invergordon..... (01349) 853001
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Fourth Duke Of Westminster's 1964 Settlement,The, Keepers Ho Achfary	(01971) 500207	10 Princes St Thurso	(01847) 892785	FAX	(01463) 715948
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Foveran Hotel & Restaurant, St Ola	(01856) 876430	FAX	(01847) 896653	Gaelpack Foods, 10 Bells Road Stornoway.....	(01851) 703508
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Frame Kennedy & Forrest, Chrt'd Acctnts, Metropolitan Ho 33 High St Inverness.....	(01463) 239100	Free Church Of Scotland Northern Presbytery, 1 Obsdale Road Alness.....	(01349) 888891	Gairloch Health Centre, Drs Marshall & Baptist Aughtercairn.....	(01445) 712229
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Framewise, 21 Wells Street Inverness.....	(01463) 220882	Free Presbyterian Church Home Of Rest, Ferry Road Leverburgh Isle Of Harris	(01859) 501247	Gairloch & Loch Ewe Action Forum, The Gale Centre Gairloch	(01445) 712071
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Fraser, Duncan, & Son, Btchr, 22-24 Queensgate Inverness	(01463) 233066	Future Engineering Consultants, Ltd, Kruana Bu Rd Cairston	(01856) 851222	Garage,The, 7 Bayherivagh.....	(01871) 890313
Fraser, D.W, Dunmar Newton.....	(01349) 861304	Fyrish Tandoor, Ltd, 79 High Street Alness	(01349) 884656	Garden Wood, Ltd, Unit 4 Blarilath Indust Est Tain	(01862) 894002
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Fraser & Fraser, Vet Surgs, Fraser & Fraser Veterinary Surgery Church St Dingwall	(01349) 863117	16 Carsegate Rd South Inverness	(01463) 710841	Garrabost	(01851) 870978
FRASER FUNERAL DIRECTORS, 5 Culduthel Cres Inverness.....	(01463) 243232	FAX	(01463) 710841	Garrabost Free Church, New Garrabost.....	(01851) 871036
Culduthel Road Inverness	(01463) 243232	G & A Sutherland Electrical, Ltd, 1 Longman Drive Inverness.....	(0843) 4879981	Garrabost Post Office, Garrabost Post Office New Garrabost.....	(01851) 870200
Fraser Funeral Directors(Established 1884), 17 Chapel St Inverness.....	(01463) 233366	G.C.S Craig Group, see Craig George Group Ltd	G D Macleod, Shebster Garage Mackay Ter Shebster	Garrabost Trustees, 38 Garrabost.....	(01851) 871093
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Fraser, H.R.T, Poultr Frmr, Greenlands Arabella	(01862) 863284	G L Scaffolding Services, Ltd, Permanent Portacabin Unit 21 Cromarty Firth Industrial Park Invergordon.....	(01349) 856730	Garth Hotel, 21 Castle Road Grantown-On-Spey	(01479) 872836
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Fraser, Dr, J, Southside Rd Surgery 43 Southside Rd Inverness.....	(01463) 710222	G R T Scarth, & Co, Frmr, Twatt Farm Twatt	(01856) 771259	Garve Hotel, Garve	(01997) 414211
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Monumental Sculptors	(01463) 711634	G2 Outdoor, Adventure Activities, Delfour Hatchery Alvie Estate Kincaig.....	(01540) 651784	Gateaux Regal, Unit 13 1C Balmakeith Industrial Estate Nairn	(01667) 455166
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Fraser Optical, 1 Aird Ho High St Beauly	(01463) 782323				

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Gbmh Management Committee, Glenbrittle House Glenbrittle.....	(01478) 640216	Enquiries ,House Calls 15 Culduthel Rd Inverness.....	(01463) 712233	Or	(01397) 722300
GCF Joiners & Contractors, Unit 18a Ben Nevis Drive Ben Nevis Industrial Estate Fort William.....	(01397) 706203	gingarro-ooo rrr-ma-tha, PR Consultancy musik/meeja, Enquiries	(07803) 336859	Glenfold, Ltd, Unit 2, 15 Lotland St Inverness	(01463) 222222
Unit 18a Ben Nevis Dv, Ben Nevis Indust Est Fort William.....	(01397) 704188	RAILWAY COTTAGE MORAR MALLAIG	(01687) 462702	Glangarry Castle Hotel, Wholesale Retail, Castle Cottage Invergarry	(01809) 501436
Unit 18a Ben Nevis Indust Est Claggan.....	(01397) 703547	Ginger Morar Knitwear, Railway Cottage Morar.....	(01687) 462655	Glangarry & District Community Association, Invergarry	(01809) 501424
Gcra Motors Ltd T/A Chalmers Garage, Walker Road Inverness.....	(01463) 713251	Girvan, T.D. & Sons, Frms, Tomcrasky Farm Glenmoriston	(01320) 340203	Invergarry Invergarry	(01809) 501288
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Gearrannan Blackhouse Village, Ltd, 5A Garein Inverness	(01851) 643416	Glasdair Guest House, 2 Ballfeary Road Inverness	(01463) 718181	Glenmorangie Visitor Centre The	(01862) 894371
Gecko, Ltd, 46 Overton Av Inverness	(01463) 242777	Glass Scribe International Ltd,The, FAX	(01349) 867089	Glenmorangie Visitor Centre The FAX	(01862) 893862
Geddes Associates, 79 High St Nairn	(01667) 455445	Glass Scribe,The, Spencer House Caberfeidh Avenue Dingwall	(01349) 867088	Glenmorangie Group, Scotia House Dudgeon Park Road Brora.....	(01408) 621676
Geddes, W & A, Ltd, 5-7 River St Wick (Caithness)	(01955) 602207	Glass Shop, (Orkney) Ltd, 8 Bridge Street Kirkwall	(01856) 871995	Or	(01408) 622461
Brora Depot Croftbank Garage	(01408) 621220	Gleaner Oil & Gas, Grantown-On-Spey Strathspey Indust Est Grantown-on-Spey	(01479) 872573	Glenmorangie Group, Warehouse 9 Glen Morangie Distillery Glen Morangie	(01862) 892533
Foreman Matheson R.J 14 Fraser Drive Wick	(01955) 603882	Gleann An Ronnaich Bed & Breakfast, Gleann An Ronnaich Staffin Road Portree	(01478) 611529	Glenmorangie Group, Unit 22 Mackean Crescent Castle Avenue Industrial Est Invergordon	(01349) 853263
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Driest Wood Unit 3 Ormie Indust Est Thurso	(01847) 893790	Gledfield Highland Estate, Ltd, Ardgay	(01863) 766759	FAX	(01862) 871625
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Gellions Hotel, Gellions Hotel Bridge Street Inverness.....	(01463) 236558	Or	(01456) 415485	Glenmoriston Lodge Estate, River Cottage Invermoriston.....	(01320) 351300
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Gemini Health & Beauty Therapy, 15A Tomnahurich Street Inverness	(01463) 233044	Glen Cannich Estat, Glen Hotel,The, Main Street Newtonmore.....	(01540) 673203	Glenmoriston Town House Hotel, Glenmoriston Hotel 20 Ness Bank Inverness	(01463) 223777
Gents Cutting Room, 1 Market Street Wick	(01955) 606693	Glen Mhor Hotel & Restaurant, 9 Ness Bank Inverness	(01463) 234308	Glennie, W.C, Blksmith, Clephanton Ardersier	(01667) 493257
Geographer,The, 88 High Street Fort William	(01397) 705011	Glen Mor Medical Practice, Fort William Health Centre Camaghael.....	(01397) 703773	Glenriding Dental, 4A Albert Street Nairn	(01667) 453189
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George McBeath, Other, 6 Traill Street Thurso	(01847) 895712	Restaurant Bar Glen Nevis Caravan Camping Park Fort William	(01397) 705459	Glenruig Community Shop, Post Office Glenruig	(01687) 470338
George McLaren, Ashburn House Kirkhill	(01463) 831121	Fort William Manager's Res	(01397) 705611	Glenruig Inn,The, Glenruig Inn Glenruig (Reception).....	(01687) 470219
George St Motors, George St Dingwall.....	(01349) 866219	Office Cafe Beag Forestry Sheds Fort William	(01397) 705181	Glenurquhart Centre, Ltd, Care Project, 31 Coiltie Cres Drumnadrochit	(01456) 459077
George Street Fish Restaurant & Chip Shop, 13-15 George Street Oban	(01631) 566664	Glen Spean Brewing, Co, Farm Cottage Tirindish Spean Bridge.....	(01397) 712699	Glenurquhart House & Lodges, Shooting Lodge Glenurquhart House Balnain	(01456) 476234
George Street Law, Lp, George St Dingwall.....	(01349) 866777	Glenalbyn Bar, Glenalbyn Bar 1 Young Street Inverness	(01463) 231637	Glenurquhart Library, St. Drostans	(01456) 459223
Georges Thai & South Indian Restaurant, 19 Queensgate IV1	(01463) 226644	Glenburnie House, Corran Esplanade Oban.....	(01631) 562089	Glenview Hotel, Glen View Staffin Road Portree.....	(01470) 562248
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19 Traill St Thurso	(01847) 892225	Glencassley Estate, Ltd, Keepers Cottage Rosehall.....	(01549) 441364	Global Highland Management Services, Ltd, 19 Academy St Inverness FAX.....	(01463) 235246
Geo-Rope, Ltd, West Quarry Ballachulish.....	(01855) 811224	Glencoe Adventure Limited, The Isle of Glencoe & Leisure Centre Guests Ballachulish Argyll	(0871) 2223417	Global Resources, 103 High St Invergordon	(01349) 856130
Gerrys Aviemore Taxis, 8 Munro Place Aviemore	(01479) 812000	Glencoe Cafe, Glencoe Village Ballachulish.....	(01855) 811168	Glue, Knitwear, 25 Broad Street Kirkwall	(01856) 874225
Gersa Work Watten Caithness, Gersa House Watten	(01955) 621628	Glencoe Inn,The, Htl, Glencoe Hotel Co Ltd Glencoe.....	(01855) 811245	Glue, D & H, Millers Pk Willowburn Rd Kirkwall	(01856) 874203
Getty, F.A, Frmr, Mains Of Ardersier Ardersier	(01667) 462710	Glencoe Mountain Rescue Centre, Glencoe Ballachulish	(01855) 811986	GM Forestry, Ltd, 7 Stuart Avenue Ardersier Inverness	(01667) 462849
Getty, R.J, Frmr, Bridgeside Ardersier.....	(01667) 462211	Glencoe Nisa Village Store, The Stores Glencoe.....	(01855) 811156	GMAC Financial Planner, 105 High Street Alness.....	(01349) 883441
Gift House,The, 41 Dempster Street Wick	(01955) 602572	Glencoe Outdoor Centre, Warden/Office Carnoch Ho Glencoe.....	(01855) 811350	GMR Henderson Builders, Ltd, Martha Ter Wick (Caithness)	(01955) 604664
Gift,The, Priory Hotel High Street Beauly	(01463) 783311	FAX	(01855) 811644	Martha Terrace Wick	(01955) 606989
Gifted, 11 Dunrobin St Helmsdale	(01431) 821029	Glencoe Taxis, 8 Argyll Cottages Ballachulish.....	(01855) 811764	Spittal Quarries Spittal.....	(01847) 841327
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Giles Insurance Brokers, Ltd, Fort William 68 High St Fort William	(01397) 702176	Glendale Boat Trips, The Pier Pier Road Gairloch.....	(01445) 712228	GNG Property, Ltd, 1 Strathaven Terrace Breadalbane Street Oban	(01631) 562713
Fort William 68 High St Fort William FAX.....	(01397) 702321	Glendale Estate, Animal Finishing Shed Lephin Glendale	(01470) 511249	Going Places Leisure Travel, Ltd, Alness 73 High St FAX	(0844) 3359017
Fort William 68 High St Fort William	(01397) 705858	Glendalepark, Propertydeveloper, Chalet Number 7 Invermoriston	(01320) 351330	Alness 73 High St	(0871) 6647019
11A Friars St Inverness	(01463) 236276	Glenelg Bay, Ltd, Glenelg Inn Kirkton.....	(01599) 522273	Fort William Station Sq.....	(0871) 6647197
Inverness 11A Friars St Inverness FAX.....	(01463) 230789	Glenelg Health Centr, Glenelg Shop,The, Shop Kirkton.....	(01599) 522221	Fort William Travel Cntr Station Sq FAX	(0844) 3359285
Skye Bank of Scotland Buildings Somerled Sq Portree	(01478) 613373	Glenfeshie Estate, Ltd, Killiehuntly Steading Kingussie.....	(01540) 661619	Golden River, The Takeaway Glenloy Street Caol	(01397) 703555
Gilham Flooring, Ltd, Unit 10 Carsegate Road South Inverness	(01463) 592523	Kennels Kingussie.....	(01540) 651339	Goldtable, Ltd, Baron Taylors Guest House 25 Union Street Inverness.....	(01463) 712715
Gill & Partners, Ltd, Brucefield Farm Portmahomack	(01862) 871226	Glenfeshie, Ltd, New Bungalov Kingussie.....	(01540) 651619	Golf View Hotel, Seabank Rd Nairn	(01667) 452677
Gille Brighde Restaurant, The Old Schoolhouse Diabaig Torridon.....	(01445) 790245	Glenfinnan House Hotel, Reception	(01397) 722235	Golf View Hotel & Spa, Seabank Rd Nairn	(01667) 452301
Gillian's Salon, Gillians Salon Castle Street Dornoch.....	(01862) 810370			Gollanfield Holiday Homes, Gollanfield House Gollanfield.....	(01667) 462233
Gillies Of Broughty Ferry, Ltd, 59 Chapel St Inverness	(01463) 248416			Golspie Golf Club, Ferry Rd Golspie	(01408) 633266
Gilmour Driving Academy, White House Pitglassie Dingwall	(01349) 866866			Or.....	(01408) 634087

Golspie Medical Practice, 2 Fountain Road Golspie.....(01408) 633194	Grantown Garden, Takeaway, 58 High Street Grantown-On-Spey(01479) 873421	Grillburger Frozen Foods, Ltd, Store & Office 29 Inaclete Rd Stornoway..... (01851) 702401
Golspie Stone Shop, Golspie Stone Shop, Goskirk Opticians Main Street Golspie(01408) 634193	Grantown Museum & Heritage Trust, Burnfield House Burnfield Avenue Grantown-On-Spey(01479) 872478	Grimersta Estate, Estate Office (01851) 621389 Estate Office FAX (01851) 621389
Good 2 Go, Ltd, The Spar Shop 168 Grampian Road Aviemore(01479) 811402	Grantown on Spey Caravan Park, Seafield Ave Grantown-on-Spey(01479) 872474	Groom House Museum,The, Groom House Museum High Street Rosemarkie (01381) 620961
Goodship, D, 21A Market Hall Academy Street Inverness(01463) 712181	Grantown On Spey Golf Club, Golf Clb Ho Golf Course Rd Grantown-on-Spey(01479) 873725	Groom House Museum Trust,The, Rosehaugh Est Ho Rosehaugh..... (01463) 811883
Goodtread Tyre, Co, The Alness Garage High St Alness(01349) 882206	Grantown Smiddy, Woodlands Industrial Estate Woodlands Terrace Grantown On Spey(01479) 872828	Groats, Ltd, Gardeners House Longhope..... (01856) 791334
FAX(01349) 882850	Grants Fine Foods, 5D Station Square Industrial Esta Station Square Industrial Estate Dornoch(01862) 811822	Groombridge, C.J, Croit Mairi Ardgay (01863) 766504
Gordon Diesel Services, Ltd, Seaforth Rd Stornoway.....(01851) 701229	Grants Of Dalvey, Unit 6 Dailnanrocas, Teaninich Indust Est Alness(01349) 884111	Grosvenor, Lady, Mary, Kylestrome Lodge Kylestrome..... (01971) 502321
School Rd Vatisker(01851) 820200	Grassie, Garden Cottage Culachy Fort Augustus(01320) 366350	Groundwater, Mrs, H, 63 Albert Street Kirkwall (01856) 872598
Gordon, J.G, Upper Delfure Farm Grantown-On-Spey(01479) 872136	Grassroots Garden Supplies, Ltd, 26 High Street Kingussie.....(01540) 661270	Group Practice, Health Cntr Springfield Rd Stornoway (01851) 703145
Gordon, Dr, L, Grigadale Kilchoan.....(01972) 510322	Grate Glen Cattle Ranch, Achindaul Farm House Spean Bridge.....(01397) 712261	Grove Thurso, Grove (Thurso) Ltd Meadow Lane Thurso..... (01847) 501802
Gordon Main Financial Services, 79 High Street Nairn(01667) 455400	Gray & Butler, Chrted Acctnts, 10 Knockbreck St Tain(01862) 892465	Gruinard Bay Caravan Park, Gruinard bay caravan & camping site Sand laide..... (01445) 731556
Gordon, R.D, Achareidh House Nairn.....(01667) 452130	Gray Caledonian, Ltd, Sanais House Croy Inverness(01667) 493289	GSM Dingwall, Ltd, George Street Dingwall (01349) 865358
Gordon, Dr, S, 3 Viewfield Park Tain(01862) 893969	Gray, J.W, & Co, Crowness Crescent Hatston Industrial Estate Kirkwall(01856) 876576	Gualin Estates, Keepers Ho Lairg..... (01971) 521282
Gordons Chemists, 16 George St Oban.....(01631) 562063	Gray Material Handling, (Inverness) Ltd, 1A Henderson Rd Inverness(01463) 717300	Guest House B & B, Avondale House Newtonmore Road Kingussie (01540) 661112
Gorie, Ola, Mfg Jwlr, 11 Broad Street Kirkwall(01856) 873251	Gray's Auto Services, Ltd, Auto Newtonmore Road Kingussie.....(01540) 667220	Guisachan House, Alma Rd Fort William (01397) 703797
Gorn, Arthr LA, East Moss Holm(01856) 781244	GRAYS TIMBER PRODUCTS, Ltd, Inverness Inverness 58 Seafeld Rd Inverness(01463) 717222	Gunn, D, Joinr & Undtkr, Workshop Blackwells St Dingwall (01349) 863951
Gorn Sport, 53-55 Albert Street Kirkwall.....(0843) 5155984	FAX(01463) 717555	Gunn, D, Self Catrng Holidays, Clairloch 9 Mellon Udrigle..... (01445) 731244
Gortazar, Angeles, 29a Midmills Road Inverness.....(01463) 418173	Great Glen Charcuterie, Ltd, Alltabhruais Spean Bridge.....(01397) 712121	Gunn, J & J, Balmore Farm Dounreay (01847) 861215
Goskirk Pettinger, Ltd, Lockhart Ho Tulloch St Dingwall(01349) 863376	Great Glen Gifts, Ltd, Victoria Buildings Drumnadrochit.....(01456) 450508	Gunn, J & S, Bldg & Hlge Contrs, Dornoch Business Park Dornoch (01862) 810604
Gough, The Viscount, Inchwannie Ho Keppoch Strathpeffer.....(01997) 421436	Great Glen Holidays, Great Glen Holidays Torlundy Farm Torlundy(01397) 703015	Gunn, J.S, Ltd, Dornoch Business Park Dornoch (01862) 810110
Keppoch Ho Keppoch Strathpeffer(01997) 421224	Great Glen Hotel,The, Youth Hotel South Laggan.....(01809) 501430	Gunn, J & S, Ltd, The Meadows Dornoch..... (01862) 810467
Goulder, F, Monument Wood Rosehall(01549) 441283	Great Glen Shipping, Co Ltd, Annat Point Fort William(01397) 772944	Gunn, John, & Sons Ltd, Kirkton Melvich (01641) 531353
Gourmets Lair,The,Delicate Accent, 8 Union Street Inverness.....(01463) 225151	Great Glen Water Park, Hotel, South Laggan.....(01809) 501381	Bower Quarry Halkirk (01955) 661274
Gourmets Lair,The, 8 Union Street Inverness.....(01463) 237628	Great North Lodges, Saltire Ho Dalfaber Rd Aviemore(01479) 812266	Skitten Quarry (01955) 603410
Gow, Harry, Bkr & Confec, Burnetts Bakery 52a Grant St Inverness(01463) 710344	Great Wall, Takeaway, 53 Dempster Street Wick(01955) 605552	Bower Quarry Stemster Halkirk FAX (01955) 661307
37 High St Fortrose(01381) 621481	Green, Dr, B, Kennel Park Glenuig.....(01687) 470292	Gunn & Macphee Associates, Ltd, Caledonian House High Street Dingwall..... (01349) 866700
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Cooperative Superstore Telford St Inverness(01463) 713364	Green Highland Renewables, Ltd, Inchrory Dv Dingwall Business Park(01349) 867020	Gur Wine & Spirits Business Consultancy, Ltd, 23 Castle Street Inverness (01463) 592055
12 Union St Inverness(01463) 226212	Green J, & Sons, Uig Lodge Timsgrary.....(01851) 672396	Guzel Denli T/A Marmaris, 89-91 George Street Oban..... (01631) 566619
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Gows Lybster, Ltd, Welding & Steel Fabrication, FAX Lybster.....(01593) 721403	Green Room Hairdressing Salon,The, Mosshill House Brora(01408) 621184	Gym 300, 3 Carsegate Road North Inverness (01463) 714999
Gow's Lybster, Ltd, Scaraben House,Hillhead Lybster(01593) 721585	Green Tree Nursery, Green Tree Nursery Murray Road Inverness.....(01463) 791177	H B S Ring, Highland Business Services Ltd Glackmore (01463) 811603
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Graham, D.Bruce, Fmr, Lower Kinkell Easter Kinkell(01349) 861469	Greenoak Clinic, 35-36 High Street Dingwall(01349) 863813	H & I Adventures, Ltd, 1 Bunchrew Ho Bunchrew (01463) 231441
Graham, Peter, & Associates Llp, The Estate Office Rosehaugh Avoch Ross-shire(01463) 811942	Greens Nurseries, New Fleenas Farm Nairn(01667) 452760	H Maclean Farm Products, Sycamore Cottage Tankerness..... (01856) 861457
Graham, Stewart, New House Westhill(01463) 792129	Greens Restaurant, 11 High Street Tain(01862) 893874	H & M Hydraulic Services, Ltd, Plot 1 43B Harbour Road Inverness-Shire Inverness..... (01463) 220888
Graham & Sibbald, Chrted Survys, 4 Adross St Inverness.....(01463) 236977	Greer, Dr, A.D.C, 17 Duthac Wynd Tain(01862) 892065	H S P C Mortgage Services, 30 Queensgate Inverness (01463) 231232
FAX(01463) 224886	Greig Street Stores, 19 Greig Street Inverness(01463) 222883	H W Macqueen Contracting, Ltd, Meadow Bank Farr (01808) 521606
Grampian Builders, Newtonmore Indust Est Station Rd Newtonmore.....(01540) 673637	Grenitote Travel, 11 Grenitote(01876) 560244	Habost Workshops, Retail, Unit 3 Habost Workshops Habost..... (01851) 880275
Grandview House, Ltd, Care Home, Grandview Nursing Home High St Grantown-on-Spey....(01479) 873289	Greshornish House Hotel, Edinbane(01470) 582266	Haddo House, See National Trust For Scotland
Grange Stores, Grange Road Fort William.....(01397) 705562	Grey & Co Solicitors, First Floor 46 Church Street Inverness.....(01463) 239011	Haggerty, Dr, S, Med Pract, Appointments 15 Culduthel Rd Inverness..... (01463) 709709
Granite House,The, Gift Shop, 74 High Street Fort William.....(01397) 703651	Greyfriars Free Church, Greyfriars Free Church Balloan Rd Inverness.....(01463) 714330	Enquiries ,House Calls 15 Culduthel Rd Inverness..... (01463) 712233
Grant Arms Hotel,The, 25 The Square Grantown-On-Spey(01479) 872526	Greyhound Taxis, 131 Blar Mhor Road Caol Fort William(01397) 705050	Hai Yang, Takeaway, 2 Auchtercairn Gairloch..... (01445) 712756
Grant, J & S, (Roskill), Roskill House Roskill Office & House(01463) 811207	Griffiths, Dr, Anne, Southside Rd Surgery 43 Southside Rd Inverness(01463) 710222	Hair At No.21, 12 Princes Street Thurso..... (01847) 891777
Grant of Buckie, Antique Dlr, 41 Tomnahurich St Inverness.....(01463) 715222	Grigor, Alasdair, Agric Engs, Albion Wks 3 Bridge Street Rosemarkie(01381) 620571	Hair At Number 3, Westgate 3 High Street Nairn (01667) 451414
Grant of Rothiemurchus, J.P, See Under Rothiemurchus Estate		Hair & Beauty Lounge, The, 46 Macaulay Road Stornoway (01851) 700222
Grant Plumbing Services, Ltd, 55 High Steet Kingussie.....(01540) 667221		Hair By Isla li, 116 High Street Nairn (01667) 453933
Grant, Stuart, Catering Btchr, Slaughter Ho Woodlands Ter Grantown-on-Spey FAX....(01479) 873901		Hair.Com, 34 Barrock Street Thurso (01847) 893323
Grant, William, & Sons, 1 High St Tain(01862) 892315		Hair Directory Highland Limited, 57 Harbour Road Inverness..... (01463) 418732
Grantown On Spey Golf Club, Golf Clb Ho Golf Course Rd Grantown-on-Spey.....(01479) 872079		
Grantown Dairy, 25 High St Grantown-on-Spey(01479) 872741		
Grantown Garage, Ltd, The Garage Chapel Road Grantown On Spey(01479) 872037		
FAX(01479) 870184		

Hair Port, 3 West Argyle Street Ullapool	(01854) 612233	Head Office, Turriff All Depts Cuminestown	(01888) 545200	Head Start Unisex Hair Studio, 6 Laing Street Kirkwall	(01856) 872431
Hair Vision, 2 Woodside Gardens Westhill	(01463) 795666	Head Office, Markethill, Turriff Tore Mill & Country Store Harbour Rd Inverness	(01463) 701990	Headland Entertainment, Ltd, Asda Supermarket Tain Knockbreck Gdns Tain	(01862) 892760
Haircraft, Haircraft Inverness	(01463) 226036	Harington, R, Wester Baldoon Ardross	(01349) 882183	Heads & Tails Grooming, 86 High St Alness	(01349) 884134
Hairtistic By Kerrsty, The Store Lower Balmacaan	(01456) 450118	Harkai Fish Restaurant, Grampian Rd Aviemore	(01479) 810430	Health Services, Grampian NHS Board Hospitals Hospitals Outside Aberdeen Local Health Councils-see under Local Health Councils Nurses (Includes District Nurses, Health Visitors & Midwives)-see Under "Nurses" NHS Highland Assynt House Beechwood Park Inverness	(01463) 717123
Hairtrix, 52 High Street Dingwall	(01349) 862862	Harper, Clair, Funeral Dir, Joinr, 8 Macarthur Street Wick	(01955) 602066	NHS Highland Headquarters Assynt House Beechwood Park Inverness	(01463) 717123
Hairwaves, 3 Charleston Court Inverness	(01463) 241040	Harpers Bar And Lounge, 17-19 Back Bridge Street Wick	(01955) 604399	NHS Highland Hospitals Community Mental Health Teams Medical Cntr Bankhead Wick (Caithness)	(01955) 606915
Halcrow Group, Ltd, Constg Engrs, Pavilion 3, Fairways Bsns Pk Inverness	(01463) 231707	Harris and Lewis Smokers Trading, Ltd, Smokehouse Sandwick Road Stornoway	(01851) 619238	RNI Community Hospital Inverness	(01700) 502943
Half A Moon, Station Road Ardersier	(01667) 461361	Harris Cuisine, Ltd, North Harbour Bistrot Scalpay	(01859) 540218	Victoria Hospital Annexe	(01700) 502943
Halfords Autocentre, Gar, Harbour Rd Inverness	(0872) 4366220	Harris Holidays, 5 Caw	(01859) 502257	NHS Orkney Balfour Hospital Day Surgery Unit	(01856) 888235
Halfords Autocentres, Harbour Rd Inverness	(01463) 236984	Harris Hotel, The, Office	(01859) 502281	Female Ward	(01856) 888277
Halfords, Ltd, Inverness Superstore Harbour Rd Inverness	(01463) 223388	FAX	(01859) 502281	Laboratories	(01856) 888249
Or	(01463) 235066	Harris Tweed Authority, 2 Cromwell Street Stornoway	(01851) 288803	Macmillan House	(01856) 888233
Halifax, Current Accounts	(03457) 203040	Harris Tweed Authority, 2 Cromwell Street Stornoway	(01851) 288955	Male Ward	(01856) 888238
Halkirk Heritage And Vintage Motor Society, Old School Sinclair Street Halkirk	(01847) 839101	Harris Tweed Authority, The, First Floor 2 Cromwell Street Stornoway	(01851) 702269	Maternity Unit	(01856) 888075
Halkirk Playgroup & Toddler Group, Halkirk Primary School Braal Terrace Halkirk	(01847) 831881	Harris Tweed Hebrides, Ltd, 25 North Beach Stornoway	(01851) 700046	Medical Records	(01856) 888135
Hall, D.M, IIP, Chrtg Survvrs, Fort William	(01397) 706019	North Shawbost	(01851) 702862	Occupational Therapy (Adult)	(01856) 888135
Inverness 1 Hillside Vill Inverness	(01463) 241077	Harris Tweed Isle Of Harris, 6 Inglis St Inverness	(01463) 240378	Occupational Therapy (Paediatric)	(01856) 888208
FAX	(01463) 233627	Caberfeidh Tarbert	(01859) 502505	Outpatients Department (Nursing)	(01856) 888121
Hall, D.M, IIP, Chrtg Survvrs, Oban Oban Times Bldgs Corran Esplanade Oban	(01631) 564225	Or	(01859) 502505	Pharmacy (Nursing)	(01856) 888231
FAX	(01631) 562373	Or	(01859) 502727	Physiotherapy	(01856) 888234
Hall Opticians Inverness, 1 Bow Court Church Street Inverness	(01463) 222866	Harris Tweed Isle Of Harris, Schoolhouse Drinishader	(01859) 511189	Piper Ward	(01856) 888250
Hal-y-Wind Guest House, 2 Newton Street Stornoway	(01851) 706073	Harris Tweed Isle Of Harris, 6A Drinishader	(01859) 511114	St. Magnus Day Hospital	(01856) 888259
Hamanavay House, 10 Ardroll	(01851) 672421	Harris Tweed Shop, Harris Tweed Highland Shop Main Street Newtonmore	(01540) 670188	St. Ninian Ward	(01856) 888000
Hamilton, G, Frmr, Tullochgribben Mains Dulnain Bridge	(01479) 851333	Harris Voluntary Service, Voluntary Service, Room 15 Council Offices West Tarbert	(01859) 502171	Switchboard	(01856) 888232
Hamilton, Dr, L, 20 Bignold Park Road Kirkwall	(01856) 873007	Harrison, & Co, Navay Farm Cromarty	(01381) 600210	X-Ray Department	(01856) 888232
Hamlett & Gow, Btchrs, 30 High Street Kingussie	(01540) 661212	Harrold, Bros, Btchr, 51 High St Wick (Caithness)	(01955) 603764	Dental Practices Garson Dental Practice (Stromness) Back Rd Stromness	(01856) 850658
Hammars Hill Energy, Ltd, Windfarm The Smithy Rendall	(01856) 751345	51 High Street Wick	(01955) 602923	Departments Administration	(01856) 888220
Hamnavoe Engineering, Cairston Rd Stromness	(01856) 850576	Hartley, Dr, I.M, Mo-Dhachaidh Nursing Home North Rd Ullapool	(01854) 612015	Chief Executive	(01856) 888271
Cairston Road Stromness	(01856) 851200	Hatston Motors, Scott's Road Hatston Industrial Estate Kirkwall	(01856) 874555	Directorate of Allied Health Professionals & Nursing	(01856) 888131
Hanover (Scotland) Housing Association Ltd, Wardens on Developments for Retired People Aviemore The Green, Railway Terrace Aviemore	(01479) 810643	Hatston Motors Scott's Road Kirkwall	(01856) 870919	Finance	(01856) 888182
Corpach Walter Cameron Way Corpach	(01397) 772779	Hatston Veterinary Centre, Unit 1 Hatston Industrial Estate Kirkwall	(01856) 872859	Human Resources	(01856) 888224
Fort William Victoria Court Belford Road Fort William ...	(01397) 704219	Or	(01856) 878832	Medical Directorate	(01856) 888270
Grantown-on-Spey Woodside Court Woodside Avenue Grantown-on-Spey	(01479) 872995	Or	(01856) 879926	Public Health	(01856) 888270
Inverness Argyle Court Inverness	(01463) 232815	Haugh Hotel, Property, Haugh Hotel Cromdale	(01479) 872583	Doctors & Medical Practitioners Scapa Practice General Enquiries	(01856) 888246
Kingussie The Glebe Kingussie	(01540) 661785	Haus Architectural & Timber Frame, Ltd, The Green Ho Beechwood Pk Nth Inverness	(01463) 793333	Appointments	(01856) 888248
Kinlochleven Heatherlee Court Sutherland Avenue Kinlochleven (01855) 831331		Havelock House Hotel, Crescent Road Nairn	(01667) 455500	Prescriptions	(01856) 888240
Newtonmore Glen Grove Newtonmore	(01540) 673291	Haven Guest House, The, 3 Old Church Court Innes Street Plockton	(01599) 544444	Skerryvore Practice	(01856) 888041
Hanover, (Scotland) Hsng Assoc Ltd, 11 Coppice Court Grantown-On-Spey	(01479) 872925	Haven Hotel, The, Reception Plockton	(01599) 544223	Health Centre Kirkwall Community Nursing	(01856) 888219
Happi Dog Grooming, Dog Grooming, Unit 2 Ben Nevis Industrial Estate	(01397) 701816	Haven Products, Ltd, 21 Harbour Rd Inverness	(01463) 238211	Dietitian	(01856) 888239
Happy Garden, 37 High Street Avoch	(01381) 620988	Haven Restaurant, (Dingwall) Ltd, 62 High Street Dingwall	(01349) 863020	Speech & Language	(01856) 888229
Happy Haddock, 65 Junction Rd Kirkwall	(01856) 878857	Hawco, & Sons Ltd, 12A Harbour Rd Inverness	(01463) 241958	Treatment Room	(01856) 888136
Harbour Chip Shop, Harbour Quay Wick	(01955) 606700	39 Harbour Rd Inverness	(01463) 709723	Chiroprodist	(01856) 888136
Harbour Gallery, Anchor Centre Argyle Street Ullapool	(01854) 612282	Hawco & Sons, Ltd, 48 Harbour Rd Inverness	(0843) 5153587	Western Isles NHS Board Administration Board Headquarters 37 South Beach St Stornoway	(01851) 702997
Harbour House, 12 Harbour Terrace Wick	(01955) 609487	Hawco Volkswagen, Fort William Nevis Gar, Caol Indust Est Ardgour Rd Caol Inverness	(01397) 700900	Clinics Balivanich Community Clinic FAX	(01870) 602037
FAX	(01955) 606560	48 Harbour Road Inverness	(01463) 236111	Dental Clinics Nicolson Institute Stornoway	(01851) 705286
Harbour Lights Hotel, Harbour Lights Garve Road Ullapool	(01854) 612222	Parts Dept Direct Line	(01463) 231313	St. Brendans Hosp Isle of Barra	(01871) 810400
Harbour Master, Kirkwall	(01856) 872292	Hay Douglas & Faye, 9 Harrapool	(01471) 820074	Liniclate	(01878) 700257
Harbour Restaurant, The, Main Street Broadford	(01471) 822687	Hayes, Dr, N, 16 Glebe Park Gairloch	(01445) 712643	Lochboisdale	(01878) 700257
Harbour Taxis, Taxi, 2 Miller Place Scrabster	(01847) 892868	Hayfield, Hayfield Kettletoft Sanday	(01857) 600294	Health Centre Stornoway Group Practice Health Centre Springfield Road Stornoway (01851) 703145 Community Psychiatric Nurses Health Centre Springfield Road Stornoway	(01851) 703069
HARBRO, Ltd, Head Office, All Depts Markethill Turriff	(01888) 568882	Hayley Group, Plc, Longman Drive Inverness	(01463) 250831	Hospitals Western Isles Hospital Macaulay Road Stornoway	(01851) 704704
Corpach Annat Point Indust Est Corpach	(01397) 773036	Hays Construction & Property, Emplymt Recrutmnt Conslts, Inverness Ballantyne Ho Academy St Inverness	(01463) 250647	FAX	(01851) 705741
Country Stores		Head Gardener The, Male/Female Hair Desnrs, Salon 58 Church St Inverness	(01463) 222861	Health Shop, The, 20 Baron Taylor Street Inverness	(01463) 233104
		Head Gardener, The, 7 Heights Of Woodside Inverness	(01463) 715810	Hearing & Sight Care, 20 Telford Street Wick	(01955) 606170
				Hearland Home Services, Ltd, Juniper Cott Brora	(01408) 621200
				Heartstone, Stafford Ho High St Dingwall FAX	(01349) 866066
				Heat Centre, Wick Ltd, McCaughy Boatbuilders Ltd Burn St Wick	(01955) 604314
				Heathbank Hotel, Heathbank Bayherivagh	(01871) 890266
				Heather Davison, The Gateway 1a Millburn Road Inverness	(01463) 242342

Heatherbank Guest House, Strontian.....(01967) 402394	George St Oban.....(01631) 566400	Fortrose Community Library Fortrose Academy Academy St Fortrose (01381) 622235
Heatherfield House, Albert Road Oban.....(01631) 562806	Henderson Arch & Partners, Conslt Engrs, 68 Princes Street Thurso.....(01847) 896896	Fort William Library Airs Crossing High St Fort William (01397) 703553
Heatherfield Riding Centre, Lochloy Rd Nairn.....(01667) 456682	Henderson, Dr, Riverside Medical Practice Ballifeary La Inverness.....(01463) 715999	Gairloch Community Library Gairloch High School Gairloch.....(01445) 712469
Heathmount Guest House, Station Road Beaulieu.....(01463) 782411	Henderson, G.A, 3 Sir Georges St Thurso.....(01847) 896122	Golspie Library Golspie High School Main St Golspie..... (01408) 634084
Heathmount Hotel, Kingsmills Rd Inverness.....(01463) 235877	Henderson Group, 36 Kl Shore Street Inverness.....(01463) 221199	Helmsdale Library Dunrobin St Helmsdale..... (01431) 821690
Or.....(01463) 709485	Henderson, John G.S, Udale Farm Poyntzfield.....(01381) 610269	Knoydart Library Knoydart..... (01687) 460253
FAX.....(01463) 715749	Henrietta's Chip Shop, 60 Henrietta Street Wick.....(01955) 603049	Lochcarron Library Howard Doris Centre Lochcarron..... (01520) 722679
Heaton-Armstrong, C.A, Brantwood Kirkhill.....(01463) 831779	Henry Trotter, Whisle, Redbanks Tankerness.....(01856) 861213	Lairg Library & Community Centre Main St Lairg..... (01549) 402577
Heb Taxis, Sole Trader, Transport, 5 Cnoc Napier Stornoway.....(01851) 702708	Hepburn, Dr, E, Scapa Practice.....(01856) 888245	Mallaig Library Station Rd Mallaig..... (01687) 460097
Hebdronne, Ltd, Unit 2c Clinton's Yard Rigs Road Stornoway.....(01851) 701422	Herald Printshop, Quest Buildings 27-29 Albert Street Kirkwall.....(01856) 875039	Muir of Ord Library Great North Rd Muir Of Ord..... (01463) 870196
Hebrian Barbers, 40 Point Street Stornoway.....(01851) 700899	Herd Law Practice, 21 Bridge St Kirkwall.....(01856) 870787	Plockton Library Village Hall Harbour St Plockton..... (01599) 544718
Hebrian Air Services, Ltd, Cumbernauld Airport Duncan McIntosh Rd Cumbernauld.....(01236) 457777	Herdman, A & E, & Co, Lindsay Sandwick.....(01856) 841516	Tain Library Stafford St Tain..... (01862) 892391
Hebrian Coaches, The Garage Howmore.....(01870) 620345	HERIOT-WATT UNIVERSITY, Scottish Borders Campus	Thurso Library Davidson's La Thurso..... (01847) 893237
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Hebrian Hobby Centre,The, 97 Cromwell St Stornoway.....(01851) 703366	Hertz Rent-a-Car, Car Rental, New Terminal Building Inverness Airport Dalross.....(01667) 462652	Swimming Development Officer Queens Pk Office Block Inverness (01463) 242922
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32 Ben Nevis Drive Ben Nevis Industrial Estate	Appointments - Diabetic (0800) 0278100	Hutcheson, C.A,
Fort William (01397) 700077	Appointments - Medical (0800) 0276100	Daviot Mains Cottage Daviot..... (01463) 772215
Hi-Scot Credit Union,	Appointments - Ophthalmology (0845) 6076789	Hutcheson, Mr, Ian,
7 James Street Stornoway..... (01851) 703816	Appointments - Oral Surgery (0800) 0277100	Unit 2 Balmakeith Business Park Nairn (01667) 258024
HISTORIC SCOTLAND,	Appointments - Surgical (0800) 0279100	Hutt, Leslie, Architects,
Kisimul Castle - Historic Scotland Isle of Barra (01871) 810313	Appointments - Woman & Child Health (0800) 0329021	3 View Place Inverness (01463) 235566
Kisimul Castle - Historic Scotland Keisimul Castle Isle of Barra (01871) 810313	Appointments - X-Ray, ENT & Orthopaedic (01463) 704000	Hy Jack Taxi Service,
Urquhart Castle - Historic Scotland (01456) 450551	Inverness (01463) 704000	10 Glebe Park Gairloch (01445) 712452
Hi-Tech,	RNI Community Hospital (01349) 863313	Hydrainer Pump Hire, Hydrainer Pump Hire, Pump Hire,
66 Harbour Rd Inverness..... (01463) 668855	Ross Memorial Hospital (01349) 863313	Unit 9 Nairn (01667) 452284
HMV, UK Ltd,	Town & County Hospital Newton Ward Wick (01955) 880389	Hylton, Dr, P,
Inverness	Hotel Hebrides,	13 The Crescent Glengolly (01847) 890423
32-33 Eastgate Shopping Cntr IV2 (0843) 2210233	Pier Rd Tarbert..... (01859) 502364	Hypnosis Downloads.Com, Ltd,
Hoey, Hamish, & Son Ltd, Joinr,Bldr & Undtkr,	Unit 3 Iomairt An Obain Tarbert..... (01859) 502858	8 George Street Oban (01631) 570770
37 Stevenson St Oban (01631) 562269	Hotel Lochmaddy,	I A M Engineering,
FAX (01631) 569800	Lochmaddy..... (01876) 500331	Balligrundle Lismore (01631) 760000
Holborn Hotel,	Hourston, & Co,	I Flett, & Sons, Beef Farmer,
16 Princes St Thurso (01847) 892771	Bellfield Craigiefield Road St. Ola Kirkwall (01856) 872468	Millhouse Harry (01856) 771369
Holiday In Express,	Hourston Jeweller,	I Jane McCol Architect,
Holiday Inn Express Inverness..... (01463) 732890	W Hourston 34 Albert Street Kirkwall..... (01856) 988769	21 Ben Nevis Drive Ben Nevis Industrial Estate (01397) 708567
Holland & Barrett,	Hourston Jeweller, Ltd,	I L M Highland,
Inverness 34 Eastgate Inverness..... (01463) 234267	Starlings 57 Albert Street Kirkwall..... (01856) 989104	Unit 1G Alness Indust Est Alness (01349) 884774
Holland House Electrical, Co Ltd,	Hourston Jewellers,	I Macgregor,
9 Henderson Rd Inverness (01463) 718474	34 Albert Street Kirkwall (01856) 872151	19 Harbour Road Inverness (01463) 243565
Henderson Rd Inverness (01463) 233427	Hourston, W, Jewellers,	Iain Marr Antiques,
Hollister Images,	FAX (020) 7219 3000	2 Aird House High Street Beauly..... (01463) 782372
47 Mellon Charles Aultbea..... (01445) 731313	House of Commons,	Newtonhill Lentrans..... (01463) 831609
Holly House Hire, Ltd,	Westminster,SW1 (020) 7219 3000	Ian Cattnach Car Sales,
Tomich Industrial Estate Muir Of Ord..... (01463) 870888	Members of Parliament, Please refer to listing under Members of Parliament	13 Carsegate Road Inverness (01463) 717200
Holm Appliance, Ltd,	House Of Hair,	Ian R Swanney, Car Dealership,
12 Scotland Street Stornoway..... (01851) 702581	19 Kingsmills Road Inverness (01463) 238383	Ian R Swanney Great Western Road Kirkwall..... (01856) 877973
Holm Plumbing & Heating Services, Ltd, Emergency Plmbrs,	House Of Juniper,	ICR Solutions, (EPOS) Ltd,
53 Drumfield Road Inverness (0843) 5150525	The Manse Lower Harrapool Broadford (01471) 827174	Robertson Ho Shore St Inverness (01463) 237678
Holm Sub Post Office,	House Of Puzzles Ltd,The,	ICT Orkney, Ltd, Internet Service Porvider,
St. Mary's Holm..... (01856) 781798	Unit 15 Clayton Court	Holm (01856) 781574
Holtey Classic Hand Planes,	Castle Avenue Industrial Estat (01349) 853886	Holm (01856) 781574
Unit 3-4 Lairg Industrial Estate Lairg..... (01549) 402500	FAX (01349) 853964	Or (01856) 781574
Home & Co,	Househills Floors,	IFPFT & DF Training Club, Ltd,
24 High Street Dingwall..... (01349) 863655	Househill Mains Nairn..... (01667) 454370	The Training Club 35 Harbour Road Inverness..... (01463) 832843
Home Collections, Wholesale Retail,	Howard Doris Centre,	Ignis Wick, Ltd,
Tower Building Junction Road Kirkwall (01856) 872271	Lochcarron..... (01520) 722702	Chp Station Albert St Wick (01955) 609456
Home & Floors, Ltd,	FAX (01520) 722702	Iho Private, Ltd,
18 Scotland Street Stornoway..... (01851) 702383	Howdens Garden Centre,	17 OLD EDINBURGH RD INVERNESS..... (01463) 593250
Home & Hardware Alness,	Inverness	ILM Highland,
29 High St Alness..... (01349) 880370	Stoneyfield Inverness (01463) 711134	1 Church HI Rd Lairg..... (01549) 402679
Home Hardware, Home Hdwre, Bsns,	Howdens Joinery Aviemore,	Or (01549) 402798
3 Junction Rd Kirkwall..... (01856) 878680	Unit 14 Dalfaber Industrial Estate Dalfaber Drive	Ilm Highland,
HOME IMPROVEMENT CENTRE,	Aviemore (01479) 812746	Unit 1G Teaninich Industrial Estate..... (01349) 884660
20 Bells Rd Stornoway (01851) 703646	Howdens Joinery Dingwall,	Imani Development, (International) Ltd,
Home Support Services, Chief, A, Home Support Servs,	Howdens Joinery Rd Dingwall..... (01349) 866370	13 Ganavan Sands Oban..... (01631) 569990
	Howdens Joinery Fort Williams,	
	Howden Joinery Claggan Rd Fort William (01397) 703355	
	Howdens Joinery Invergordon,	

Imex, Htl, 31 Stafford Street Oban.....(01631) 566819	2-4 Queensgate Inverness.....(01463) 832372	Library 3 Longman Road Inverness(01463) 273248
Immigration Office HM, Aberdeen Airport Dyce.....(01224) 722890	Intra Biz Scaffold, 17 Dubh MacDonald Road Inverloch Fort William.....(01397) 708939	Seafield Centre(01520) 733300
IMO Car Wash, Inverness Longman Rd Inverness(01463) 710681	Inver House Distillers, Ltd, Office(01862) 821360	Inverness Computer Centre, Enquiries 21 Greig St Inverness(01463) 226205
Impartial Investigations, Private Detectives, Po Box 9951 Isle Of Lewis(01463) 600151	FAX(01862) 821360	FAX(01463) 710003
Imperial Hotel, Fraser Sq Fort William.....(01397) 703921	Inver Inn, Shop Street Inver(01862) 871399	Inverness Core Drilling, Core Concrete Cutting, 9 Nairnside Vw Inverness(01463) 798050
Or(01397) 702040	Inver Models, Inver Models, Architectural Model Maker, Unit 11a3 Balmakeith Industrial Estate Nairn(01667) 454550	Inverness Detectives, Private Investigator, Vaughan House Falcon Square Inverness.....(0844) 4176535
Impetus Distribution, Ltd, 10 High St Skigersta.....(01851) 810808	Inver Peche, Ltd, Harbour Office Culag New Pier Lochinver.....(01571) 844600	Inverness District Indoor Bowling Club, The Stadium Fairways Leisure Park, Castle Heather Inverness(01463) 235550
Imray's, Jwlr, 27 High Street Grantown-On-Spey(01479) 872823	Inveran Fishing, Ltd, Mansfield Croft Poolewe(01445) 781751	Inverness Farmers Dairy, 54 Seafield Rd Inverness(01463) 233097
In Business Centre, 24 Longman Drive Inverness.....(01463) 259200	Inverarnie Stores & Post Office, Cross Cottage Inverarnie(01808) 521266	Or(01463) 237769
Inc And Pink, Fash, 9a High Street Nairn.....(01667) 258916	Inverbank Newsagents, Inverbank Lochinver Laig(01571) 844331	Inverness Farmer's Dairy, Co Ltd, 54 Seafield Rd Inverness(01463) 715484
Inchnacardoch Lodge Hotel, Fort Augustus.....(01320) 366890	Invercoe Caravan Site, Glencoe Ballachulish.....(01855) 811210	Inverness Glass, Co Ltd, Longman Dv Inverness.....(01463) 231610
Inchnadamph Hotel,The, Elphin.....(01571) 822202	Inverfab, Ltd, 39 Henderson Dv Inverness(01463) 232986	Inverness Golf Centre, Ltd, 5 Longman Road Inverness(01463) 711572
Elphin FAX(01571) 822203	Invergarry Sub Post Office, Sub Post Office Invergarry.....(01809) 501401	Inverness Golf Club, Culcabock Rd Inverness.....(01463) 231989
Inchnadamph Lodge, Ltd, Elphin.....(01571) 822218	Invergordon, Caldive Seafast 18 High Street Invergordon(01349) 854865	Clubhouse Culcabock Road Inverness.....(01463) 233422
Inchvannie House Dental Practice, Inchvannie House Inchvannie Court Dingwall(01349) 866385	Invergordon Dental Practice, 108A High Street Invergordon.....(01349) 854148	Culcabock Rd Inverness.....(01463) 239882
Independent Mortgage Shop, Mortg & Financial Servs, 19 North Beach Stornoway.....(01851) 706968	Invergordon Golf Club, King George St Invergordon(01349) 852715	Inverness Harbour Trustees, Harbour Offices Longman Dv Inverness.....(01463) 715715
Indian Garden, 39 Junction Road Kirkwall.....(01856) 875575	Invergordon Health Centre, Drs Dolan,Campbell,Jackson,McRorie,Baxter,Philpot & Hutton . (01349) 852893	Public Weighbridge(01463) 715716
Indigo Sun, 87A Church St Inverness(01463) 240400	Surgery Appointments Only(01349) 852496	Inverness Hardware, 47-49 Academy Street Inverness.....(01463) 243136
Industrial Electrical Services, (UK) Ltd, Unit 4b5 Blar Mhor Industrial Estate Lochyside.....(01397) 703732	Invergordon Hospital, Invergordon(01349) 852496	Inverness Hearing Services, Unit 3 4 Strothers La Inverness.....(01463) 231766
Influence, Gift Homeware Shop, 32 Cromwell Street Stornoway.....(01851) 706655	Invergordon Mot Centre, Mot & Car Mechs, 109 High Street Invergordon.....(01349) 852299	Inverness Ice Centre, Ltd, Ice Rink Bught Inverness(01463) 235711
Information Group, Diocesan Cntr Croft Av Oban(01631) 570870	Invergordon Plant Hire, Ltd, Unit 4 Clayton Court Castle Avenue Industrial Est Invergordon.....(01349) 853714	FAX(01463) 717444
Ingas Sweet Treats, Ret Store, Wholefood Shop 2 Wentworth Street Portree(01478) 612377	INVERGORDON SAND AND GRAVEL, Indust Est (24 Hrs)(01349) 882852	Inverness Insurance Centre, FAX(01463) 717444
Ingram, Allan, Industrial Cleaning Services, Nevis Bank Ind Est Fort William(01397) 700457	Residence Munro W (Night)(01349) 882852	Inverness IV35, Ltd, 37A Telford Street Inverness(01463) 233544
Ingu Highland, Ltd, 5 Inchroy Drive Dingwall(01349) 888158	Invergordon Tyre Services, Unit 2b Inverbreakie Industrial Estate Invergordon(01349) 852252	Inverness Marina, Ltd, Inverness Harbour Portacabin Longman Drive Inverness(01463) 220501
Inkster, J.I. & E.M., Upper Linklater Twatt(01856) 841539	Invergordon-Alness Medical Group, Drs Dolan,Campbell,Jackson,McRorie,Baxter,Hutton,Carracher,Snow,Barker & MacLean(01349) 852893	Inverness Metal Recycling, Unit 8 Carsegate Road South Inverness(01463) 230384
Inn At Ardgour, Ardgour.....(01855) 841225	Surgery appointments only(01349) 852893	Inverness Mobile Phone Centre, 21 Lombard Street Inverness(01463) 236644
Ardgour FAX(01855) 841214	Inverloch Castle, Ltd, Torlundy(01397) 704499	INVERNESS MOT CENTRE,THE, 36 Kl Shore Street Inverness.....(01463) 710676
Innes Bar, 61 Innes Street Inverness.....(01463) 232387	Inverloch - Rocpool Reserve Hotel, 14 Culduthel Road Inverness(01463) 259590	Inverness & Nairnshire Herald, Stadium Rd Inverness.....(01463) 732222
Innes, C, & Sons, Feddan View Auldearn(01309) 641536	Inver-lodge Hotel, lolaire Rd Lochinver.....(01571) 844496	Inverness On-Line, 135 Culduthel Rd Inverness.....(01463) 711778
Innes & Mackay, Solrs & Est Agts, Kintail Ho Beechwood Pk Inverness(01463) 232273	Or(01571) 844569	Inverness Osteopaths, Ltd, 72 Lochalsh Road Inverness(01463) 222839
FAX(01463) 243091	Seabank 2 Lochinver.....(01571) 844451	Inverness Painters & Decorators, Inverness Painters & Decorators Carsegate Road South Inverness(01463) 240158
Innes & Partners, Ltd, 5 Ardross Ter Inverness(01463) 713339	Invermahavon Caravan Park, Caravan Park Newtonmore.....(01540) 673534	Inverness Picture Framers, 19 Harbour Rd Inverness.....(01463) 719179
Friars Crag Knockfarrel(01349) 861274	Inverness 4x4 Centre, 40 Seafield Rd Inverness(01463) 233303	Inverness Powder Coating, Ltd,The, 26 Shore Street Inverness.....(01463) 226222
3 Woodend Rd Balloch(01463) 790149	Inverness Access Training & Services (Iats) Ltd, 16 Inverness(01463) 232817	Inverness Pram Centre, Nursery Pram Retailer, Unit 3 23 Harbour Road Inverness(01463) 236792
Innes Pipes, Nairn Unit 4 Grigorhill Industrial Estate Nairn(01667) 459460	Inverness Airport, Unit 13b & 13c Dalcross Industrial Estate Inverness(01667) 461151	Inverness Precast, Ltd, Balblair Quarry Beaully(01463) 783099
FAX(01667) 459461	Inverness Apartments & Cottages, Woodburn 6 Druid Temple Crescent Inverness(01463) 236060	Inverness Pub Co 2, Ltd, 20 Grant Street Inverness.....(01463) 710011
Innovation Centre Orkney, Ltd, Hatston Apartment St. Ola(01856) 877558	Inverness Aquadome, Bught Pk Inverness.....(01463) 667505	Inverness Salt Cave, Marr House Beechwood Park Inverness(01463) 417956
Intuitive Group, (B) Ltd, Caberfeidh Hotel John O' Groats(01955) 611219	Inverness Autospray, Car Body Rprs, Unit 2, 18 Carsegate Road North Inverness(01463) 229677	Inverness Sports Centre, Bught Park Inverness.....(01463) 667505
Inshes Dental Surgery, 3 Cradlehall Court Inverness(01463) 794949	Inverness Autospray, Car Body Rprs, Unit 2 18 Carsegate Road North Inverness(01463) 417137	Inverness Stores, Ltd, Mini Mart Benula Rd Inverness.....(01463) 236341
Inshes Gate Travel Inn, Beechwood Pk Inverness.....(01463) 232727	Inverness Bars, Bar, The Waterfront 70 Huntly Street Inverness(01463) 417672	Inverness Student Hotel, 8 Culduthel Road Inverness.....(01463) 236556
Inshes Motor, Co Ltd, Balvonie Of Inshes Inshes(01463) 231663	Inverness Bid, Ltd, First Floor 17 Queensgate Inverness(01463) 714550	Payphone(01463) 224926
Inshes Veterinary Centre, FAX(01463) 715031	Inverness Business, Ltd, 4 Cradlehall Court Inverness(01463) 592812	Inverness Tattoo Centre, 8 Connel Court Ardconnel Street Inverness(01463) 711149
Inshriach Nursery, Managers House Inshriach Nursery Aviemore.....(01540) 651287	Inverness Caledonian Thistle Football Club, Stadium Longman Inverness.....(01463) 222880	Inverness Taxis, Unit 3,15 Lotland St Inverness.....(01463) 222222
Inside Out, Portree Dental Practice Varragill House Portree.....(01478) 611663	Social Club (Members) 28 Greig St Inverness.....(01463) 238568	Or(01463) 222777
Instock Disposables, Ltd, Wholesale Catrng Supps, 3 Carsegate Rd Nth Inverness(01463) 711422	Inverness Car, Co Ltd, Unit 3 Highland Ho 20 Longman Rd Inverness.....(01463) 711333	Inverness Tennis & Squash Club, 5 Bishops Road Inverness.....(01463) 230751
Integrity Voyages, Lp, The Croft Nethy Bridge(01479) 821251	Inverness Cathedral, 9-11 Kenneth Street Inverness.....(01463) 225553	Inverness Therapy Clinic, 3 Connel Ct, Ardconnel St Inverness(01463) 718098
Intermedia Services, (Stornoway) Ltd, 16 James Street Stornoway(01851) 705749	Inverness Chamber Of Commerce, Metropolitan Ho High St Inverness.....(01463) 228380	Inverness Trophy Centre, 31 Church Street Inverness.....(01463) 238495
International Centre For Island Technology, Cairston Road Stromness.....(01856) 850605	Inverness Citizens Advise Bureau, 2 Inverewe Grampian Road Aviemore.....(01479) 810919	Inverness Tyre Service, 16 Carsegate Road South Inverness(01463) 711765
International Food Store, (FW) Ltd, 1 Airds Crossing High Street Fort William(01397) 719616	Inverness College, Main Switchboard 3 Longman Rd Inverness.....(01463) 273000	FAX(01463) 710448
International Otter Survival Fund, 7 Black Park Isle Of Skye(01471) 822487		Inverpark Stores, Inverpark Stores Inver Park Lochinver(01571) 844360
International Starters Restaurant & Rooms, Alt Na Craig Hotel Grampian Road Aviemore.....(01479) 810941		Inverpollly Estate, Estate Office(01854) 622322
Intervision Gaming, (UK) Ltd,		Badagyle Ullapool(01854) 622322
		Inverpollly Ldg Ullapool.....(01854) 622424
		Inverpubs, Rory, Ltd,

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Investigations 24hrs, Private Detectives, Blackfriars House Millburn Road	(0844) 8126540	J F H Design, 16 Inglis Street Inverness.....	(01463) 220551	Jetty Gallery, Jetty Gall, 100 George Street Oban	(01631) 570102
Invisible Heat, Ltd, Underfloor Heating Supply & Design, Unit 3 Morefield Industrial Estate Ullapool.....	(01854) 612760	J.G.C Engineering & Technical Services, Ltd, Electrical Div	(01847) 831665	Jewson, Unit 4 Davidson Dv Invergordon	(01349) 853021
Iona Shop,The, Celtic Scottish Jwlr, 2 Queen's Park Place Oban	(01631) 562071	J & G Sutherland, The Garage Crescent St Halkirk	(01847) 831208	JEWSON, Ltd, Bldrs Mrcnts, Fort William	(01397) 700744
Iris Robertson, Iris Robertson, Iris Robertson, 18 Cameron Road Tain	(01862) 893187	The Garage Crescent Street Halkirk.....	(01847) 831706	North Rd Lochybridge.....	(01397) 706077
Ironside, W.B, Frmr, Haster Farm Wick.....	(01955) 602063	J H Luney, Furniture & Flooring, Uachdar Gramsdale.....	(01870) 602639	FAX	(01397) 706077
IRVIN RICHARD & SONS LTD, Please see Richard Irvin & Sons Ltd		J & I Carpets, J & I Carpets Alness	(01349) 880040	Inverness 10 Harbour Rd Inverness.....	(01463) 236551
Isbister, Bros Ltd, Isbister Bros Quoylool	(01856) 841525	J McIntyre Engineering, Ltd, Unit 40B Ben Nevis Drive Fort Williams	(01397) 719542	FAX	(01463) 712507
Island Of Hoy Development Trust,The, Revenge Naval Hall Longhope.....	(01856) 701356	J M Maclean, 65 Cromwell Street Stornoway	(01851) 703606	Isle Of Skye Broadford	(01471) 822602
Island Outdoors, Unit 2 Portree FAX.....	(01478) 611074	J & M Newsagents Ltd, 64 High Street Grantown-on-Spey	(01479) 870305	Old Corrie Indust Est Broadford	(01471) 822602
Island Smokery, The, Blustery Braes Blustery Braes Stromness.....	(01856) 988155	J N Body Repairs, Unit 10C Stornoway	(01851) 709971	Portree Dunvegan Rd Portree	(01478) 613222
Island Spirit Whisky Shop, Ltd,The, 38 Stornoway	(01851) 705705	J & S Hay, East Howe Birsay	(01856) 721226	Jim McLaren Plumbing & Heating, Ltd, Emergency Plmbrs, 30 Cedarwood Drive Inverness.....	(0843) 5151263
Islands & Highlands Cottages, Ltd, 100 Bridge Road Portree	(01478) 612123	J & S Hay, West Howe Birsay	(01856) 721400	JJO Moriston, Ltd, The Kennels House Glenmoriston Lodge Estate Invermoriston	(01320) 351766
Isle Of Barra Hotel, Tangasdale	(01871) 810383	J & S Kirkness, Warth Twatt	(01856) 841807	JJ's Home & Hardware, Marine Store Station Road Kyle.....	(01599) 534208
Isle Of Egg Heritage Trust, Isle Of Egg	(01687) 482476	J Sutherland-West, 8A Mackay Street Castletown	(01847) 821679	JK Orkney, 48 Albert Street Kirkwall.....	(01856) 873190
Isle Of Egg Sub Post Office, Post Office Isle Of Egg.....	(01687) 482432	J Van Vliet Inverness, Ltd, Units 15 & 16 23 Harbour Road Inverness	(01463) 716100	JKLM Catering, Ltd, 18 Tomnahurich Street Inverness	(01463) 236371
Isle Of Glencoe, The Isles Of Glencoe Hotel & L Ballachulish	(01855) 811133	J & W Tait, Ltd, J & W Tait Ltd Sparrowhawk Road, Hatston Industrial Estate	(01856) 878886	JMF Groat, & Son, Anchorfast Buildings Longhope.....	(01856) 701273
Isle Of Glencoe Hotel,The, The Isles Of Glencoe Hotel & L Ballachulish	(01855) 811398	Kirkwall	(01856) 878886	JMF Groat, & Sons, General Contract Merchants, Post Office Longhope.....	(01856) 701251
Isle Of Harris Distillers, Ltd, The Distillery Pier Rd Tarbert	(01859) 502212	Jack, H.W, (Car Hire) Ltd, 17 Henderson Drive Inverness	(01463) 236572	JMK Civil Solutions, Ltd, 2 Morile Mhor Tomatin Inverness	(01463) 592838
Isle Of Rum Community Trust, Shalimar Mallaig	(01687) 462849	Jack, J, 4 Birchwood Invergordon.....	(01349) 368572	Jm's Hairdressing Salon, Unit 3 Ross St Tain.....	(01862) 893303
Isle Of Skye Baking Company Ltd,The, Skye Wool Mills Dunvegan Road Portree.....	(01478) 612669	Jack, James, Lifting Services, Hlge,Cranes & Warehousing, High St Invergordon.....	(01349) 853000	Jean Soutar Ta Dalriada Gifts, 87A High Street Invergordon	(01349) 854921
Isle Of Skye Brewing, Co (Leann An Eilein) Ltd, Unit 1 2 4 The Pier Uig.....	(01470) 542477	Jackson Brothers Butchers, 2 George St Oban	(01631) 562016	Joanne Tweedale & Adrian Brookes, The Coach House, Gardener's Cottage Onich.....	(01855) 821418
Isle Of Skye Business Community,The, 47 Bornisketaig.....	(01470) 552223	Jacobs, UK Ltd, Kintail Ho Beechwood Pk Inverness.....	(01463) 228300	Joe Bloggs, Chrt'd Qty Survyrs, 5 Stafford Street Oban	(01631) 563721
Isle Of Skye Distillers, 9 Wentworth Street Portree	(01478) 611117	Scrabster Bsns Cntr Scrabster	(01847) 895974	JOE Bloggs, Bridgend Filling Station Station Road Beauly	(01463) 783604
Isle Of Skye Estate Agency, Ltd, Bridge Rd Portree.....	(01478) 612683	FAX	(01847) 807060	Joes Fish & Chip Shop, 19 High Street Kingussie	(01540) 662036
Isle Of Skye Experimental Spirits, Ltd, Marketing Pr Advertising, Station House Ross Shire.....	(01599) 534809	Jail Dornoch, The Old Town Jail Castle Street Dornoch.....	(01862) 810555	John Elder, & Sons, Garage 3 Knockglass Road Dunbeath.....	(01593) 731260
Isle Of Skye Office Supplies, 1 Broom Pl Portree.....	(01478) 612572	James Business Services, Ltd, 3 Lynstock Crescent Nethy Bridge	(01479) 841518	John Galasso, Woodlands Indust Est Woodlands Ter	(01479) 872574
Isle Of Skye Soap, Co. Ltd,The, Nicolson House Somerled Square Portree	(01478) 611350	James Evans, & Sons Ltd, Industrial Est Strathpeffer Rd Dingwall	(01349) 863709	John G. Corse Funeral Directors, Ltd, Healthcare Social Care, John G Corse Funeral Home Old Scapa Road	(01856) 878008
Isle Of Skye Trekking Centre, 2 Suladale.....	(01470) 582419	James Jack, (Invergordon) Ltd, Shore Rd Invergordon	(01349) 853000	John Gordon, & Son Ltd, Balblair Rd Nairn.....	(01667) 453223
Isle Of Sky Tourguide Company, Tour Guide Co, Porters Lodge Armadale Ardrvasar	(01471) 844754	James Paterson Haulage, Ltd, 1A Longman Drive Inverness.....	(01463) 231803	Balblair Road Nairn.....	(01667) 452082
Isleburn Mackay & MacLeod, Industrial Est Evanton.....	(01349) 832000	James Pringle Weavers Of Inverness, Inverness Holm Woollen Mills Inverness	(01463) 223311	Or.....	(01667) 452119
Isleburn MacKay MacLeod Engineering, Ltd, Industrial Est Evanton FAX.....	(01349) 832001	JAMIESON & CARRY, Jewellery,Diamonds,Watches, 142 Union St Aberdeen	(01224) 641219	John G Shearer, & Sons, Marketing Pr Advertising, Ayre Service Station Burmwood Road Kirkwall	(01856) 872950
ISLES FM, PO Box 333 Stornoway.....	(01851) 703333	Jamieson, John, B.D.S, 19 Union St Inverness.....	(01463) 232423	John Home Wealth Management, 7 Connel Court Ardconnel Street Inverness.....	(01463) 221221
ISLES FM, 50 Seaforth Road Stornoway	(01851) 701505	Jammy Piece, Cafe, Boots N Paddles Ltd 91b Telford Street	(01463) 239503	John Hood, & Son (Sculptors) Ltd, Station Road Wick	(01955) 603102
Isles Hotel Group,The, Dark Island Hotel Linciate.....	(01870) 603030	Inverness	(01463) 239503	John Jolly, (1978) Ltd, Unit 1 Kiln Corner Ayre Road Kirkwall	(01856) 872268
Borrodale Hotel Daliburgh	(01878) 700444	Janet Street Carpets, Old Woodstore Couper Square Thurso	(01847) 896471	John Maclean, & Sons, Dingwall Business Park Strathpeffer Road	(01349) 868000
Isle Of Benbecula House Hotel Creagorry	(01870) 603046	Jansvans, Ltd, Dunvegan Rd Portree	(01478) 612087	John Maclean Ta Sheraton Properties, Sheraton Apartments Fort William	(01397) 698417
Isobel Fraser Residential Home,The, Mayfield Rd Inverness.....	(01463) 250178	Jappy Curtains, Julia, Lillieshall House Lillieshall Street Helmsdale.....	(01431) 821386	John M Munro, Ltd, Great North Rd Muir Of Ord	(01463) 870238
FAX	(01463) 240914	Jb, Tiles & Bathroom, 58 Henrietta St Wick.....	(01955) 603030	3 The Square High St Beauly	(01463) 782238
Italian Job, Inverness Ltd, The, 4 Carriers Croft Inverness.....	(01463) 592389	Jb Tiles & Bathrooms Solutions, Ltd, 11 Princes St Thurso	(01847) 896677	John Murray, & Co Ltd, 58 Seaforth Road Stornoway.....	(01851) 703854
Italy Tapas & Prosecco Bar, 6 Stephens Brae Inverness	(01463) 712422	JBT, Ltd, Jim Brackenridge (Transport) Dalcross Indust Est	(01667) 462999	John N Young, The Lodge Sordale Halkirk	(01847) 831228
lv159Pz, George Cockburn & Son 19 Mill Street Dingwall	(01349) 862315	JCAM Investments, Ltd, Glenshian Ldg Lochailort.....	(01687) 470456	John O'groats Caravan & Camping Site, Ltd, John O' Groats	(01955) 611329
lvc - Canalside, 91A Telford Street Inverness	(01463) 241567	JD Wetherspoon, Plc, The Kings Highway 72-74 Church Street Inverness	(01463) 251800	JOHN O'GROATS FERRIES, Ltd, Passenger Ferry to Orkney John O'groats FAX.....	(01955) 611301
lvc Crown Vets - Argyle St, 58 Argyle Street Inverness	(01463) 226135	Jeera Indian Restaurant, 26 Queensgate Inverness	(01463) 232523	Passenger Ferry to Orkney John O'groats.....	(01955) 611342
lvc Crown Vets - Culloden, Culloden Veterinary Clinic Keppoch Road	(01463) 792887	Jehovah's Witnesses, Kirkwall Congregation	(01856) 871372	John O' Groats Guest House, John O' Groats	(01955) 611251
Ivybank, Guest House, 28 Old Edinburgh Rd Inverness	(01463) 232796	Jennifer Henderson, The Royal Hotel Marine Terrace Cromarty	(01381) 600813	John O'groats House Hotel, Leisure Attractions/ Tourism, John O'groats.....	(0870) 4582244
J And C Garage Services, Unit 7-8 Riverside Field Industrial Estate	(01349) 369058	Jet 2000, Clayquoy's Training Centre Clayquoy's Airport Rd Wick	(01955) 607756	John O'groats Information Office, Highlands Of Scotland Tourist Board John O' Groats	(01955) 611373
J B Rosey, 19 Victoria Street Stromness.....	(01856) 850287	Jet Stream Accountancy, Accountancy, 111 Church Street Inverness.....	(01463) 572174	John O' Groats Journal, (Editorial/Accounts) 40 Union St Wick (Caithness).....	(01955) 602424
J Corrigan, & Son, Farming, Chinyan Dounby.....	(01856) 771372	Jet Stream Accountancy, Ltd, Carnach Ho Delnies Nairn.....	(01667) 453997	John O'groats Knitwear, Co, John O Groats House Hotel John O' Groats	(01955) 611326

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FAX(01463) 230613	Karol Chmielewski, Central Garage McGregor's Court Dingwall(01349) 864656	FAX(01856) 701309
John Stewart Auto Repairs, Inverlochey Repairs Inverlochey Court Inverlochey.....(01397) 701772	Karrawa Guest House, Inganess Road St. Ola.....(01856) 871100	Kettletoft Hotel, Kettletoft Hotel Sanday.....(01857) 600217
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Johnson's Jewellery, Ret,Mfg & Repair, George St Dingwall(01349) 866966	Kast Retail, Ltd, Unit 70 Eastgate Shopping Centre Inverness(01463) 221976	Key Housing, Tigh Lisgarry Bridge Road Portree(01478) 611767
Johnston, Bros, Oil Mrcnts,Chdlrs, The Pier Mallaig(01687) 462215	Or(01463) 230725	Key Housing Association, 7 Carsegate Road Inverness.....(01463) 711074
Or(01687) 462096	Katherines Unisex Salon, Ltd, 4 Greig Street Inverness(01463) 241694	Key Housing Association, 62 Coulpark Alness(01349) 882518
Johnston Carmichael, (Scotland) Ltd, Chrt'd Acctnts, Unit 1 Cradlehall Business Park Inverness(01463) 796984	Kathleen Wood, Makerhouse Dounby(01856) 771972	Key Housing Association, Flat D 40 Henderson Street Thurso(01847) 895651
Or(01463) 798932	Katrina Mackenzie, Corriemoillie Farm Garve.....(01997) 414367	Key Housing Association, 9 Moss-Side Brae Nairn(01667) 452278
Johnston & Farrell, 124 High Street Invergordon.....(01349) 854981	Kays Stitches, Kays Stitches, Clintons Yard Rigs Road Stornoway.....(01851) 706699	Key Housing Association, 6A Woodland Crescent Golspie.....(01408) 633811
Johnston Fuels, Ltd, Unit No 14 Muir Of Ord Industrial Estate Great North Road Muir Of Ord(01463) 870024	K-Beartech, Ltd, Keol-Na-Miara Navidade.....(01431) 821544	Key Housing Association, 8 Woodland Crescent Golspie(01408) 633988
Johnston, G.H. Bldg Conslt, Willow Ho Stoneyfield Bsns Pk Inverness.....(01463) 237229	Kdm Inns, Ltd, Shandwick House Kildary.....(01862) 842250	Key Housing Association, Ltd, Developments Fort William 53 Camanachd Cres Fort William(01397) 702068
Johnston Metals Highland, Ltd, 3 Burnett Rd Inverness(01463) 233005	11 Saltburn Road Invergordon(01349) 852335	Inverness 1 Madras Ct Inverness(01463) 220814
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Johnston, R, East Garth Harry Orkney(01856) 771251	Kearney Donald, Partnership, Hillside Ho Belford Rd Fort William.....(01397) 704333	Nairn 17 Moss Side Brae Nairn(01667) 451674
Johnston, Wm, & Co (Engineers) Ltd, Gasket Mfrs, 44B Seafield Rd Inverness.....(01463) 238673	FAX(01687) 460084	Key Store, 17-19 Bridge Street Wick.....(01955) 928341
Johnstone, D.J, & Son Ltd, D J Johnstone & Son Glaiachbea.....(01463) 741496	Keatek, FAX(01687) 460084	Keyline Builders Merchants, Dingwall Station Rd Dingwall(01349) 862277
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Johnstone, Ian, Frmr, Wester Seafield House Portmahomack.....(01862) 871219	Kebabish Oban, Takeway, 99 George Street Oban(01631) 563900	Grantown-on-Spey Woodlands Indust Est Woodlands Ter Grantown-on-Spey(01479) 873773
Johnstone, Louis, Timber Contractor Ltd, Glendale Spean Bridge(01397) 712528	Or(01631) 566885	FAX(01479) 873703
Johnstone's Decorating Centre, Inverness Units 3 & 4 Carsegate Rd Sth Inverness(01463) 711356	Keillor,Laurie Martin Partnership, Chrt'd Qty Survyrs, 24 Union St Inverness(01463) 230804	Inverness 25 Harbour Rd Inverness.....(01463) 239151
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Joke Shop, The, Habidasy Fancy Dress, Anchor Buildings Bridge Street Kirkwall(01856) 870870	Kelly, D, Design, 111 High St Fort William(01397) 700999	FAX(01862) 893553
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Or(01856) 873317	Keltic Care, Ltd, Ground And First Floor 10 View Place Inverness(01463) 232222	Khru Coaching, Ltd, Unit 1 Lotland Place Inverness(01463) 832474
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Joss Street Garage, 30 Joss Street Invergordon.....(01349) 853375	Kemp, L & J, Midbigging Tankerness(01856) 861364	Community Centre Pier Road Kilchoan.....(01972) 510711
Joy, P, Greentoft Eday.....(01857) 622269	Kemp, Michael, Frmr, Upper Bigging Toab(01856) 861755	Kilchoan Management, (Knoydart) Ltd, Knoydart.....(01687) 462133
JP Knight, (Caledonia) Ltd, 37 Shore Rd Invergordon(01349) 852611	Kemp, Drs, S & C, Daisyvilla West End St. Margarets Hope(01856) 831206	Kilchrenan House, Kilchrenan House Corran Esplanade Oban(01631) 562663
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Julian Graves, Ltd, Fashion Food, Grampian Rd Aviemore(01479) 811668	Kennedy & Brown Hair, 92 Church Street Inverness(01463) 717864	Or(01878) 710343
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JWS Technical Services, 19 Bishops Drive Scrabster.....(01847) 894375	Kenny's Garage, Lonmore Dunvegan.....(01470) 517184	Kiln Store, 23 Traill Street Thurso.....(01847) 896262
K.a.l.e Action & Development Group, Mercat Centre Munro Crescent Milton Invergordon.....(01862) 842499	Kent, M, Easthouse Balfour(01856) 711240	Kiltearn House, Kiltearn.....(01349) 830617
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K & I Accountancy & Taxation Solutions, Ltd, 4 Gordon Street Nairn.....(01667) 456551	Kershader Sub Post Office, National Gaelic Centre Kershader.....(01851) 880401	Kilts & Krafts, Armadale House Bank Street Portree(01478) 611119
K.J MacDonald, Ltd, 29-31 Cromwell Street Stornoway.....(01851) 703131	KESSOCK EQUINE VETS, Lower Viewbank Kilmuir.....(01463) 731107	Kincaig Community Hall, Community Hall, Kincaig Community Hall Kincaig(01540) 651663
Kallin Shellfish, 8 Grimsay Isle Of North Uist(01870) 603258	Kessock Surgery, (Munlochey Surgery)(01463) 811200	Kincaig House Hotel, FAX(01349) 852193
Kamull Trading, 4 Latheron Centre Latheron Lane Ullapool.....(01854) 613402	Keston, M, Keston, M, Keston, M,	Kinellan Building, Ltd, Blairninch Strathpeffer(01997) 420066
Kantara Self Catering, Viewfield Road Portree.....(01478) 611390		Kingcraig Fabrics, (Brora) Ltd, The Coach House Rosslyn Street Brora(01408) 622118
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Kings Arms Hotel, Kyleakin, Staff	(01599) 534149	Kirn, Ltd, 1 Galloway Place Fort William.....	(01397) 702244	Or.....	(01599) 534869
Kings Arms Hotel, Kyleakin, Kyleakin FAX.....	(01599) 534190	Kishorn Bay Kishorn	(01520) 733303	Kyle Taxis, Kyle Taxi Co Station Road Kyle	(01599) 534426
Kings Golf Club, Kings Golf Club Balphadrig Road Inverness	(01463) 418237	Kishorn Seafood Bar, Kishorn Snack Bar Kishorn.....	(01520) 733240	Kylesku Hotel, The, Kylesku Hotel Kylesku	(01971) 502231
King's House Hotel, Kingshouse Hotel Glencoe	(01855) 851259	Kishorn Specialist Contractors, Ltd, FAX	(01520) 733279	Kylesku Lodges, Kylesku.....	(01971) 502223
Kings House Hotel, Ltd, Glencoe.....	(0843) 8162086	Kitchen Centre, The, 33 South Beach Stornoway	(01851) 704068	Kyndal Spirits, Ltd, Invergordon Distillers Invergordon.....	(01349) 852451
Kings Knoll Hotel, The, Dunollie Road Oban.....	(01631) 562536	Kitchen Finesse Highland Fax, Ltd, 50-52 High Street Alness	(01349) 880667	LA Foods, Laurel Avenue Inverness.....	(01463) 233573
Kingsmills Hotel, Damfield Rd Inverness	(01463) 237166	Kitchen Finesse, (Highland) Ltd, 50-52 High Street Alness	(01349) 885940	LC Parsons, Mo-Dhachaidh Nursing Home North Road Ullapool.....	(01854) 612660
Reservations Damfield Rd Inverness.....	(01463) 257100	Kitchen Place Ltd, The, High Street Wick.....	(01955) 606100	L & L Bistros, Ltd, 5 Cromwell Street Stornoway.....	(01851) 706586
Kingsteps Construction & Management Services, Ltd, Kingsteps Ho Lochloy Rd Nairn	(01667) 454575	Kitchen Restaurant, The, 15 Huntly Street Inverness	(01463) 259119	L Rich, & Co, Burnside Stromness.....	(01856) 850723
Kingussie Chinese Takeaway, Trade, 49 High Street Kingussie.....	(01540) 661950	Kitchen Studio, Unit 1A, Telford Street Retail Park Inverness	(0870) 2910026	L S L Plumbing, 64 Grieve Ship West Stromness.....	(01856) 851601
Kingussie Golf Club, Kingussie	(01540) 661374	Kiwis Garage, 6-8 New Street Stornoway	(01851) 705033	LA Taverna, Italian Rstnt, La Taverna High Range Hotel Grampian Road Aviemore	(01479) 810683
Kingussie & Laggan Medical Practice, Old Distillery Surgery Gynack Road Kingussie.....	(01540) 662214	KN Network Services, Ltd, Dalcross Industrial Estate Turnround Office Unit 13b-C Dalcross	(01667) 460312	La Tortilla Asesina, (Inverness), 99 Castle St Inverness	(01463) 709809
Kingussie Medical Practice, Old Distillery Surgery Gynack Rd Kingussie.....	(01540) 661233	Knight & McDonald Architects, 14 Beinn Ratha Court Reay.....	(01847) 893811	LABOUR PARTY, THE, for Labour MPs see Entry under "Members of Parliament"	
Kingussie Zoo, Highland Wildlife Park Kincaig	(01540) 651270	Knoydart Forest Trust, The, KFT Forest Workshop Inverguisera in Track Knoydart.....	(01687) 462806	Ladysmith Guest House, Ladysmith House 24 Pulteney Street Ullapool	(01854) 613286
KINLOCH CASTLE, Isle of Rum	(01687) 462037	Knoydart Foundation, Inverie (Office)	(01687) 460191	Laga Farm, G, Laga Farm Laga	(01972) 500217
Kinloch Hotel, Isle Of Skye.....	(01471) 833333	Knoydart Pottery & Tea Room, Knoydart.....	(01687) 460191	Laggan Forest Trust, The, Ltd, Wolftrax Strathmashie	(01528) 544366
Kinloch Lodge Hotel, Isle of Skye, Reception Do.....	(01471) 833333	Knoydart Trading, Ltd, The Bunkhouse Knoydart.....	(01687) 462163	Lagganbeg Guest House, Lagganbeg Dunollie Ter Dunollie Ro Ad Oban.....	(01631) 563151
Or	(01847) 611226	Kongsberg Maritime, Ltd, Indust Est Wick Airport Wick (Caithness)	(01955) 603606	Lagganlia Centre For Outdoor Education, Education Dept Lagganlia Centre Feshie Bridge	(01540) 651265
Kinlochbervie Fish Selling, Co Ltd, Kinlochbervie Fish Selling Co Ltd Kinlochbervie	(01971) 521246	Koon Koon Ho, 26 Grant Street Inverness.....	(01463) 714992	Laide Post Office, Post Office Laide	(01445) 731252
Kinlochbervie Hotel, Kinlochbervie	(01971) 521438	Kopijava, 87 Cromwell Street Stornoway	(01851) 700477	Laidlaws Newsagents, Ltd, 95 Bruce Gardens Inverness	(01463) 234018
Kinlochewe Hotel, Kinlochewe	(01445) 760253	Korrie Mechanical & Plumbing, Ltd, 9 Carsegate Rd Nth Inverness.....	(01463) 729111	Laigandaur Farm, Laigandaur Farm Daviot	(01463) 772188
Kinlochewe Stores, Kinlochewe Stores Kinlochewe	(01445) 760252	Koss, Ltd, Garage, Fearndrome Fearn.....	(01862) 832903	Laing, E.I. McGregor, Wester Fearn Ardgay	(01863) 766223
Kinlochleven Community Trust, Unit 4A Kinlochleven Business Park Kinlochleven	(01855) 831779	KP Technology, Ltd, Old Foundry Burn St Wick (Caithness)	(01955) 602777	Laing Motors, Ltd, Garage Lochboisdale	(01878) 700143
Kinlochleven Medical Practice, Kinlochleven Medical Kearnan Road Kinlochleven	(01855) 831225	OLD FOUNDRY BURN STREET WICK.....	(01955) 602555	Lochboisdale.....	(01878) 700143
Kinmylies Lodge, Nrsng Home, Office Kinmylies Lodge Kinmylies Way Inverness FAX	(01463) 718545	Kris Scott, Caberfeidh Smoo.....	(01971) 511214	Lairg & District Community Initiatives, Community Charity, School House Main Street Lairg.....	(01549) 402240
Kinmylies Medical Centre, Health Visitor	(01463) 714929	Krispy Chicken & Fish Bar, Ltd, Krispy Chicken And Fish Bar Provost Sinclair Road Thurso.....	(01847) 890993	Lairg & District Learning Centre, School House Main Street Lairg.....	(01549) 402050
Kinmylies Medical Practice, 1 Assynt Road Inverness	(01463) 239865	Kronks, 7 Stafford Street Oban.....	(01631) 358019	Lairg Garage, Ltd, 1 Main Street Lairg	(01549) 402949
Kinmylies Pharmacy, 1 Charleston Ct Inverness.....	(01463) 221094	KS Refrigeration Service & Maintenance, Alt A'Mhuillinn Loan Fern Ballachulish.....	(01855) 811641	Lairg Hairdresser, (Gillian), Main Street Lairg	(01549) 402015
Kinnaird, H.W, Plant Hire Contr, Cairnfield Moyness Rd Nairn	(01667) 454036	Kurhne & Nagel Drinks Logistics, 33 Harbour Road Inverness.....	(01463) 242505	Lairg Medical Practice, Health Centre Lairg	(01549) 402007
Kintail Crafts, Alt- A-Chruinn Glenshiel.....	(01599) 511345	Kut Above, 56 Henrietta Street Wick.....	(01955) 602475	Lam, Siu Ping, 27 Millburn Court Inverness	(01463) 232155
Kintail Finance, First Floor Offices 3 Young Street Inverness	(01463) 232100	Kwa Consulting Engineers, Ward Cottage Burn Place Dingwall.....	(01349) 863333	Lamb Holm Enterprises, Ltd, Yard & Store Alfred Flett Ltd Holm.....	(01856) 781280
Kintail Lodge Hotel, Glenshiel	(01599) 511437	Kwik-Fit, Tyre, Exhaust & Brake, Inverness 4 Longman Rd	(0870) 9997168	Lancaster Hotel, Corran Esplanade Oban	(01631) 562587
Kintyre House Residential Home, Saltburn FAX.....	(01349) 854484	Inverness 4 Longman Rd Inverness	(01463) 226303	Landmark Forest Theme Park, Carrbridge.....	(01479) 841384
Kirk, J.A, Planthire & Agric Contr, Rothiemoon Fm Cott Nethy Bridge.....	(01479) 821348	Kyle Bakery & Grocery, Kyle Bakery Grocery Co Dornoch Road Bonar Bridge.....	(01863) 766272	Landmark Press, The Yard Station Rd Carrbridge.....	(01479) 841319
Kirk Session, Church, Free Church Manse Bayhead	(01876) 510233	Kyle Carpets, Ltd, Fraser W & Son Main Street Kyle	(01599) 534023	Langan & Smith Joinery, 21 Ben Nevis Drive Ben Nevis Industrial Estate	(01397) 705599
Kirkbi Estates, Scardroy Steading Strathconon.....	(01997) 477267	Kyle Hotel, The, Main St Kyle.....	(01599) 534204	Langass Lodge Hotel, Langass	(01876) 580385
Scardroy Ldg Strathconon	(01997) 477381	FAX	(01599) 534932	L'arche, 13 Drummond Cres Inverness	(01463) 239615
Kirkbi Estates, Ltd, Dalbreac Strathconon	(01997) 477337	Kyle Line, The, Signal Box Station Yard Kyle	(01599) 534824	Larche, Ltd, Braerannoch 13 Drummond Cres Inverness.....	(01463) 714938
Scardroy Strathconon	(01997) 477399	Kyle & Lochalsh Community Trust, Kyle Hall Main St Kyle	(01599) 534505	43 Mile End Pl Inverness.....	(01463) 225901
Kirker Europe, Ltd, Unit 6:10a Inverbreakie Indust Est Invergordon	(01349) 856869	Kyle Medical Practice, Lochalsh Healthcare Centre Station Road Kyle.....	(01599) 530930	3 Victoria Dv Inverness	(01463) 221179
Kirkland, Ltd, 95 Main St Golspie	(01408) 633109	Kyle Of Lochalsh Post Office, Kyle Post Office 3 Station Road Kyle	(01599) 534246	Laroch Restaurant & Bar, Ltd, The, The Royal Bank Of Scotland Plc Loan Fern Ballachulish	(01855) 811940
Kirkwall Airport, Terminal Information Desk	(01856) 872494	Kyle Of Sutherland Development Trust, Ardgay Business Centre Ardgay.....	(01863) 766066	Larsen & Ross, Ltd, Lorimers Family Restaurant Longman Rd Inverness.....	(01463) 712102
Loganair	(01856) 872421	Or	(01863) 766809	LAS PLANT, Ltd, Plant Hirers, Small Plant Department Lotland St Inverness	(01463) 711412
Highlands & Islands Airports Ltd	(01856) 872421	Kyle Of Sutherland Development Trust, Ardgay Data Dornoch Rd Bonar Bridge	(01863) 766190	Las Plant, Ltd, Lotland Street Inverness.....	(01463) 235545
Kirkwall East Church, 3 King Street Kirkwall	(01856) 879057	R Fraser & Co Ardgay.....	(01863) 766702	Laser Gifts For U, Tardale Camilla Street Halkirk.....	(01847) 831245
Kirkwall East Church, East Church Manse Thoms Street Kirkwall	(01856) 874789	Kyle Pharmacy, Kyle Pharmacy Station Road Kyle.....	(01599) 534206	Lashford, Dr, A, Pier House Shieldaig	(01520) 755307
Kirkwall Kilwinnig Recreation Club, Masonic Hall Castle Street Kirkwall.....	(01856) 872407	Kyle Post Office, Kirkwall	(01856) 873354	Lauderama, 47 Albert St Kirkwall	(01856) 872982
Kirkwall & St. Ola Community Centre, Broad St Kirkwall.....	(01856) 873354			Laura Ashley, Ltd, Garments & Home Furnishings, Inverness Unit A Falcon Sq Millburn Rd	(0871) 2231306

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Lochaber Womens Aid, 3 Belford Road Fort William	(01397) 705734	Lochside Garage, 2 West Quarry Ballachulish Ballachulish	(01855) 811880	Luigi'S Ice Cream Parlour, 1 Castle Street Dornoch	(01862) 810893
Lochaline Hotel, Lochaline Hotel Morvern	(01967) 421657	FAX	(01856) 751386	Lundberg, Erik, Chrted Archt, Pilgrim Cott Kirkhill	(01463) 831742
Lochaline Quartz Sand, Ltd, Lochaline Mine Morvern	(01967) 421324	Lochview, Evie	(01856) 751386	LVM & HH, Co Ltd, Gairloch Golf Course Gairloch	(01445) 712220
Lochalsh Business Solutions, Caldhsolas Auchtertyer Kyle	(0872) 4366136	Lochy Caravan Park, Ltd, Camaghael	(01397) 703446	Lw Group, Plant Hire & Engng, Wester Teaninich Farm Evanton	(01349) 830611
Lochalsh Hotel, Ferry Rd Kyle	(01599) 534202	Lochy, The, Shop, 230 Kilmallie Road Caol Fort William	(01397) 703587	Lybster Day Care Centre, 9 Jeffrey Street Lybster	(01593) 721587
Lochalsh Leisure Centre, Lochalsh & Skye Swimming Pool Main Street Kyle	(01599) 534848	Lock Inn, The Lock Inn Canalside Fort Augustus	(01320) 366302	Lybster Medical Practice, The Medical Centre Althorpe Street Lybster	(01593) 721216
Lochalsh & Skye Housing Association, Bridge Rd Portree	(01478) 612035	Loco Motif Bodyart, Shopping Centre Glenloy Street Caol	(01397) 708787	Lybster Post Office, Ltd, Post Office Main Street Lybster	(01593) 721201
The Green Shed Dunvegan Rd Portree	(01478) 612471	Lodge On The Loch Hotel,The, The Lodge On The Loch Hotel Onich	(01855) 821237	Lybster Stores, Swansons Groceries Main Street Lybster	(01593) 721799
FAX	(01478) 613377	Lodge on the Loch, Ltd, The Ballachulish Hotel	(0871) 2223461	Lyndy's Laundry, Unit 2 Lochcarron Industrial Estate Lochcarron	(01520) 722333
Loch-An-Eilein Pottery, Ceramins, English Charlies Aviemore	(01479) 810837	Guests Ballachulish Argyll FAX	(0871) 2223462	Lynnfield Hotel, Holm Road Kirkwall	(01856) 872505
LOCHANHULLY WOODLAND CLUB, Grantown Rd Carr Bdge	(01479) 841234	The Lodge on the Loch Hotel	(0871) 2223462	FAX	(01856) 870038
Lochanully Woodland Club, Lochanully Lodges	(0845) 6016048	Guests Onich, Near Fort William	(0871) 2223462	Lynnfield Hotel, Lynnfield Hotel St. Ola Kirkwall	(01856) 988010
Lochardil House Hotel, (Office) Stratherrick Rd Inverness	(01463) 235995	Lodge On The Loch,The, Hotel & Rstnt, Onich, Nr Fort William	(01855) 821238	Lynnfield Hotel, Lynnfield Hotel St. Ola Kirkwall	(01856) 988341
(Guests) Stratherrick Rd Inverness	(01463) 235995	Lodgehill Clinic,The, Nairn Town & County Hospital Cawdor Road Nairn.....	(01667) 452096	Lyon, H, Hestwall Farm Sandwick	(01856) 841556
FAX	(01463) 713394	Lodges On Loch Ness,The, The Lodges On Loch Ness Ltd Ltd, Bsns, 7 Meadowfield Avenue Inverness.....	(01463) 239961	Lyten Mfg, (Inverness) Ltd, Unit 6,9 Lotland St Inverness	(01463) 243434
Lochardil Pharmacy, Lochardil Supermarket Morven Road Inverness.....	(01463) 236263	Loftus, Dr, A, Port Aluinn Cottage Ullapool.....	(01854) 613886	M A Groat & Cloke Farm, Cloke Doumby	(01856) 771313
Lochbay Restaurant, Ltd, 1-2 MacLeod Terrace Waternish Isle Of Skye	(01470) 517142	Loganair, Ltd, Barra Aerodrome	(01871) 890232	M B PLANT, Van & Plant Hire, Unit 13 Indust Est Invergordon	(01349) 853760
Lochboisdale Hotel, Lochboisdale Hotel Lochboisdale.....	(01878) 700332	FAX	(01871) 890232	Or	(01349) 853780
Lochboisdale Slighe Choinnich, Arqiva Street Enclosure Post Office Lochboisdale	(01878) 700832	Kirkwall Airport Orkney Inter Isles Reservations Kirkwall	(01856) 872494	M D Grain & Feed, Balaldie Fm Fearn	(01862) 871303
Lochbroom & Coigach Free Church Of Scotland, Quay Street Ullapool	(01854) 612865	Stornoway Airport Isle Of Lewis	(01851) 703673	M.D MacKay, Haulage Contractors, FAX	(01851) 705285
Lochbroom Filling Station, Unit 2 Moorfield Indust Est Ullapool.....	(01854) 613355	Logic Alarms, The Old Bakery Shore Street Beauly	(01463) 783001	M F Wells, (Hotels) Ltd, Helmsdale Residential Home Heathercroft Argyll Rd Fort William	(01397) 702696
FAX Unit 2 Morefield Indust Est Ullapool.....	(01854) 613777	Logic Alarms, Ltd, Mayfield Tomich Beauly	(01349) 888474	M F Wells, Ltd (Hotels), Highland Hotel Union Road Fort William	(01397) 701852
Lochbroom Hardware, Quay St Ullapool	(01854) 613366	Logie Insurance Services, FAX	(07070) 710605	M & H Carriers, Carsegate Rd Nth Inverness.....	(01463) 239191
Lochbroom Ullapool Church Of Scotland, 11 Mill Street Ullapool	(01854) 612360	Logue, J, J P L Shellfish, Unit 1 Scrabster Thurso	(01847) 890909	M & H Carriers, Carriers, Carsegate Road North Inverness	(01463) 221861
Lochbroom Woodfuels, Ltd, Ullapool Harbour Bsns Pk Morefield Indust Est Morefield	(01854) 612328	London Mint Office, Harmsworth House, 13-15 Bouverie Street London	(0800) 0374321	M H Electrical, Ltd, 1 Dorrans Nairnside	(01463) 791980
Lochcarron Garage, Lochcarron	(01520) 722205	London Stores, Gen Store, Badcall	(01971) 521273	M J Johnstone, Ltd, Ardbreck Hillhead Ardersier	(01667) 462628
Shop Lochcarron	(01520) 722997	Long Partnership,The, 1 Castle St Kirkwall	(01856) 878600	M Macdonald, Farming, Culaneilan Farm Kinlochewe	(01445) 760229
Lochcarron Golf Club, Loch Carron Church Lochcarron	(01520) 722744	Long Partnership,The, 3A Princes St Thurso	(01847) 890304	M Mackay Engineering Services, Ltd, Unit G3 Scrabster Business Centre Scrabster	(01847) 893702
Lochcarron Hotel, Lochcarron Hotel Lochcarron	(01520) 722226	Look Events, Business Start-Up Consultancy, Look Events Dalcross Industrial Estate	(01382) 602084	M & M Auto Repairs, 18 Harbour Rd Inverness	(01463) 248822
Lochcarron Medical Partnership, Ferguson Medical Cntr Lochcarron	(01520) 722230	Lorimers Family Restaurant, Lorimers Family Restaurant Longman Road Inverness	(01463) 717717	M.Ps, See under Members Of Parliament	
Ferguson Medical Centre Lochcarron	(01520) 722215	Lorn & Oborn Healthy Options, Ltd, St. Moluags Diocesan Centre Croft Avenue Oban.....	(01631) 565113	M & S Dental Care, Glen Nevis Pl Fort William	(01397) 702147
Lochcarron Metalwork, Unit 13 Baxter Indust Est Muir Of Ord	(01463) 871717	Lorn Taxis, 12 Lorn Av Oban	(01631) 564744	M S Industrial Services, Ltd, Invergordon	(01349) 854454
Lochcarron Post Office, Lochcarron Food Centre Lochcarron	(01520) 722881	Lorna Murray, Solr, FAX	(01463) 717720	M V Huskyn & Divers Lodge, 110 Victoria Street Stromness	(01856) 850292
Locheil Logistics, Ltd, 5 Duisky Fort William	(01397) 722218	Lorne Freehold, Ltd, Science & Engineering, LORN HOTEL STEVENSON ST OBAN	(01631) 570020	M V Onward, Calda House North Road Morefield	(01854) 613000
Lochend Croft House B & B, Lochend Croft House Lochend	(01463) 861422	Lotte Glob Far North Ceramics, Workshop 105 Laid Loch Eriboll	(01971) 511727	"MAC", m',Mc & Mac are to be treated as "Mac" & the next letter in the name determines position of the entry. Similarly , with names such as "Mace" & "Mack" the fourth letter determines t heir position.	
Lochgorm Warehouse, 46 Tulloch St Dingwall	(01349) 863464	Lovat Arms Hotel, High Street Beauly.....	(01463) 782313	McAdie & Reeve, Ltd, Crowness Rd Hatston	(01856) 872101
Lochgorm Warehouse, 2 Millburn Rd Inverness	(01463) 235286	Lovat Estates, High Street Beauly.....	(01463) 782313	Or	(01856) 876087
FAX	(01463) 713607	Lovat Estates Estate Office	(01463) 782661	McAllan, & Co (Paint & Wlppr), 26 Bridge Street Wick	(01955) 602058
Lochgorm Warehouses, Millburn Road Inverness	(01463) 239353	FAX	(01463) 782661	McAllans, Mens & Ladies Clothg, FAX 50 High St Wick (Caithness)	(01955) 605486
Lochgorm Warehouses, Millburn Road Inverness	(01463) 718260	Lovat Highland Estates, Ltd, Lovat Ests, Lovat Estate Office Station Road Beauly	(01463) 782271	5 High St Thurso Mens.....	(01847) 893993
Lochiel Villa Guest House, Healthcare Social Care, Lochiel Villa Achintore Road Fort William.....	(01397) 703616	Lovats, Super Market, Carman	(01870) 610340	Ladies 52 High St Wick (Caithness)	(01955) 605503
Lochinver Larder, Main St Lochinver	(01571) 844356	Lovats, Super Market, Lovats Shop Winfield Way Balivanich	(01870) 602716	Mens 66 High St Wick (Caithness)	(01955) 602547
Lochinver Seafoods Transport, Hillhead Lochinver	(01571) 844454	Lovats Ltd, Winfield Way Balivanich.....	(01870) 603704	Unit 5b Airport Industrial Est Wick Airport Wick (Caithness)	(01955) 609341
Lochleven Shellfish, Camus Mhor Fish Farm Camus Mhor House North Ballachulish	(01855) 821444	Love From Skye, Ltd, Skye Jewellery Broadford.....	(01471) 822600	FAX	(01955) 609371
Lochluchart Estate, Lochluchart Lodge FAX	(01997) 414340	Lovit, 3 High Street Beauly	(01463) 832465	McAllen, & Co Pntrs Ltd, 10 The Shore Wick (Caithness)	(01955) 603714
Lochmaddy Post Office, Post Office Lochmaddy	(01876) 500330	Lower Deck,The, Seafood Rstnt, 1 Douglas Row Portree	(01478) 613611	MacAndrew & Jenkins, Solrs & Est Agt, 5 Drummond Street Inverness FAX	(01463) 230743
Lochmaree Hotel,The, Achnasheen FAX	(01445) 760241	Lows Solicitors & Agents, 5 Broad St Kirkwall	(01856) 873151	Macarthur, Takeaway, 88 High Street Fort William	(01397) 703333
Lochs Free Church Of Scotland, Free Church Manse Crossbost.....	(01851) 860683	Loyez, J, Morvich Ldg Cottis Rogart.....	(01408) 641237	Macarthur, Anderson, Ltd, The Mains Somerled Square Portree	(01478) 612197
Lochs Services, Town & Country Garages Cameron Terrace Leurbost	(01851) 860377	Or	(01408) 641267	Macarthur, Bros, Middle Pleenas Nairn	(01667) 452009
Lochs Services, Town & Country Garages Cameron Terrace Leurbost	(01851) 860580	Lucid PR, Events and Marketing, Events & Marketing, 22 Market Brae Inverness	(0843) 5079681	MACARTHUR, & Co, Solrs & Estate Agents,	
		Lucky House, 53 High Street Nairn	(01667) 451774		
		Lucky House,			

7 Ardross St Inverness.....	(01463) 234445	Or	(01463) 239376	15 Henderson Rd Inverness.....	(01463) 717999
Macarthur Park, Holiday Let, Luib	(01471) 820090	Macdonald Hotels, Plc, Lochanully Lodges Carrbridge.....	(01479) 841234	FAX	(01463) 717888
Macaskill, R, Ardhasaig	(01859) 502066	Facilities Building Dalfaber Country Club Dalfaber Industrial Estate Dalfaber Drive		Macgregor Industrial Supplies, 7 Harbour Road Inverness.....	(01463) 729220
MacAulay Bros, Ltd, Engs,Hlge Contrs, Garage	(01878) 700278	Aviemore.....	(01479) 811151	Macgregor Industrial Supplies, 15-17 Henderson Road Inverness	(01463) 275075
Garage Garage & Workshop Lochboisdale	(01878) 700532	Or	(01479) 812730	Macgregor Industrial Supplies, Ltd, Donnie Morrison Body Shop Durvegan Rd Portree	(01478) 612145
Macbackpackers, Ltd, Loch Ness Youth Hostel Glenmoriston.....	(01320) 351298	MacDonald, Ian, Ins & Financial Servs, 108 Church St Inverness.....	(01463) 223555	Or	(01478) 612951
McBains Cooper Hanson, Chrted Surveyors & Valuers, Thurso		Or	(01463) 242242	Macgregor Properties, Ltd, 103 High St Invergordon.....	(01349) 855010
29 Traill St Thurso.....	(01847) 892022	MacDonald, John J, Bldg & Civ Eng, The Yard Drimisdale.....	(01870) 610314	Macgregors Bars, Pubs Bars Restaurants, 113 Academy Street Inverness.....	(01463) 719629
McBean, E, Burnside Of Lethen Smithy Nairn	(01667) 453016	MacDonald, J.M, & Prtnrs, Ophthalmic Optcn, 8 View Pl Inverness.....	(01463) 231975	MacInnes, Knockline.....	(01876) 510272
McBeath, George, 6 Traill St Thurso.....	(01847) 892364	Macdonald, Dr, K, 38 Laggan Road Inverness.....	(01463) 234621	MacInnes, Bros, 71B Carsegate Rd Inverness	(01463) 717545
McBrides Signs & Engraving Service, 2 Henderson Drive Inverness.....	(01463) 237303	MacDonald Law, Tourist Information Cntr Riverside Thurso	(01847) 894515	MacInnes, Bros Ltd, Bldg Civ Engng Contrs, Uachdar	(01870) 602910
MacCallam, J.C, Corrimony Glen Urquhart.....	(01456) 476263	MacDonald & Macintyre, 48 Thornbush Rd Inverness.....	(01463) 233980	MacInnes Brothers, Ltd, Office MacInnes Stoneybridge	(01870) 620336
Maccallums, 40 Union Street Inverness.....	(01463) 224922	MacDonald & MacIver, & Co, 20 Francis St Stornoway	(01851) 704343	MacInnes, & Co, Ardevenish Ardevenish	(01871) 890790
McCarthy & Stone, Service Line Crown Avenue Inverness	(01463) 232059	Macdonald Maciver, & Co Ltd, Wholesale Retail, 20 Francis Street Stornoway	(01851) 706923	MacInnes, Dr, D.J, Scapa Practice	(01856) 888245
Or	(01463) 230761	Macdonald & Muir, Ltd, Glen Morangie Distillery Glen Morangie	(01862) 893503	MacInnes Garage, MacInnes Garage Barvas Industrial Estate Park.....	(01851) 840490
McCarthy & Stone, Service Line Crown Avenue Inverness	(01463) 233537	Lighthouse New Building Glenmorangie Distillery Glen Morangie	(01862) 894204	McInnes House Hotel, Newtonmore Road Kingussie.....	(01540) 661967
Maccaskill Builders, 4 Greep Roag	(01470) 521344	MacDonald Resorts, Ltd, Dalfaber Golf & Country Club Aviemore Reception.....	(01479) 811244	McInnes Plumbing & Heating, Ltd Ltd, Trade, 43A Harbour Rd Inverness	(01463) 231423
McCheyne, R Murray, Solicitor, Murchison Law, 5 Ardross Terrace Inverness	(01463) 709992	Macdonald, Ron M, Old Bdge Gar Carr Bdge	(01479) 841254	McIntosh Jas & Co Ltd, Whsle Btchrs,Slaughtering Contrs, See McIntosh Donald	
McChristie, Don, Sht Mtl Fabctrs, Unit 3 River Wynd Teaninich Industrial Estate	(01349) 883867	Or	(01479) 841728	Macintyre, A.M, Findon Mains Culbokie.....	(01349) 877227
Maccoll, D, Insh Farm Spean Bridge	(01397) 712242	MacDonald, R, & Son, Sht Mtl Wkrs, 3 Carsegate Road Inverness	(01463) 235540	McIntyre, & Co, 38 High Street Fort William	(01397) 703231
McColls Convenience, Gairloch Auchtercalm Rd Gairloch.....	(01445) 712242	FAX	(01463) 713674	Macintyre, Fraser, Nwsagt, 14 Wentworth Street Portree	(01478) 612918
McConachie, J, & Son, Lethendry Cromdale.....	(01479) 872075	McDonald Scaffolding, (Services) Ltd, Rosskeen Old Manse	(01349) 853862	McIntyre, I.T, Dental Surgery, 52 Northcote High Street Dingwall	(01349) 863127
McConechy's Tyre & Exhaust Centres, Dingwall Depot		FAX	(01349) 853862	Macintyres Of Inveraray, 34-38 George Street Oban.....	(01631) 569888
Kinnairdie Service Stn Craig Rd Dingwall	(01349) 862097	Macdonald, W.A, (Bldg Design) Ltd, Unit 16 Dalcross Indust Est	(01667) 461111	Maciver, Angus, Contrs Ltd, 25 Academy St Fortrose	(01381) 621333
Kirkwall Depot		Dalcross Industrial Estate	(01667) 461111	Maciver, Angus, Ltd, Unit 2 Rigs Road Stornoway.....	(01851) 702551
18 Queen St Kirkwall	(01856) 873300	MacDonald, W.J, (Butchers) Ltd, 5 Francis St Stornoway	(01851) 701907	Maciver Consultancy Services, Ltd, 2A Steinish.....	(01851) 704703
Thurso Depot		Or	(01851) 702077	Maciver, G, Flowerburn Mains Rosemarkie.....	(01381) 620946
Millbank Garage Millbank Rd Thurso	(01847) 896366	Macdonald-Coulter, I, The Bothy Skye Of Curr Road Dulnain Bridge	(01479) 851337	Maciver, I.A & C, Ltd, Old Harris Tweed Mill Parkend Indust Est	
Wick Depot		McDonald's, Unit 9 Inshes Retail Park Inverness	(01463) 233794	Sandwick	(01851) 705050
16A Airport Indust Est Wick (Caithness)	(01955) 604410	McDonalds Garage Services, 5 Drumie Portree	(01478) 613773	Units 4-5 Parkend Indust Est Sandwick	(01851) 703351
McConechy's Tyre Service, Ltd, 12 Junction Rd Kirkwall.....	(01856) 870296	McDonald's Hardware, 53 High Street Dingwall.....	(01349) 862180	Maciver, John, & Sons Ltd, Hlge Contrs,Planthirers, 4 Yard Marybank Isle Of Lewis	(01851) 702554
North Rd Fort William.....	(01397) 706197	McDonald's Restaurants, Ltd, Restaurants		Maciver Teale Law Practice,The, 87 Cromwell St Stornoway.....	(01851) 706070
McConnachie, J, Frmr, Culfoichmore Grantown-On-Spey	(01807) 510201	22 High St Inverness	(01463) 237499	Mack, R, Muirton Mains Urray	(01997) 433209
McCormacks Garage, Newtonmore Rd Kingussie	(01540) 661381	McDougall, Dr, C, Mo-Dhachaidh Nursing Home North Rd Ullapool.....	(01854) 612015	Mackay, A, & Son, Fishmgr, Fish Shop The Harbour Thurso.....	(01847) 896310
MacDiarmid, Allan, Mtr Eng, Dunvegan Garage Dunvegan	(01470) 521234	Macdougall & Hastie, Ltd, 4 Queensgate Arcade Queensgate Inverness	(01463) 715219	Mackay, & Co C A, Unit 6 Bridgend Road Dingwall	(01349) 867757
Macdonald, Bldg Contr, Willow Bank Lentrn	(01463) 831555	McDougall's Of Oban, Ltd, 103 George Street Oban	(01631) 570552	Mackay, & Co CA, Unit 8 Golspie Business Park Golspie	(01408) 633160
MacDonald, A, Frmr, Dalbuaick Carrbridge	(01479) 841219	MACDOWALL, & Co, Chrted Acctnts, Tulloch St Dingwall.....	(01349) 863345	Mackay Consultants, Ltd, Economic Conslts, 75 Haugh Road Inverness.....	(01463) 223200
Macdonald, A, 23 Leurbost	(01851) 860472	Macdowall & Company, Macdowall & Co Tulloch Street Dingwall.....	(01349) 866055	Mackay, D, Joinery Ltd, Choire Mhor Tomatin	(01808) 511466
Macdonald, Angus, Ach Aluinn 27 Fairfield Road Inverness.....	(01463) 230127	McEwan Of Inverness, Ltd, 44a Seafield Road Inverness	(01463) 221126	Mackay, D.W, Ltd, Culag Lochinver	(01571) 844442
Macdonald, A.C, Gen Mrcrnt, All Seasons Lochboisdale	(01878) 700303	McEwen Coal, Coal Mrcrnts, George St Wick.....	(01955) 603188	MacKay Edward Contractor, Ltd, FAX	(01408) 621132
Macdonald, A.D, & Son Ltd, Plmbg & Htg Engs, 88 Keith Street Stornoway	(01851) 702650	McEwen, J & M, 74 Junction Road Kirkwall	(01856) 872281	Mackay, H, Frmr, Wester Tomloan Nairn	(01309) 651289
Macdonald, A.I, 2 Balbeg Balnain	(01456) 476223	McFall, A.P, 150 Kilmallie Road Caol.....	(01397) 702773	Mackay, J.S, Biggins Farm Killimster Wick	(01955) 602745
Macdonald, A.L, Ardslignish Farm Acharacle.....	(01972) 500700	McFarlane, Archibald, Gen Mrcrnt, MacFarlane Shop Spean Bridge.....	(01397) 712230	Mackay, K, Craggan Hotel Talmine	(01847) 601278
MACDONALD, Angus, (Strathpeffer) Contractors, Mobile	(07850) 391785	MacFarlane, Dr, E, Med Pract, Appointments 15 Culduthel Rd Inverness	(01463) 709709	Mackay, Norman, Elec Contrs, 3 Luskenyere	(01859) 550257
Macdonald Body Shop, W Macdonald Bodyshop Woodlands Industrial Estate Woodlands Terrace		Enquiries ,House Calls 15 Culduthel Rd Inverness	(01463) 712233	Mackay, Neil, & Co Ltd, Parkend Depot Parkend Industrial Estate	
Grantown-On-Spey	(01479) 872464	Macgillivray Construction, Willow House Cothill Nairn.....	(01309) 641442	Sandwick	(01851) 702063
McDonald Bros, Bros, Flor,Grcrs, 12-13 Battlefield Crescent Inverloch	(01397) 702221	Macgillivray Motors, Ltd, Skye Ferry Filling Station Ardvassar	(01471) 844361	MacKay Properties, (Durness) Ltd, Kincardine Lodge Boat Of Garten.....	(01479) 831494
McDonald, C, 7 Keith Street Stornoway	(01851) 700033	McGowan Environmental Engineering, Ltd, Dalfaber Indust Est Dalfaber Dv Aviemore	(01479) 812170	Mackay, R, Former Bakery Main Street Golspie,Sutherland	(01408) 634287
Macdonald Contracting, Ltd, 111 Holm Farm Road Culduthel Inverness	(01463) 794640	McGrath, N, Suisnish Melbost	(01851) 704589	Mackay, R.M, Westwood Rattar Mains Scarfskerry.....	(01847) 851674
MacDonald, D, & Co, Bldg Contrs, P S A Offices Balivanich.....	(01870) 602396	McGregger, D, Ewenhill North Road Wick	(01955) 602536	Mackay, Richard, & Sons, Gen Mrcrnt, Durine Durness	(01971) 511209
MacDonald, F & R, Vhcle Repairer, 8 Holm Mills Rd Inverness	(01463) 231344	McGregor Construction, (Highlands) Ltd, Longman Indust Est,Seafield Rd Inverness	(01397) 703216	Mackay Steelwork & Cladding, Ltd, Old Lincoln Electics Bldg Barbaraville	(01862) 843910
Macdonald Hotel, Fort William Rd Kinlochleven	(0843) 5153151	McGregor, Donald S, & Partners Ltd, Vet Surgs, Unit Adj To Unit 4 Airport Ho Airport Industrial Estate Wick Airport Wick (Caithness).....	(01955) 602088	Mackay, Mr, T,	
Macdonald Hotel & Cabins, Macdonald Hotel & Cabins Fort William Road Kinlochleven	(01855) 831539	Veterinary Surgery Janet Street Thurso	(01847) 892387		
Macdonald Hotels, Ltd, Ness Side House Inverness	(01463) 230686	MacGregor Industrial Supplies, Sales, Hire & Repairs,			

Mackenzie Cottage 1 Manse Road Nairn	(01667) 454269	FAX	(01456) 486425	Macleod, M.M, Health Centre Springfield Rd Stornoway	(01851) 703145
Mackay Underwater Technology, 11 Harbour Terrace Wick	(01955) 601403	Mackintosh Homes, (Highland) Ltd, 62A Haugh Road Inverness	(01463) 250160	Macleod, N, 60 North Shawbost.....	(01851) 710208
Mackay William, (Precast) Ltd, Precast,Plstr Contr, Cairns Quarry Strirkoke Wick (Caitness).....	(01955) 603484	Mackintosh, James, & Son, Balnabul Farm Dalcross	(01667) 493209	Macleod, N & D, (Portree) Ltd, Undertaker, 1 Portree Indust Est Dunvegan Rd Portree	(01478) 612798
Mackays Garage & Agric, Co Ltd, Dingwall Strathpeffer Rd Dingwall.....	(01349) 869100	Mackintosh, J.W, Frmr, Midtown Of Duntelchaig Farr.....	(01808) 521237	Macleod Organics, New Building Kyleirona Ardersier.....	(01667) 462555
Mackays Hotel, Union St Wick (Caitness).....	(01955) 602323	Mackintosh Motors, Ltd, The Garage Station Rd Tain	(01862) 894045	Macleod, R, 16 Uigean.....	(01851) 672479
FAX	(01955) 605930	McLardy Dr J McIntyre Dr A & Fullerton Dr L, The Surgery Ferry Rd Beauly	(01463) 782214	McLeod, R.J, (Contractors) Ltd, Unit 2 Dingwall Business Park Strathpeffer Road Dingwall.....	(01349) 860000
Mackays Hotel, Spa Pavilion Strathpeffer	(01997) 421110	McLaren Building, Ltd, The Boat House 23 Lower Breakish.....	(01471) 820375	Macleod Roofing, Ltd, 37 Henderson Dv Inverness	(01463) 729297
Mackays Of Dingwall, Mackays Gar Strathpeffer Rd Dingwall	(01349) 862011	McLean, C, Optcns, 8 Leopold Street Nairn	(01667) 456487	Macleod, R, & Son, Irmgrs,Sports Shop, 14 Lamington Street Tain.....	(01862) 892171
Mackays Taxis, Transport Private Hire, Upper Birichen Dornoch	(01862) 810162	McLean Coaches, Ltd, Croft 2 Mary Street Dornie Kyle	(01599) 537137	FAX	(01862) 892859
Mackellar Sub-Sea, Ltd, Strathspey Industrial Estate Strathspey Industrial Estate Woodlands Terrace Grantown-On-Spey	(01479) 872577	McClean Deliveries, Unit 7 The Logistics Hub Corpach Fort William	(01397) 700783	Macleod, Skinner, Greenwood, Graham, Gordon & Lees, Drs, Emergencies & House Visits Only	(01862) 893322
Mackenzie, Angus, Plant Hire, 54 Scourie.....	(01971) 502015	McClean Electrical, Unit 16d Airport Indust Est Wick Airport	(01955) 606611	McLeod Television, Ltd, Trade, Tor-Na-Var Ganavan Road Oban.....	(01631) 564310
Mackenzie, Alexander, Motor Engrs Coachbuilders, Mackenzie Main Street Lairg.....	(01549) 402204	McClean, J & D, Old Farm House Morsgail.....	(01851) 672395	Macleod Torquill, & Co, Solrs, Avery Bldg 5 Longman Rd Inverness	(01463) 723940
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Mackenzie Auto Service, Servicing Mech Rprs, Unit 4 8 Harbour Road Inverness	(01463) 712220	McClean, Rod K, Solicitor, Murchison Law, 5 Ardross Terrace Inverness.....	(01463) 709992	MacIver, Ian, 3 Plantation Rd Stornoway.....	(0800) 0720137
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FAX	(01862) 892715	McCleary, D, 1 Tulloch Place Bonar Bridge	(01863) 766512	MacNeil Angus, MP, Na h-Eileanan an Iar Constituency Office 31 Bayhead St Stornoway	(01851) 702272
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FAX	(01851) 705044	McLennans Supermarket, Ltd, 2 Balivanich	(01870) 602308	Macphee And Partners, 26 George Street Oban	(01631) 358958
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Mackenzie Taylor Wealth Management, Ltd, 53 Culduithel Mains Gdns Nairn	(01667) 459990	FAX	(01876) 500492	Macrae, D, The Granary Somerled Square Portree	(01478) 611986
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Parts Direct 61 Harbour Rd Inverness.....	(01463) 668979	Mallaig Toys & Gifts, Station Road Mallaig.....	(01687) 462220	Martin Skidmore, Ltd, Blr Rprs, 29 Riverford Crescent Conon Bridge	(01349) 864076
FAX	(01463) 668986	Mallaig Village Pharmacy, Ltd, Top Shop Mallaig.....	(01687) 462209	Martin, W.W., & Son, Frmr, Garguston Cotts Garguston	(01463) 870206
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FAX	(01463) 668992	Manor House, 52 MacAulay Road Stornoway.....	(01851) 703653	Mast-Ard Studio, Ltd, Unit 7 Harbour View Cromwell Street Quay Stornoway	(01851) 827260
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FAX Unit 3 Seafeld Trdg Est Inverness(01463) 711975	North West Care Alliance,The, Site Office The Harbour Lairg(01971) 521397	NTS The Mains Farmhouse, The Mains Farmhouse Torridon(01445) 791368
North Unit 3 Seafeld Trading Estate Seafeld Road Inverness.....(01463) 232696	North West Highlands Plumbing Services, Plumbing, 176 Strathen Skerry(01641) 521805	Nuclear Decommissioning Authority (NDA), Herdus House, Westlakes Science And Technology Park Moor Row, Cumbria(01925) 802001
Norman Bremner, Joiner, Drum Farm Avoch(01463) 811424	North West Outdoors, Outdoor Camping Supplies, Ullaport West Argyll Street Ullapool(01854) 613383	Nuclear Technologies, Plc, The Sinclair Building Janetstown.....(01847) 805070
Norscot Joinery, 20 Carsegate Rd Inverness.....(01463) 224040	North West Outdoors, Outdoor Camping Supplies, 11 Parc Mhor Ullapool(01854) 612959	Number 27 Bar & Kitchen, 27 Castle Street Inverness(01463) 832824
Norscot Truck & Van, Ltd, Inverness	North West Outdoors, Outdoor Camping Supplies, Ullaport West Argyll Street Ullapool(01854) 613397	Nurses, Nurses & Midwives
Seafield Rd Inverness FAX(01463) 711868	North West Outdoors, Ltd, FAX(01854) 613004	NHS Orkney Community Nursing(01856) 888041
Seafield Rd Inverness.....(01463) 712000	North & West Sutherland Advice Information Service, Site Office Kinlochbervie(01971) 521730	Western Isle NHS Board
Or(01463) 713000	North Wind Engineering, Ltd, Marine Engineering, Old Helipad Russel Farm Kishorn(01520) 733261	Lewis & Harris
Norscott Vending Services, FAX(01463) 711671	North Woods, Leckmelm Wood Ullapool.....(01854) 613040	District Nursing Sisters Scalpay.....(01859) 540394
	Northbound Footway A986 Dounby, Arqiva Cabinet Dounby.....(01856) 771792	Health Visitors Bragar-Uig(01851) 643353
	Northcoast Podiatry, 7 Sinclair Street Thurso(01847) 893727	Health Visitors Arnol-Ness(01851) 810468
	Northeast Nutrition Scotland, Ltd,	

Health Visitors North/South Lochs	(01851) 860471	The Boatyard Nigg.....	(01862) 851858	1 Garson Ind Est Stromness.....	(01856) 850809
Nuttall Edmund, Ltd, 22A Longman Dv Inverness.....	(01463) 233493	Ormand, B.D, Breckquoy Toab	(01856) 861286	Orkney College, Further Education Centres Education & Recreation Services East Rd Kirkwall.....	(01856) 569000
O.C.S., See Office Cleaning Services (Scotland) Ltd		Ormand, Stephen J, Chrtd Survyr, 14 Victoria St Kirkwall	(01856) 876215	Orkney Disability Forum, Charity, 18 Junction Rd Kirkwall	(01856) 870340
O2 Store Inverness, Unit 12 Eastgate Centre Inverness	(01463) 230111	Onich Services, North Ballachulish	(01855) 821276	Orkney Distilling, Ltd, Ayre Road Kirkwall	(01856) 875338
Oaks Training & Development, Ltd, Croy	(01667) 493597	Ops A Daisy, Flors, 50 High Street Beauly	(01463) 782888	The Distillery Orkney Kirkwall	(01856) 876484
Oban Backpackers, Thistle Restaurant Breadalbane St Oban	(01631) 562107	Optemetrist, 4 George Street Oban.....	(01631) 569924	Orkney Factors, Ltd, Crowness Rd Hatston	(01856) 873377
Or	(01631) 565756	Optimum Underfloor Heating, Ltd, Unit 2 Cromwell Villa 23 Lotland Street Inverness	(01463) 222800	Orkney Family History Society,The, 50 Junction Road Kirkwall	(01856) 879207
Oban Bay Hotel, Oban Bay Hotel Corran Esplanade Oban	(01631) 564395	Opus Maxim, Ltd, Orkney Water Test Cntr Flotta.....	(01856) 702000	ORKNEY FERRIES, Ltd, Shore St Kirkwall.....	(01856) 872044
Oban Bay Hotel & Spa, Corran Esplanade Oban	(0843) 5153406	OR, Portree The Green Portree	(01478) 613679	Ferry Terminal, Houton	(01856) 751360
Oban Bowling Club, Oban Bowling Club Dalriach Road Oban.....	(01631) 570808	Orasay Inn, Lochcarnan Benbecula FAX	(01870) 602987	Ferry Terminal, Tingwall	(01856) 872921
Oban Chocolate Company, 1 William St Oban	(01631) 566099	1 Lochcarnan	(01870) 610267	FAX	(01856) 872921
Oban Cycles, Ltd, 89-91 George Street Oban	(01631) 566033	Orbit Agency, Ltd, 7 Barraid Mhicilleathain Stornoway.....	(01851) 706722	Orkney Financial & Property Centre, Ltd, 13 Bridge St Kirkwall	(01856) 875599
Oban FM Community Radio, 132 George St Oban	(01631) 570057	Orbost Gallery,The, Bolveen Cottage Dunvegan	(01470) 521207	Orkney Fisheries Association, FAX	(01856) 871919
FAX	(01631) 570057	Orcaides Hostel, Muddisdale Road Kirkwall	(01856) 873745	Orkney Folk Festival, Stromness Ferry Terminal Ferry Road Stromness.....	(01856) 851331
Oban Heating & Plumbing, Ltd, 42 Longdale Crescent Oban	(01631) 567138	Orcaides Marine Management Consultants, Marine Management Consultants, 3 Hatston Pier Road Warness Park Crowness Business Park Kirkwall	(01856) 874884	Orkney Foodbank, Charity, Dunkirk Apartment Shore Street Kirkwall.....	(01856) 873685
Oban & Lorn Tourism Association, Ee-Usk Restaurant North Pier Oban.....	(01631) 567236	Orcaida Cuts, 25 Victoria St Stromness	(01856) 850995	Orkney Fossil & Vintage, The Museum Viewforth Burray.....	(01856) 731255
Oban Milk, 76 George Street Oban.....	(01631) 570644	Ord Arms Hotel, Ord Arms Muir Of Ord.....	(01463) 870286	Orkney Golf Club, Grainbank St. Ola Kirkwall.....	(01856) 872457
Oban Photographic Centre, 122/24 George St Oban	(01631) 562917	Ord Industrial & Commercial Supplies, Ltd, Unit 2 Muir Of Ord Industrial Estate Great North Road Muir Of Ord	(01463) 870025	Orkney Health Board, New Surgery Brinjan House Rousay	(01856) 821265
Oban Photography Centre, M.W, 112 George Street Oban	(01631) 561780	Or	(01463) 870801	Orkney Health Board, Daisy Villa West End St. Margarets Hope	(01856) 831513
OBAN TIMES, Fort William		Or	(01463) 871924	Orkney Hotel, Professional Financial Services, 40-41 Victoria Street Kirkwall	(01856) 872767
Mamore Ho The Parade Fort William	(01397) 703003	Ordinary, 10 Seafield Road Inverness.....	(01463) 871924	Orkney Hotel, The, 40 Victoria St Kirkwall.....	(01856) 873477
FAX	(01631) 568001	Origin Cafe, Ltd, 21 High Street Fort William	(01397) 698856	Orkney Housing Association, Ltd, 39 Victoria St Kirkwall.....	(01856) 875253
Oban Veterinary Surgeon, 13 Tweeddale Street Oban	(01631) 562876	Orinsay, 10 Resaurie Inverness.....	(01463) 871924	FAX 39A Victoria St Kirkwall	(01856) 876764
Oban War & Peace Museum, Oban Times Building Corran Esplanade Oban	(01631) 570007	Orinsay, 10 Resaurie Inverness.....	(01463) 417127	Orkney Hyperbaric Trust, New Hyperbaric Chamber Old Academy Business Centre Back Road Stromness	(01856) 851668
Oban Whisky & Fine Wines, 15-19 Stafford Street Oban	(01631) 570586	Orion Group, Fairways Plot 1 Inverness	(01463) 230860	Orkney ICT Services, 62 Junction Rd Kirkwall	(01856) 879500
Oban's 1st Steps Day Nursery, Ltd, 61 Croft Road Oban.....	(01631) 567491	Orkfab, Ltd, Science & Engineering, 5 Pickaquooy Road Kirkwall	(01856) 878185	Orkney IFA, Ltd, King St Kirkwall	(01856) 876810
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O'brien Construction, Ltd, Park La Thurso.....	(01847) 893666	Orkney Alcohol Counselling, 6 Bridge St Wynd Kirkwall	(01856) 874738	ORKNEY ISLANDS COUNCIL, All Departments, Council Offices	(01856) 876222
FAX	(01847) 893888	Orkney Arts Theatre, Mill St Kirkwall.....	(01856) 872047	Assessor & Electoral Registration Officer	(01856) 873535
O'brien, G.M, Optcns, 22 Thurso St Wick (Caitness).....	(01955) 603447	Orkney Auction Mart, Ltd, Grainshore Road Hatston, Kirkwall	(01856) 872520	Chief Executive	(01856) 876941
Or	(01955) 609080	FAX	(01856) 876048	Assistant Chief Executive	(01856) 873535
O'brien Properties, Ltd, Bldrs & Engs, Cambrai Ho Station Rd Dingwall	(01349) 864628	Orkney Blide Trust, Victoria Street Kirkwall.....	(01856) 877477	Assistant Chief Executive FAX	(01856) 873535
Occasions Florists, Occasions of Stornoway Macaulay Road Stornoway.....	(01851) 706616	Orkney Blide Trust, Trust, 54 Victoria Street Kirkwall	(01856) 874874	Chief Executive	(01856) 873535
O'connor-Pierce Veterinary Surgeons, 27 Bernisdale	(01470) 532385	Orkney Builders, (Contractors) Ltd, Unit 4 Crowness Rd Hatston	(01856) 871447	Communications Officer	(01856) 873535
Off Beat Bikes, 117 High Street Fort William	(01397) 704008	FAX	(01856) 871448	Information Services Council Offices Kirkwall	(01856) 873535
Or	(01397) 708707	Orkney Business Ring, Ltd, Unit 4 Grainshore Road Hatston	(01856) 879081	Personnel Council Offices Kirkwall	(01856) 873535
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Office Colour Solutions, Unit 2 4 Walker Road Inverness	(01463) 220092	Orkney Cabs, 39 Junction Road Kirkwall	(01856) 850750	Council Offices Kirkwall	(01856) 873535
O-Fish-Shell, Ltd, Lamb Holm Holm	(01856) 781424	Orkney Care & Repairs, Orkney Housing Association 39a Victoria St Kirkwall	(01856) 873369	Emergency Planning Officer/Registrar Council Offices Kirkwall.....	(01856) 873535
Old Bank Guest House,The, Guest House Lochmaddy	(01876) 500275	Orkney Cheese, Co Ltd, Hatston Industrial Estate 8 Crowness Road Hatston Kirkwall	(01856) 872824	Head of Administrative Services Council Offices Kirkwall	(01856) 873535
Old Market Inn,The, 32 Church Street Inverness	(01463) 220203	Orkney Cheese Company, Ltd, New Orkney Creamery Crowness Road Hatston	(01856) 878814	Copy Room B105 School Place Kirkwall FAX	(01856) 871608
Old Mill Highland Lodge,The, Talladale Lochmaree	(01445) 760271	Orkney Club, 16 Harbour St Kirkwall	(01856) 872049	Legal Services Head of Legal Services Council Offices Kirkwall.....	(01856) 873535
Old Mill Veterinary Practice, Old Mill Sandwick Road Stornoway.....	(01851) 705900	Orkney Club,The, 16 Orkneyclub Harbour Street Kirkwall	(01856) 879511	FAX	(01856) 871608
Old Pulteney Distillery, Pulteney Distillery Huddart Street Wick	(01955) 609083	Orkney Coaches, Coach Hirers, 1 Garson Ind Est Stromness.....	(01856) 850809	Community Social Services Council Offices Kirkwall	(01856) 873535
Old School Restaurant & Rooms,The, Inshegra Rhiconich	(01971) 521298			Council Offices Kirkwall FAX	(01856) 871608
Or	(01971) 521383			Enquiries	(01856) 871134
Old Smiddy Guesthouse,The, Laide.....	(01445) 731488			Orkney Childcare Partnership Council Offices Kirkwall ...	(01856) 873535
Old Smiddy Inn, Old Smiddy Inn Stewart Crescent Thrumster.....	(01955) 651256			Sheltered Housing Lambaness	
Old Store House, Ltd,The, Storehouse Bridge Street Wynd Kirkwall.....	(01856) 873609			Residence of Warden	(01856) 850271
Or	(01856) 879232			St. Peters House Main Number	(01856) 850634
Old Ticket Office, Flat 2 Station House Ardgay	(01863) 766356			Public Telephone	(01856) 872106
Olives A9, Ltd, 1-3 Brabster Street Thurso	(01847) 867278			St. Rognvald House Main Number	(01856) 771100
O'mac Construction, Ltd, 26-30 Bells Road Stornoway.....	(01851) 709009				
Oman Mechanical Solutions,					

Smiddybrae House		8 Bridge Street Kirkwall.....	(01856) 872846
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Pickaquooy Rd Kirkwall	(01856) 873217	43 Junction Road Kirkwall	(01856) 875511
Short Breaks & Supported Accommodation	(01856) 871431	Orkney Tech, Mr, Computer Repairs,	
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West Mainland Day Care Centre Stenness	(01856) 851435	Orkney Television Enterprise,	
Development Services		17-19 Broad St Kirkwall	(01856) 888888
Director Council Offices Kirkwall	(01856) 873535	Orkney Travel,	
Economic Development, EU Liaison & Museums, Heritage & Arts		66 Liberator Drive Kirkwall.....	(01856) 881700
Development		Orkney Wind Power, Ltd,	
.....	(01856) 873535	Innovation Centre Orkney Hatston Pier Road	
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Environmental Health & Trading Standards FAX	(01856) 886450	Orkney Wireless Museum,	
Forward Planning & Transportation FAX	(01856) 886466	Kiln Corner Junction Road Kirkwall	(01856) 871400
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Corrigall Farm	(01856) 771268	Fountainside Cottage Cadwor Nairn	(01667) 404580
Kirbuster	(01856) 771268	Ormelie Taxis,	
Orkney Museum,The		Ormie Depot Ormie Industrial Estate Thurso.....	(01847) 893370
Tankerness House Broad St Kirkwall.....	(01856) 873535	Ormie Community Association,	
St. Magnus Cathedral	(01856) 874894	Treasurer 108 Marr Terrace Thurso	(01847) 891789
Education & Recreation Services		Ormie Garage,	
Council Offices Kirkwall	(01856) 873535	Ormie Motors Ormie Industrial Estate Thurso	(01847) 891010
Council Offices General FAX	(01856) 876327	Ormie Taxis,	
Stromness FAX	(01856) 850712	17 Paterson's Lane Thurso.....	(01847) 893434
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Catering Manager 1 St. Rognvald St Kirkwall.....	(01856) 879238	Appointments 15 Culduthel Rd Inverness.....	(01463) 709709
Children's Services		Enquiries ,House Calls 15 Culduthel Rd Inverness	(01463) 712233
Papdale Berstane Road Kirkwall FAX.....	(01856) 876049	Orrell Plant & Tool,	
Community Centres		24a High Street Avoch	(01381) 625310
Kirkwall & St. Ola	(01856) 850712	Orsay,	
Stromness	(01856) 850712	4-6 Stevenson Street Oban	(01631) 569988
Kirkwall & St. Ola Broad Street Kirkwall	(01856) 873354	Ortak, Cafe,	
Community Education Council Offices Kirkwall.....	(01856) 873535	Market Hall Academy Street Inverness.....	(01463) 239064
Further Education Centres		Ortak, Cafe,	
Children's Services		11-13 New Market Academy Street Inverness.....	(01463) 224234
FAX	(01856) 876049	Ortak, Ltd,	
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Kirkwall Junction Rd Kirkwall.....	(01856) 873166	Ospisdale Organic Farm,	
Papdale Halls of Residence FAX	(01856) 876060	Ospisdale Farm Cottage Clashmore	(01862) 881393
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Psychological Services FAX.....	(01856) 876049	73 High Street Fort William	(01397) 704823
Schools		Ossians Hotel High Street Fort William,	
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North Walls Junior High FAX	(01856) 791246	Osteocentra,	
North Walls Junior High	(01857) 677246	48 Telford Street Inverness	(01463) 233446
Pierowall Junior High FAX	(01857) 677353	Osteopath,	
Pierowall Junior High	(01857) 600228	Oban Sesame Corran Esplanade Oban	(01631) 567054
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Sunday Junior High FAX	(01857) 616246	Green Gables Harrapool.....	(01471) 822954
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Dounby Primary School FAX	(01857) 622227	New Workshops, Sawmill Marybank.....	(01851) 703434
Eday Primary School	(01856) 751237	Outward Bound Loch Eil,	
Evie Primary School	(01856) 761101	(Office) Achdalieu.....	(01397) 772866
Firth Primary School FAX	(01856) 761212	(Staff) Fort William	(01397) 772135
Firth Primary School	(01856) 873648	Ovenden-Wilson, Dr, S,	
Glaitness School	(01856) 831217	5 Petticoat Lane Orphir	(01856) 811783
Hope Primary School	(01856) 831612	Overmeer, Dr, J,	
Hope Primary School FAX	(01856) 831612	Willowside Lochcarron	(01520) 722513
North Ronaldsay Primary School FAX.....	(01857) 633224	Overmeer, Dr, J,	
North Ronaldsay Primary School	(01856) 811265	Dental Surgery Strath	(01445) 712240
Orphir Primary School	(01856) 811310	Oversteps Eventide Home,	
Orphir Primary School FAX	(01857) 644226	Office Castle St Dornoch.....	(01862) 810393
Papa Westray Primary School	(01856) 870392	Oxbay, S,	
Papdale Primary School FAX	(01856) 872650	Summit Web Solutions, Highland Rail House, Station Square Academy	
Papdale Primary School	(01856) 821226	Street	
Rousay Primary School	(01856) 711218	Inverness	(01463) 237937
Shapinsay Primary School	(01856) 861256	Oxfam In Scotland,	
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St. Andrews Primary School FAX	(01856) 850212	Inverness 7-19 Lombard Street Inverness	(01463) 242522
Stenness Primary School	(01856) 851814	Oban 109 George St Oban.....	(01631) 566465
Stenness Primary School FAX	(01856) 850544	Oxygen Works,The,	
Stromness Primary School	(01856) 850943	Multiple Sclerosis Therapy Centre Burnett Road	
Stromness Primary School FAX.....	(01856) 850943	Inverness	(01463) 240365
Secondary		Oystercatcher, The, Rstnt,	
Kirkwall Grammar School	(01856) 872911	The Oystercatcher Main Street Portmahomack	(01862) 871560
Kirkwall Grammar School FAX	(01856) 872911	Ozzy Ali Catering, Catrning,	
Stromness Academy FAX	(01856) 850660	46a High Street Nairn	(01667) 258421
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Enquiries	(01856) 850552	Charity Retail Shops	
FAX	(01856) 850552	Inverness 23 Queensgate Inverness.....	(01463) 716689
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Council Offices		Lenahowe Sandwick	(01856) 841523
Kirkwall	(01856) 876158	P.S.Y.B.T,	
Kirkwall FAX	(01856) 876158	C/O Highland Opportunity Ltd Glenurquhart Rd Inverness.....	(01463) 702000
Housing			

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Pole Position Internet Services, Ltd, 4 George St Oban	(01631) 567384	Scourie	(01971) 502221	Public Defense Solicitors Office, Government Buildings Tankerness Lane Kirkwall	(01856) 870116
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		Practical Car & Van Rental, Fort William 2 Annat Point Fort William.....	(01397) 772404	Or	(01870) 604250
		FAX	(01397) 772404	FAX	(01520) 744232
		Precision Diesel Services, 48 Seafield Rd Inverness	(01463) 232211	Rona FAX	(01520) 744232
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		Premier Talk, 5f Breadalbane Street Burnbank Terrace Breadalbane Street Oban.....	(01631) 566354	Mod Range Terminal Building Applecross.....	(01520) 744485
		Premier Travel Inn, Aberdeen Aberdeen header An Aird fax	(0871) 5278403	Quality Aspects, Ltd, 9 Bishop's Park Inverness	(01463) 714744
		Fort William An Aird	(0871) 5278402	Quantum Claims Compensation Specialists, Inverness 1 Tomnahurich St Inverness	(01463) 710674
		Inverness Centre Millburn Rd.....	(0871) 5278544	Quarriers Kitchen, Barr Stores Loan Fern Ballachulish	(01855) 811600
		Centre Millburn Rd fax	(0871) 5278545	Quarry Centre,The, Ballachulish Visitor Centre Loan Fern Ballachulish	(01855) 811592
		East Beechwood Retail Pk	(0871) 5278546	Quarry Hardware Limited, Old Post Office Loan Fern Ballachulish.....	(01855) 811111
		East Beechwood Retail Pk fax	(0871) 5278547	Queen Elizabeth Castle of Mey Trust, Longoe Fm Mey.....	(01847) 851249
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		Pride Of Bengal Highland, Ltd, 1 Carsegate Road North Inverness	(01463) 225666	Castle Of Mey Barrock Visitor's Centre	(01847) 851830
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		Pristine House Dalcross Inverness	(01667) 464550	R & B Garden Centre, Site 1 Morangie Road Tain.....	(01862) 893164
		PRM Energy Orkney, Muckle Ocklester Holm.....	(01856) 861232	R & B's, 73 Queensgate Inverness	(01463) 233077
		Pro Fish Services, Ltd, 4A Docharty Road Dingwall.....	(01349) 865049	R & B's, Restauraunt Bar, 73 Queensgate Inverness	(01463) 715075
		Procurator Fiscal, Fort William FAX	(01479) 810576	R.C Diocese Of Aberdeen, Chapel House Beaulieu	(01463) 782232
		Lerwick FAX	(01463) 252176	R.C Diocese Of Argyll,The, Loreto Newtonmore Road Kingussie	(01540) 661322
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(Prescriptions) Medical Centre, Riverbank Janet St Thurso.....	(01847) 892009	After Hours		Ross's Garages, Milton Of Clava Culloeden Moor	(01463) 794888
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Freephone	(0800) 1691885	Robins Response, Inverness		
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Riverside House Care Home, 2 Bridge St Wick (Caithness)	(01955) 602314	Rockpool, 21 Lochinver	(01571) 844545	Rothiemurchus Fishery	(01479) 810858
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SSE, Hydro Electric Board 10 Henderson Road Inverness (01463) 728000	34 Millbank Rd Munlochy (FAX) (01463) 811915	Strathnaver Museum, Clachan Bettyhill Thurso (01641) 521418
"St", The abbreviation "St" is listed after "Saint"	Stewart & Stewart, Ltd, 34 Millbank Road Munlochy (01463) 811533	Strathness House, 4 Ardross Ter Inverness (01463) 232765
St Mary's, Inverness, 30 Huntly Street Inverness (01463) 233519	Stobahn Guest House, Fassifem Road Fort William (01397) 702790	FAX (01463) 232970
Stables Restaurant & Grill The, Dudley Road Dudley Road Fort William (01397) 700730	Stockall, Duncan, Mobile Phone (07831) 631902	Strathpeffer Hotel, Strathpeffer Strathpeffer Hotel Strathpeffer (01997) 421200
Stackpole Farms, Ltd, Balloan Farmhouse Nairn (01667) 404420	Stockans Oatcakes, Ltd, The Granary North End Road Stromness (01856) 850873	Strathpeffer Pavillion, Spa Pavilion Strathpeffer (01997) 420124
Stacks Bistro, 3 The Craft Centre John O' Groats (01955) 611582	Stoddart Crane Hire, Unit 17 Tomich Industrial Estate Muir Of Ord (01463) 871167	Strathspey & Badenoch Herald, Grantown-on-Spey 44 High St Grantown-on-Spey (Advertising & Editorial) (01479) 872102
Staffin Community Trust, Ltd, Church Of Scotland Manse Staffin (01470) 562464	Stolt Sea Farm, Ltd, Scalpay Bayhead Harris (FAX) (01859) 503134	Kingussie 23 High St Kingussie (Editorial) (01540) 661533
Staffin Post Office, 3 Brogaig (01470) 562209	Stone Source, 17 Carsegate Rd Inverness (01463) 718263	STRATHSPEY ESTATES, Emergencies Out of Office Hours Ghilleis Beat 3 Ghillie Milton of Castle Grant Grantown-on-Spey (01479) 872431
Stag Bakeries, Ltd, 8 Cannery Road Stornoway (01851) 702733	Stoneyfield Dental Surgery, Stoneyfield Bsns Pk Inverness (01463) 233113	Inverallan House Grantown-on-Spey (01479) 872901
Stagecoach In The Highlands, 1 Seaford Road Inverness (01463) 251350	Storas Uibhist, Daliburgh Contact Centre Daliburgh (01878) 708000	Strathspey Highland Ponies, Inverdrue Aviemore (01479) 812741
Stags Head Hotel, STAGS HEAD HOTEL MAIN STREET GOLSPIE (01408) 634004	Stornoway Balti House, 24 South Beach Stornoway (01851) 706116	Strathspey Mushrooms, Ltd, Unit 4 A3 Strathspey Industrial Estate, Woodlands Terrace Grantown On Spey (0843) 538575
Stags View Holiday Home, 29-30 Borve Portree (01470) 517141	Stornoway Bus Station, South Beach Stornoway (01851) 704327	Strathspey Railway Company, Science & Engineering, Speyside Station Dalfaber Road Aviemore (01479) 811022
Standing Stones Hotel, Stenness (01856) 850449	Stornoway Car Hire, 16 Inaclete Road Stornoway (01851) 702658	Strathspey Works Granttown Remakery, 44 High Street Granttown-On-Spey (01479) 873612
Standing Stones Hotel, Ltd, Stromness Orkney (0843) 5155961	Stornoway Fishermans Cooperative, Sada'd, New Premises Esplanade Quay Stornoway (01851) 704000	Strathy Inn, Strathy (01641) 541205
Stannifer, Ltd, Inverness FAX Stoneyfield Bsns Pk Inverness (01463) 732732	Stornoway Fishermen's Co-operative, Ltd, Ships' Chandlers' Store, King Edwards Wharf Isle Of Lewis Stornoway Stornoway (01851) 702563	Strikes Bailiffs, Ltd, Borlum House Reay (01847) 811500
Star India Takeaway, 18 Tulloch St Dingwall (01349) 862727	Or (01851) 704020	Strom, J.C, Kyle Art Market Station Road Kyle (01599) 530039
Staran, Cic, Staran Workshop Sandwich Rd Stornoway (01851) 709025	FAX (01851) 702486	Stromabank Hotel, South Walls Schoolhouse Longhope (01856) 701494
Starbucks, Inverness Eastgate Centre (01463) 709532	Stornoway Fish Smokers, Fish Merchants Shell Street Stornoway (01851) 702723	Stromness Books & Prints, Trade, 1 Graham Place Stromness (01856) 850565
New Look (01463) 709532	Stornoway Glass, Co, 6 Bells Rd Stornoway (01851) 702457	Stromness Museum, 54 Alfred Street Stromness (01856) 850025
Starfish Designs Scotland, Unit 1 Old Ferry Road North Ballachulish (01855) 821429	Stornoway Glass, Co, 6 Bells Rd Stornoway (01851) 702457	Stronlossit Inn,The, Roy Bridge (01397) 712253
Stassin Caravan Site, Broomloan Staffin (01470) 562213	Stornoway Golf Club, Club House Stornoway Golf Club Lews Castle Grounds (01851) 702240	Stronsay B9060, Arqiva Cabinet Stronsay (01857) 616441
Station Garage, (Sutherland), Golspie Motor Station Road Golspie (01408) 633336	Stornoway Grounds Maintenance, Ltd, Unit 4 Mossend Indust Est Stornoway (01851) 702221	Stronsay Development, Ltd, Unit 1 Woods Yard Stronsay (01857) 616410
Station Hotel, 94 High Street Ainess (01349) 882230	Stornoway Historical Society, 2 Cromwell Street Stornoway (01851) 702206	Stronsay Development Trust, Stronsay Hotel Stronsay (01857) 616407
Station Hotel, (Thurso), Prince's St Thurso (01847) 892003	Stornoway Memorials, 16 Church Street Stornoway (01851) 705048	Strontian Hotel,The, Strontian (01967) 402029
FAX (01847) 891820	Stornoway Playgroup, The Scout & Guide Hall Keith Street Stornoway (01851) 701107	Strontian Sub Post Office, Post Office Strontian (01967) 402135
Station Lodge, Station Lodge Independent Host Tulloch (01397) 732333	Stornoway Port Authority, Amity Ho Esplanade Rd Stornoway (01851) 702688	Struan Apiaries, Ltd, Burnside Lane Conon Bridge (01349) 861427
Stationery Stop, The, Unit 6, Castle Avenue Industrial Estate Clayton Court Invergordon (01349) 853388	Slipway Boat Ho Goat I Stornoway (01851) 703143	Struan House, Main St Kirkwall (01856) 872368
Stationery Stop,The, Unit 6 Clayton Court Castle Avenue Industrial Est Invergordon (01349) 852255	Stornoway Radio Station, Arqiva Transmitter Site Bennadrove Road Marybank (01851) 701392	Struan Post Office, Struan Shop Struan (01470) 572267
Stein Inn,The, Stein (01470) 592273	Stornoway Religious Bookshop,The, 30 Kenneth St Stornoway (01851) 703334	Structural Rig Survey, Ltd, FAX (01349) 856888
Steinish Marine, Ltd, 2B Tigh Na Mara Steinish Isle of Lewis (01851) 827239	Stornoway Sea Angling Club, Stornoway Sea Angling Association South Beach Quay Stornoway (01851) 702021	Struthers, Dr, A, Southside Rd Surgery 43 Southside Rd Inverness (01463) 710222
Steinsvik, UK Ltd, Unit 35B Ben Nevis Drive Ben Nevis Industrial Estate (01397) 701378	Stornoway Shipping Services, Ltd, 3 South Beach Stornoway (01851) 704050	Strutt & Parker, Ltd, Prpty Sales, 9 Bank La Inverness (01463) 719171
Stella Maris, Bridgend Creagorry (01870) 603005	Stornoway Spares Service, 8 Bells Road Stornoway (01851) 702504	FAX (01463) 723591
STEPHEN, A & J, Ltd, Bldg Contrs, Edinburgh Rd Perth (01738) 620721	Stornoway Transport Services, Macarthur Joiners Rigs Rd Stornoway (01851) 704444	Struy Inn,The, Struy Inn Struy (01463) 761308
Stephen Doughty, Ltd, 13 Schoolcroft Culbokie (01349) 877697	FRAX (01851) 704177	Stuart Grant, Unit 6 Strathspey Industrial Estate Woodlands Terrace Grantown-On-Spey (01479) 873900
Steps Emporium Brora, Rosebank Station Square Brora (01408) 621229	Strandlines, Caledonian Building 5 West Argyle Street Ullapool (01854) 612439	Stuart Palmer, Main St. John The Baptist Church Aviemore (01479) 812689
Sterey Design, Ltd, 7 Francis Street Dornie (01599) 555324	Strang Customs, Strang Customs Dalmore Ainess (01349) 368210	Stuart Photography, Photography Studio, Harpers Court Dingwall (01349) 863003
Sterne Aquatech UK, Ltd, Water Filtration Services, 1 Longman Drive Inverness (0843) 4879980	Strath Post Office, Strath Post Office McColls Gairloch (01445) 712506	Studio 47, Ltd, 25 Carsegate Road Inverness (01463) 225577
Steven, D, & Son, Hlge Contrs, Scrabster Alexander Ho,Scrabster Bsns Cntr Thurso (01847) 893070	Strath Print, Ltd, Unit 1a Paicr Nan Craobh Indust Est Broadford (01471) 820277	Studio In The Square,The, 35 The Square Grantown-on-Spey (01479) 872570
Stevenson, James A, Frmr, Evie Brenda Evie (01856) 751236	Or (01471) 822555	Studio,The, Fortrose 28 High St Fortrose (01381) 622331
Stevenson Kennedy, 19 Stevenson St Oban (01631) 562317	Strathallan House, Residential Home, Strathpeffer Heights Of Achtermeed Strathpeffer (01997) 421670	STV, Switchboard 23 Huntly St Inverness (01463) 256170
Stevensonagren, Dr, J, Berriedale Finstown (01856) 761856	Strathcarron Hotel, Strathcarron (01520) 722227	Subsea 7, Bridge Of Wester Wick (Caithness) (01955) 608700
Steventon, Margaret, Optcn, 3 Latheron Centre Latheron Lane Ullapool (01854) 612149	Strathconon Estate, Estate Office (01997) 477252	Subways, Eastgate Shopping Centre Inverness (01463) 259952
Stewart, Dr, A, Mo-Dhachaidh Nursing Home North Rd Ullapool (01854) 612015	Head Stalker (A Cameron) (01997) 477265	Succession Group, Ltd, The Square George St Dingwall (01349) 865757
Stewart, D.M, West Achnadoich Ardross (01349) 882294	Deer Larder (01997) 477268	63 Kenneth St Stornoway (01851) 701722
Stewart, G,	Estate Office (FAX) (01997) 477268	
	Stratherrick Public Hall,	

Succession Wealth, 63 Kenneth Street Stornoway.....	(01851) 701212	Sutherland Garage Stenness Stenness.....	(01856) 850358	Tain Health Centre Craighill Terrace Tain	(01862) 890000
Sue Ryder Care, Charity Shops Aviemore Unit 6 Grampian Rd Aviemore	(01479) 812729	Sutor Creek Cafe, 21 Bank Street Cromarty.....	(01381) 600560	Tain & District Youth Cafe YMCA, 17 Stafford Street Tain	(01862) 894252
Dingwall 21 High St Dingwall	(01349) 865999	Suttar & Bruce, Suttar & Bruce Wilson Street Thurso	(01847) 893483	Tain Golf Club, Golf Club Ho	(01862) 892314
Sugar Bowl,The, 65 High Street Kingussie	(01540) 667223	Swallow Hotels, Ltd, Caledonian Hotel Quay St Ullapool.....	(01854) 612306	Tain Golf Club, Tain Golf Club Chapel Road Tain	(01862) 328679
Suilven, Altair East Road Kirkwall.....	(01856) 875433	Columba Hotel 7 Ness Wlk Inverness	(01463) 231391	Tain Health Centre, Tain & District Emergencies	(01862) 893322
Suisgill Estate, Keepers Ho, Kennels Kildonan	(01431) 831217	SWAN, Ardgay Filling Station Ardgay	(01863) 760156	Tain & Fearn Emergencies & House Visits Only	(01862) 893322
Sula Diving, The Flat Block 1 Old Academy Business Centre Back Road Stromness	(01856) 850285	SWAN, Barra Medical Practice Castlebay.....	(01871) 817971	Tain Health Centre, Dental Centre Craighill Terrace Tain.....	(01862) 892203
Sultans Kitchen, Ltd, The Phoenix 106-10 Academy Street Inverness	(01463) 240300	SWAN, Queen Mother House Balnacraig Road Inverness	(01463) 715370	Tain Health Centre, Craighill Terrace Tain.....	(01862) 892759
Summer Isles Hotel, Summer Isles Hotel Achiltibuie.....	(01854) 622282	SWAN, Scottish Ambulance Service Nairn Town & County Hospital Cawdor Road	(01667) 451725	Tain Pottery,The, Tain	(01862) 893275
Sunart Comm, The Centre Strontian.....	(01967) 402443	SWAN, Garson Dental Clinic Garson Park Stromness.....	(01856) 850845	Tain Pottery,The, Largo Main Road Fearn	(01862) 832086
Sundolitt, Ltd, Unit 9 Annat Point Industrial Estat Corpach Fort William	(01397) 772929	SWAN, Ballachulish Medical Centre Loan Fern Ballachulish	(01855) 811394	Tait, A.J., Lower Bu Holm.....	(01856) 781248
Sunny Brae Hotel, Sunny Brae Marine Road Nairn	(01667) 452309	SWAN, Ormlie Industrial Estate Unit 1 Ormlie Road Thurso	(01847) 890050	Tait, Charles, Photographic, Kelton Fm St Ola FAX	(01856) 875313
Sunny's,The, 19 Allens.....	(01349) 884848	SWAN, 5A St. Mary's Avenue Inverness.....	(01463) 714613	Tait, J & W, Ltd, Agric Mrcnts & Engs, Evening Calls	(01856) 873844
Superdrug, 28 George St Oban.....	(01631) 566901	SWAN, Brora Health Centre Station Square Brora	(01408) 621799	Tait P Weyland Ho East Rd Kirkwall	(01856) 873076
Or	(01631) 567258	Swanney, Ian R, Great Western Road Kirkwall.....	(01856) 872805	FAX	(01856) 873076
Or	(01397) 708478	Swanson, Bylster Farm Watten	(01955) 621271	Sparrowhawk Rd, Hatston Indust Est Kirkwall FAX.....	(01856) 876133
Superdrug, 4 Francis Street Stornoway	(01851) 704381	Swanson, Alexander, Tister Farm Halkirk	(01955) 661205	Tait Publishing, Ltd, Kelton Fm St. Ola.....	(01856) 873738
Superdrug Stores, Plc, Branches Inverness Unit 12-22 2 High Street Inverness	(01463) 232587	Swanson, Donald, Frmr, Clatequoy Thurso	(01847) 892486	Tait, T.A, Blksmith, New Smiddy Maitland Place Finstown	(01856) 761566
Superdry, Unit 15-16 Eastgate Shopping Centre Inverness	(01463) 241490	Swanson, W, 3 Lochend Holding Barrock	(01847) 851220	Talisman Energy, (UK) Ltd, Nigg Oil Terminal Nigg	(01862) 851900
Support In Mind Scotland, 34a Tomnahurich Street Inverness	(01463) 710963	Swansons Fruit Co, Unit 1 Lotland Street Inverness	(01463) 225070	TALK TALK, Telecoms Supplier, Head Office 1 Portal Wy London	(0800) 0497664
Support Training, 2 West Tankness La Kirkwall	(01856) 873582	Swarbrick Law, Barristers & Sols, Unit 2, Speyside Bsns Cntr Dalfaber Indust Est Aviemore.....	(01479) 811180	Talking Heads, Culcabock Store Culcabock Road Inverness	(01463) 715154
Surendra Khandelwal, 9 Burnett Road Inverness	(01463) 239205	FAX	(01479) 816187	Talking Heads, 57 John St Stromness	(01856) 851800
Suresite, R Mackay & Sons Durine	(01971) 511372	Sweet Treats, Woodside Village Inverness	(01463) 796888	Talktalk, Talktalk Gleann Seileach Business Park Stornoway	(01851) 288241
Suresite, Lochinver Stores Lochinver	(01571) 844764	Sweets Plus Treats, Ltd, 89 High Street Invergordon	(01349) 853111	Tall Pines Restaurant, Evelix Evelix Road Dornoch	(01862) 810968
Suresite, Ormlie Road Thurso.....	(01847) 896502	Swift Catering, Ltd, Tomich Fm Invergordon	(01349) 852003	Talmine Sub Post Office, North Skynet Post Office Skynet.....	(01847) 601200
Sushiness, 7 Lombard Street Inverness	(01463) 832477	Swiftmile, Ltd, The Pier Leverburgh	(01859) 520212	Tamanna, 44 Grampian Road Aviemore	(01479) 811199
Susiephone 'dial Before You Dig', Information Service, Edinburgh	(0800) 800333	Swinton - Inverness, Ltd, Ins Provider, 34 Tomnahurich Street Inverness	(0843) 8161037	Tan Cabin, A 63 Princes Street Thurso	(01847) 890300
Sutherland, A, Plant Hire Contr, Lismore House Invergarry	(01809) 501222	Syha, Scottish Youth Hostels Associa Broadford.....	(01471) 822077	Tangles, 16 Battlefield Crescent Inverlochty.....	(01397) 705328
SUTHERLAND, A & D, Ltd, Contrs, Spittal Quarry FAX.....	(01847) 841321	Sylhet Brasserie, 36 The Square Grantown-On-Spey	(01479) 872711	Tapi Carpets & Floors Limited, Limited, Carpet & Flooring Company, Unit 3 Telford Retail Park, Telford Street Inverness	(01463) 213180
Sutherland, Alister I, Fabricating Engs, Lower Bogrow Edderton.....	(01862) 821320	Syre Estates, Syre Lodge Kinbrace	(01641) 561222	Tarbat Community Hall Group,The, Carnegie Hall Well Street Tain	(01862) 871798
Sutherland Arms Garage, Ltd, Sutherland Arms Garage Victoria Road Brora	(01408) 622797	Dalvina Lodge Strathnaver	(01641) 561216	Tarbat Discovery Centre, Tarbatness Road Portmahomack	(01862) 871351
Sutherland Carpets, Unit 5 Industrial Estate Brora	(01408) 622505	T & L Fraser, Frt Farm, Ryefield Farm Tore	(01463) 811276	Tarbat Golf Club, Tarbat Golf Club Tarbatness Road Portmahomack	(01862) 871222
Sutherland, C, & Son, Coachbuilders Reay	(01847) 811303	T L Science, Ltd, Unit 2 John O' Groats Industrial John O' Groats Industrial Estate John O' Groats Wick.....	(01955) 601599	Tarbat Historic Trust, Tarbat Discovery Cntr Tarbat Ness Rd Portmahomack.....	(0843) 5155943
Sutherland, D.F, Home Farm Oldtown Of Leys Culduthel	(01463) 236392	T & L Tiling, Ltd, Little Hollies Invergordon	(01862) 842153	Tarbert Church Of Scotland, Church Of Scotland Manse Manse Road Tarbert	(01859) 502685
Sutherland, D, & Son, Wood Mrcnts, 4 Union St Wick (Caitness).....	(01955) 602101	T P McHardy Ltd, Blackpark Filling Station Clachnaharry Road Clachnaharry Road	(01463) 417679	Target Discount, Ltd, Dom Appl Retlrs, Unit 3 Strathpeffer Rd Dingwall	(01349) 862010
Sutherland Estates, Dalraevoch Ldg	(01408) 641239	T & T Fire Installation, Ltd, Hall Inchmore Kirkhill.....	(01463) 831492	Tarradale Hotel, (Off) Muir Of Ord.....	(01463) 870226
Sutherland Game & Shellfish, Southford Bridge Creagorry	(01870) 603066	T & U By Anna, 8 Queensgate Inverness.....	(01463) 832620	Tarry Ile Bar, 2-6 King Street Inverness.....	(01463) 234978
Sutherland Game & Shellfish, Ltd, 16 Achnairn Lairg	(01549) 402131	T.V Licensing, All Enquiries	(03007) 906135	Tartan Taxis, 15 Lotland St Inverness	(01463) 719719
Sutherland, G.N.R, Caravan Sales, Edderton	(01862) 821253	T3, UK Ltd, Golf Course Rd Thurso FAX	(01847) 891448	Tarven Bed & Breakfast, Tarven Staffin Road Portree	(01478) 612679
Glenurquhart Rd Inverness.....	(01463) 233051	Tagsa Uibhist, East Camp Balivanich	(01870) 603450	Taste Of China, 4 Charleston Court Inverness	(01463) 712828
Head Office FAX	(01862) 821382	Or	(01870) 602111	Taste Of India, Takeaway, Kyleakin	(01599) 534134
Sutherland, G.& R, Joinery, Funeral Director, Workshop Brora.....	(01408) 621030	Tai Cottage, Shop 77a High Street Nairn.....	(01667) 454633	Taversoe Hotel,The, Taversoe Rousay.....	(01856) 821325
Sutherland Inn,The, The Sutherland Inn Fountain Square Brora	(01408) 621209	Taigh Ailean Hotel, Portnalong	(01478) 640271	Tax Assist, 9 Tomnahurich Street Inverness.....	(01463) 242667
Sutherland, J, Auto Classifier Project Berriedale	(01593) 751236	Taigh Cheersabhagh Trust, Lochmaddy	(01876) 500823	Taxi 24/7, Ltd, 40 Elm Grove Nairn	(01667) 459604
Sutherland, J.M, & Associates, Borrowston Mains Downreay	(01847) 861216	Lochmaddy	(01876) 500823	44A High St Nairn	(01667) 459595
Sutherland, K.M, Bldr & Plstr, Braefindon Culbokie	(01349) 877415	Or	(01876) 500823	Taxi Service, Mr, Taxi Service, Fort 3 Caledonian Court 36 High Street Fort William.....	(01397) 700000
Sutherland Sporting, Co, The Flat New Buildings Main Street Lairg	(01549) 402229	Taigh Dhonnchaidh, 44 Isle Of Lewis	(01851) 810166	Taxis, 12 Riverview Newmarket.....	(01851) 700900
Sutherland, W.H.B, Ltd, Chemsts, 43 Victoria St Kirkwall FAX	(01856) 872141	Tail Wagers Dog Grooming, Ltd, Wholesale Retail, 21 Hill Street Dingwall	(01349) 862432	Taylor Crane, Co Ltd, Drumoyne Castledobbie Invergordon.....	(01349) 854363
43 Victoria St Kirkwall.....	(01856) 873240	Tain Dental Care,			

Taylor, Dr, I, 5 Mackay Road Dornoch.....	(01862) 811295	THISTLE HOTELS, Inverness Thistle Inverness Millburn Rd Inverness.....	(01463) 239666	Inverness Bus & Retail Park.....	(01463) 224893
Taylor, L & A, Frms, Ardjackie Farmhouse Tain.....	(01862) 892273	Thistle & Rose Shop,The, 21 Dunrobin Street Helmsdale.....	(01431) 821468	Timpson, Tesco Stores Ltd Mart Road Dingwall.....	(01349) 867659
Taylor Made Flooring, 47 Carsegate Rd Inverness.....	(01463) 714500	Thomas Cook Travel, Alness Branch 73 High St IV17.....	(0844) 3357017	Timpson, Ltd, Inshes Retail Pk Inverness.....	(01463) 709963
Taylor, N, 15 Crown Street Inverness.....	(01463) 418812	Fort William Branch Travel Cntr Railway Station Sq PH33.....	(0844) 3357285	WM Morrison Supermarket Millburn Rd Inverness.....	(01463) 718793
Tech-Mobile.Co.Uk, Ltd, 17 Bayhead Stornoway.....	(01851) 700178	Inverness Branch 13 Inglis St.....	(0844) 3357380	Timpson Shoe Repairs, Ltd, 83 George St Oban.....	(01631) 564350
Technifix, Hawthorne Cott Arabella.....	(01862) 863231	Inverness Branch 13 Inglis St FAX.....	(0844) 3359380	Inverness 52 Baron Taylor St Inverness.....	(01463) 235507
Tech-Offshore, UK Ltd, Highland Deephaven Indust Est Evanton Dingwall.....	(01349) 863336	Bureau de Change 13 Inglis St.....	(0844) 3357380	Inverness Eastgate Shopping Cntr Inverness.....	(01463) 239185
Telepoint International, Ltd, Trade, Sheraton Homes Fort William.....	(01397) 706060	Stornoway Branch 77 Cromwell St FAX.....	(0845) 3049581	Tinglecreek Hotel, FAX.....	(01599) 534315
Temptations, 1 Rotterdam Street Thurso.....	(01847) 893255	77 Cromwell St.....	(0845) 3089581	Tiny Tots Nursery, 45 Culloden Road Balloch.....	(01463) 791313
Tenon, Ltd, Ness Horizons Centre, Kintail House Beechwood Business Park Inverness.....	(01463) 732510	Thomas Rogerson And Sons, Footwr Retlrs, 66-68 George Street Oban.....	(01631) 566404	Tjmo, Home Bargains, Unit 1 North Road Fort William.....	(01397) 706440
Tenon, Ltd, FAX, Ness Horizons Centre, Kintail House Beechwood Business Park Inverness.....	(01463) 732537	Thoms, Ewan J, Solr, 29 Traill St Thurso.....	(01847) 893247	Tjmo, Home Bargains Unit 2 Nairn.....	(01667) 456803
Terrence Higgins Trust, 34 Waterloo Pl Inverness.....	(01463) 711585	Thomson, A, 5 Longman Road Inverness.....	(01463) 221284	Tk Highlands, Ltd, 44 Baron Taylor Street Inverness.....	(01463) 222829
Tesco ANPR, Mart Road Dingwall.....	(01349) 864549	Thomson, G, 12 Morven Place Fort William.....	(01397) 703661	Tk Maxx Inverness, T K Maxx Ltd Strothers Lane Inverness.....	(01463) 729729
Tesco Stores, Extra Inverness Inshes Retail Pk.....	(03456) 779376	Thomson, M, Greenock Tankerness.....	(01856) 861244	T-Mobile, (UK) Retail Ltd, Inverness Unit 74 Eastgate Shopping Cntr Inverness.....	(01463) 227892
Metro Aviemore Grampian Rd.....	(03456) 779017	Thomson Travel Shops, Inverness Unit 52 Eastgate Cntr IV2.....	(0845) 0713625	FAX.....	(01463) 227893
Fort William High St.....	(03456) 779276	Inverness 52 Eastgate Shopping Dev Inverness.....	(01463) 238100	Toe 2 Toe Dance, Toe 2 Toe Dance Wyvis Place Inverness.....	(01463) 719094
Inverness 8 Tomnahurich St.....	(03456) 779385	Thomson,ontel, Lochanhulley Timeshare Resort Carrbridge.....	(01479) 841407	Togs, Deaf Centre Glenloy Street Caol.....	(01397) 705402
Superstore Dingwall Dingwall Auction Mart Mart Rd.....	(03456) 779818	Thorn Security Systems, See details under ADT Fire & Security		Toll Gallery,The, Art Gall, The Toll Gallery Bridgend Thurso.....	(01847) 893256
Inverness, Ness Side Dores Rd.....	(03456) 746541	Thornbridge Sawmills, Ltd, 58 Seafield Rd Inverness.....	(01463) 222678	Tolmie, G, Plot 7 Dochcarty Rd Dingwall.....	(01349) 863526
Kirkwall 18 Pickaquooy Rd Toxteth.....	(03450) 269658	Or.....	(01463) 235982	Tolquhon Castle, Historic Buildings & Monuments, Tarves.....	(01651) 851286
Stornoway Ferry Rd.....	(03456) 719443	Three, Unit 24a Eastgate Shopping Centre Inverness.....	(01463) 236336	Tom Vehicle Rental, (Airdrie), Unit 5 Balmakeith Indust Est Nairn.....	(01667) 458260
Tain Shore Rd.....	(03450) 269671	Three Little Bakers, The, 8 Cradlehall Court Inverness.....	(01463) 794230	Tomatin Distillery, Co Ltd,The, Tomatin.....	(01808) 511404
Thurso Millbank Rd.....	(03456) 719360	Three Little Bakers,The, Ltd, Unit 3 Rowan House 39-41 Harbour Road Inverness.....	(01463) 242683	Tomb Of The Eagles, Liddle Farm St. Margarets Hope.....	(01856) 831339
Ullapool Latheron La.....	(03456) 719361	Thrifty Car & Van Rental, 33 Harbour Rd Inverness.....	(01463) 224466	Tomich Hotel, Tomich.....	(01456) 415399
Wick North Rd.....	(03456) 779892	Thurso Bay Caravan & Camping Park, Thurso Caravan Site Smith Terrace Thurso.....	(01847) 892244	Tomita Japanese Restaurant, Ltd, 2 Bayfield Road Portree.....	(01478) 613241
Tesco Stores, Former M & Co Airs Crossing High Street Fort William.....	(01397) 698703	Thurso Best Kebab, Pizza Kebab Takeaway, 51 Princes Street Thurso.....	(01847) 501020	Toms, Dr, E, Brinnafea Orphir.....	(01856) 811377
Test Customer 1A, Ayre Htl Ayre Rd Kirkwall.....	(01856) 876468	Thurso Bowling Club, Millbank Road Thurso.....	(01847) 895438	Tong Recreation Association, Tong Isle Of Lewis.....	(01851) 619363
Textstyle World By Fads, Inverness Unit C Telford St Inverness.....	(01463) 242835	Thurso Community Cafe, Cic, Thurso Fishselling Co The Harbour Thurso.....	(01847) 894111	Tongdale Hotel, Wentworth St Portree Reception.....	(01478) 612115
Textstyle World Home, Unit C Telford St Inverness FAX.....	(01463) 242835	Thurso Dental Centre, 5 Sir Georges Street Thurso.....	(01847) 894838	Tongue Garage, Co Ltd, Garage Coldbackie.....	(01847) 611264
TFX Performing Arts Community, Cic, Reriach Farm Cawdor,Nairnshire.....	(01463) 231500	Thurso Fire Station, Old Mill Millbank Road Thurso.....	(01847) 891130	Tongue Health Centre, Tongue Hotel,The, Tongue Hotel Tongue.....	(01847) 611206
Tgc Leisure Ltd, Academy Street Inverness.....	(01463) 248819	Thurso Foot Clinic, 34a High Street Wick.....	(01955) 606007	Tongue Sub Post Office, Post Office Tongue.....	(01847) 611201
Thai Cafe, 27 Church St Stornoway.....	(01851) 701811	Thurso Players, Mill Theatre Millbank Road Thurso.....	(01847) 893572	Tony Davidson Ta Kilmorack Gallery, Kilmorack Church Kilmorack.....	(01463) 783230
Thai Dining, 87 Academy Street Inverness.....	(01463) 220880	Thurso Taxis, 5 Princes St Thurso.....	(01847) 895555	Topps Tiles, Inverness Harbour Rd Inverness.....	(01463) 712333
Thain, Dr, A, Med Pract, Appointments 15 Culduthel Rd Inverness.....	(01463) 709709	Thurso Tool Hire, Ltd, Depot Ormlie Industrial Estate Thurso.....	(01847) 867365	Tor Croft Lodges, Balnain.....	(01456) 476350
Enquiries ,House Calls 15 Culduthel Rd Inverness.....	(01463) 712233	Thurso Tyre Centre, Post Office Garage Wilson Street Thurso.....	(01847) 896600	Torabhaig Distillery, Ltd, CNOC Farmhouse Teangue.....	(01471) 833312
Thain Electrical, 10 Grampian Rd Aviemore.....	(01479) 810744	Thurso Youth Club, Old Mill Millbank Road Thurso.....	(01847) 892964	CNOC Farmhouse Toravaig Dist Teangue.....	(01471) 833447
THAW Orkney, 2 West Tankerness Lane Kirkwall.....	(01856) 878388	Thyme & Plaice, Wholesale Retail, 10 Dunrobin Street Helmsdale.....	(01431) 821598	Torachilty Farm, Achilty.....	(01997) 421440
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The First Avoch Sea Scouts, Avoch Community Centre Station Road Avoch.....	(01381) 756136	Tigh Na Mara, Aultbea.....	(01445) 731505	FAX.....	(01471) 833231
The Grand Whisky Auction, Limited Company, Auctioneer, The Cellar Newmore Invergordon.....	(01463) 210427	Tigh Na Phoirt Deas, 1 Balallan.....	(01851) 830204	Tordarroch Farms, Braelangwell Cott Balblair.....	(01381) 610211
The Steading, Flat At Steading Bar Kilmartin A831 River Glass Bridge Cannich Drumnadrochit.....	(01456) 476231	Tigh Na Sgiat, Tigh Na Sgiath Skye Of Curr Road Dulnain Bridge.....	(01479) 851345	Tore Service Station, Tore.....	(01463) 811622
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The Williamson Group, Ltd, 5 Walker Road Inverness.....	(0843) 5385952	Tim Phillips, Chartered Accountants, The Steading Avoch.....	(01463) 219817	Tormiston Farm, Tormiston Stenness.....	(01856) 761217
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Therapy Suite,The, 110 Church Street Inverness.....	(01463) 232500	TIME, (Accurist Timeline) Dial 123		TORMORE DISTILLERY, Tormore Advie.....	(01807) 510244
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Thermopassive, Architects, Morrich House Davidson Drive Castle Avenue Industrial Est Invergordon.....	(01349) 854590	Timpson, Tesco 1a Eastfield Way.....		Torrance Partnership, 6 Garden Road Stornoway FAX.....	(01851) 702617
Thirty Degrees, 84 Church Street Inverness.....	(01463) 710380			Torrance Partnership, 23 Southside Rd Inverness.....	(01463) 237999
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				Torrance Partnership, 6 Princes St Thurso.....	(01847) 890112
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Tracey's, Byeways Ardgay.....(01863) 766055	Inverness	Ullapool News, Village Hall Market Street Ullapool(01854) 613334
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Trading Standards, Highland Council Consumer Advice Line(0845) 6004222	Stornoway	Ultimate Highlands Experience, Ltd,The, 30 Culduthel Road Inverness.....(01463) 719222
Highlands,The 38 Harbour Rd Inverness.....(01463) 228700	Lewis St Stornoway(01851) 702522	Ultimateaddons, 1 Morefield Industrial Estate Morefield Ullapool(01854) 611172
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Transaction Network Services, 15 Academy Street Inverness(01463) 250557	Tulloch Castle Hotel, Tulloch Castle Dv Dingwall(01349) 861325	UNITED DOMINIONS TRUST, Local Representative Mobile.....(07836) 332342
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Transaction Network Services, 62 Grampian Road Aviemore(01479) 812136	Tulloch, Ltd, Stoney Fid Ho Stoneyfield Business Pk Inverness(01463) 229300	
Transaction Network Services, 41 High Street Dingwall(01349) 866383	Tulloch, M, Frmr, Househill Mains Nairn.....(01667) 452311	
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University Of Aberdeen, Main Number, Office Hours	(01224) 272000	Voluntary Action Barra & Vatersay, Castlebay	(01871) 810401	Warehouse 13, Ltd, Alder House Cradlehall Business Park Inverness	(01463) 795351
University of Stirling, Dept of Nursing & Midwifery Highland Campus Old Perth Rd Inverness	(01463) 704315	Voluntary Action Lewis, Ltd, 30 Francis St Stornoway	(01851) 702632	Wares, Bruce, 1 Hakon Road Thurso	(01847) 548348
Western Isles Campus Western Isles Hosp Macauley Rd Stornoway (01851) 704704		FAX	(01851) 703035	Watermill Enterprises, Ltd, The Old Mill Mill Of Conrway Cawdor Nairn	(01667) 457694
Upland Developments, Spey Ho Cairngorm Technology Pk Aviemore	(01479) 811570	Voluntary Action Lochaber, Lochaber Opportunity Cntr An Drochmaid, Claggan Rd Fort William	(01397) 706055	Waterside Cafe, Cafe, A'chomriach Lochcarron.....	(01520) 722303
Urachadh Uibhist Claddach, Claddach Kirkibost Centre Claddach Kirkibost	(01876) 580390	FAX	(01397) 706044	Waterside Hotel, 9 Ness Bank Inverness	(01463) 233065
Urquhart Castle, Lewiston	(01456) 450551	Voluntary Action Orkney, 6 Anchor Bldgs Bridge St St. Kirkwall.....	(01856) 872897	Waterside Hotel,The, Glennhor Htl 9 Ness Bank Inverness FAX	(01463) 241075
Urquhart, J, Fmr, Rebeg Farm Kirkhill	(01463) 831716	Voluntary Groups Sutherland, Alba Main Street Golspie	(01408) 633001	Waterstones, 12 George St Oban.....	(01631) 571455
Urquhart, R & R, Llp, Solrs & Est Agnts, 20 High St Nairn	(01667) 453278	Volunteer Arms,The, 47 High Street Fort William	(01397) 702344	Waterstones, Unit 69 Eastgate Shopping Cntr Inverness	(01463) 233500
Urquhart's Restaurant, 2-4 Young Street Inverness.....	(01463) 233373	Volunteer Centre Western Isles,The, 41 Balivanich	(01870) 602604	Waterstones, 87 Grampian Rd Aviemore	(01479) 810797
Urras Oighreachd Ghabhsainn, Business Centre Tom Na Ba South Galson	(01851) 850393	95 Cromwell Street Stornoway	(01851) 700366	Waterstones Kingston Bentalls, 87 Grampian Road Aviemore	(01479) 811060
Urray & Kilchrist Church, Airdale Seaforth Road Muir Of Ord.....	(01463) 871625	30 Francis St Stornoway	(01851) 707207	Watmough, Dr, G.I, Mo-Dhachaidh Nursing Home North Rd Ullapool.....	(01854) 612015
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Vanessas Hairdressers, Ltd, 52 High Street Beaulieu.....	(01463) 782553	W & A Geddes, Ltd, Wholesale Retail, 5-7 River Street Wick	(01955) 604503	WC Supplies, Ltd, 23 Harbour Rd Inverness	(01463) 240740
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Vass, 43 High Street Tain	(01862) 893933	W.D Cormack, & Sons, The Ha Durrnan Castletown	(01847) 821663	Weddings Belles, Bridal Shop, 16 High Street Alness	(01349) 880900
Vass, J.J, & Sons Ltd, Bldr & Joinr, Fearn Aerodrome Fearn	(01862) 850085	W & D Ross, Ltd, W & D Ross Paint Spectrum Couper Sq Thurso	(01847) 890940	Wee Bike Hub, Retail Bike Rental, 65 High Street Kingussie	(01540) 662260
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Vault,The, Night Club, Bank Of Scotland 2 Grampian Road Aviemore	(01479) 810508	W M G Office Technology, Ltd, 4 Walker Rd Inverness	(01463) 246920	Weigh Inn, Ltd, Weigh Inn Motel Scrabster	(01847) 891664
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Veronica Tervet & David Tervet & Mat, Glaickbea Glaichbea.....	(01463) 741293	W & M Taxis, Taxi, 6 Moss-Side Road Nairn	(01667) 454197	Welbeck Estates, Co Ltd, Estates Office	(01593) 751280
Vertex Data Science, Ltd (Cap Gemini), Unit 12 Balmakeith Bsk Pk Nairn	(01667) 456600	W O Gordon Bindal, & Co, Farming, Hilton Fm Portmahomack	(01862) 871352	Factor (Res)	(01593) 751285
Vickerstaff, Dr, The Surgery Aultbea.....	(01445) 731221	W. R. C Construction, Ltd, W. R. C Crowness Crescent, Hatson Industrial Estate Orkney Islands Kirkwell	(01856) 878969	Victoria Cottage	(01593) 751249
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Victoria Garage, Victoria Road Brora	(01408) 621456	W Stewart, Ltd, 5 Kallin	(01870) 602485	Welch Seed Merchants, 15 Inshes Brae Westhill.....	(01463) 792368
Victoria Hall, 18 High Street Cromarty	(01381) 600542	W Stewart, Ltd, Glendale 7 Kallin.....	(01870) 602555	Weldex International Offshore, Ltd, 18-20 Harbour Road Inverness	(01463) 220333
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Inverness 17 Kenneth St Inverness	(01463) 714040	Walker, David, Fmr, Easter Galcantry Cawdor	(01667) 493335	Laigr The Laigr Pharmacy Main St Laigr	(01549) 402374
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Visit Applecross, Ltd, Applecross Camp Site Applecross	(01520) 744413	Wallace, Bea A, B.Ch.D, 19 Union St Inverness.....	(01463) 232423	Wellmont, Ltd, Unit 1 Inverbreakie Industrial Estate Invergordon	(01349) 852034
VisitScotland, Travel Cntr West Castle St Kirkwall	(01856) 885550	Wallace, Neil A, B.Ch.D, 19 Union St Inverness.....	(01463) 232423	Wendy's Hairdressers, 16 Breadalbane Crescent Wick	(01955) 605468
VisitScotland, Portree Bayfield Ho Bayfield Rd Portree	(01478) 612137	Wallace Stone Llp, Unit 9-10 Harbour View Cromwell Street Quay Stornoway	(01851) 703678	West Coast Delicatessen, 5 Argyle St Ullapool	(01854) 613450
Visitscotland, Ltd, 15 High St Fort William	(01397) 701801	Wallace Stone, & Partners Constt Civil Engrs Llp, Royal Bank Bldgs High St Dingwall	(01349) 866775	West Coast Motors, 1 Queens Pk Pi Oban	(01631) 566809
Visual Impairment Services Highland, An Drochmaid Claggan Rd Fort William.....	(01397) 700445	Wallaces Express, 10 Seafield Road Inverness.....	(01463) 237729	West End Garage, Nairn FAX	(01667) 456572
Vogue, Nightclub, 39 High St Inverness	(01463) 222395	Wallen, Misc, Woodwick House Evie.....	(01856) 751330	West End Garage, Morenish Fort Augustus	(01320) 366247
Voisey Training & Recruitment, Ltd, 36 Church St Inverness	(01463) 236667	Or	(01856) 751383	Or	(01320) 366803
Volkswagen, Ewen MacRae(West End Garage) Dunvegan Rd Portlee	(01478) 613919	Wallman-Girdlestone, Dr, J, St. Columba The Clattach Alturle Point Allanfearn	(01463) 230708	West End Hotel, Lochcarron	(01520) 722427
Hawco Nevis Gar, Caol Indust Est Ardgor Rd Caol.....	(01397) 700900	Wangs Chinese Takeaway, 61 High Street Alness	(01349) 883931	West End Hotel, West End Hotel Gordon Square Achintore Road Fort William FAX	(01397) 706279
48 Harbour Rd Inverness.....	(01463) 236111			West End Hotel, Ltd, Achintore Rd Fort William	(01397) 702614
				West Harris Trust,	

Talla Na Mara Paic Niseaboist		WHB Sutherland, Ltd, Healthcare Social Care,	11 Marine Terrace Rosemarkie	(01381) 620844
Horgabost Isle Of Harris	(01859) 503900	16 Traill St Thurso	Williamsons, Butch,	
West Highland Free Press,		74 Victoria St Stromness	Third Floor 22 Victoria Street Kirkwall.....	(01856) 878500
Unit 1 Broadford Indust Est Broadford	(01471) 822464	WHB Sutherland, Ltd, Trade,	Williamsons Garage, MOT Testing Station,	
West Highland Free Press,		2 Bridge Street Kirkwall.....	Docharty Rd Dingwall	(01349) 864770
Paicr Nan Craobh Industrial Estate Broadford	(01471) 822553	Whisky Shop,	Williamsons Garage,	
West Highland Gas, Ltd,		17 Bridge Street Inverness	Williamsons Garage Dingwall	(01349) 867128
Ben Nevis Indust Est Claggan,Fort William	(01397) 701414	Whisky Shop,	Willowbank Guest House,	
West Highland Publishing, Co Ltd,		93 High Street Fort William	High Street Grantown-On-Spey	(01479) 872089
Unit 1 Broadford Indust Est Broadford	(01471) 822464	Whispering Pine Lodge,The,	Willowglen Garden Centre,	
West Highland Timber Preservation,		Letterfinlay	Macaulay Road Stornoway	(01851) 705656
Unit 18a Ben Nevis Drive Ben Nevis Industrial Estate		White Cottage, Marketing Pr Advertising,	Wilson, Dr, A,	
Fort William	(01397) 700911	White Cottage Main Street North Kessock	Backhill Backhill.....	(01876) 540340
West Side Storage,		White, J,	Wilson, Allan W J, Ltd,	
6 Carsegate Road South Inverness.....	(01463) 223528	West Durcha Rosehall	1 Balnagare Fearn.....	(01862) 832240
West Sutherland Fisheries Trust,		White Stuff, White Stuff Ltd Ltd, Bsns,	Wilson, G,	
Gardeners Cottage Scourie	(01971) 502259	Unit 68 Eastgate Shopping Centre Inverness	Fasgadh Longsdale Road Oban	(01631) 564901
West Word Newspaper,		Whitehouse Restaurant,The,	Wilson, James, (Orkney) Ltd, Whsle Mrcnts,	
Railway Station Morar	(01687) 462720	Lochaline Stores Lochaline.....	Garson Indust Est Stromness	(01856) 850234
Westcoast Paintball,		White's Electronics, Metal Detectors,	FAX JAMES WILSON WHOLESALE AGENT GARSON INDUSTRIAL ESTATE	
Drumuie.....	(01478) 612081	35J Harbour Rd Inverness	STROMNESS	(01856) 850908
Westech Electrical,		Whitties Publishing, Ltd,	Wilson, R,	
The Boat Store Dunollie Road Oban	(01631) 561356	Dunbeath Mill Dunbeath	Coignafearn Munloch.....	(01463) 811738
Westend Furniture,		Whitton, G,	Wimberley House,	
West End Furniture Strathpeffer Road Dingwall.....	(01349) 865234	Sharlea Orphir	1 Wimberley Way Inverness	(01463) 224430
Westend Garage, Auto Repair Servs,		Whyte & Mackay,	Wind Harvest Limited,	
Lochcarron	(01520) 722329	Dalmore Distillery Dalmore	Corrory Glenelg	(01599) 522333
Wester Hardmuir Fruit Farm,		Whyte & Mackay,	Windrivh, H,	
Farm Ho Wester Hardmuir Auldearn.....	(01309) 641259	Invergordon Distillers Golf View Terrace	Daybreak Papa Westray	(01857) 644275
Wester Ross Fisheries,		Invergordon	Windscreen Services,	
Kinstear House Auldearn	(01667) 455222	Whyte, William, Ltd, Cargo Handlers,	Garage Dunollie Road Oban.....	(01631) 565565
Wester Ross Fisheries, Ltd,		Shore Rd Invergordon	Windsor House Dental Practice, Ltd,	
Kinstear Ho Auldearn.....	(01667) 459952	Wick Academy Football Club,	7 High Street Nairn	(01667) 454603
58 Glenfield Park Moss Road Ullapool	(01463) 832839	Boardroom Bignold/Harmsworth Park South Road	Winking Owl,The,	
Wester Ross Radio, Ltd,		Wick	123 Grampian Rd Aviemore.....	(01479) 812368
The Bookshop Strath	(01445) 712106	Wick Baptist Manse,	Winking Owl, The,	
Wester Ross Salmon, Ltd,		5 Harrow Terrace Wick.....	The Winking Owl Grampian Road Aviemore	(01479) 258126
Ardconnel Ter		Wick Dental Practice,	Winking Owl, The,	
28 Ardconnel Ter Inverness.....	(01463) 713371	17 Francis St Wick (Caithness).....	The Winking Owl Grampian Road Aviemore	(01479) 258362
Dingwall Business Pk		Wick Golf Club,	Winmar House Hotel,	
Taigh Na Bradan Strath View Dingwall Business Pk		Reiss	Winmar 78 Kenneth Street Inverness	(01463) 239328
Dingwall	(01349) 866222	Wick Harbour Trustees,	Winston Guest House & Cottage,	
FAX	(01854) 612121	Treasurer & Harbour Master	Palace Hotel 8 Ness Walk Inverness.....	(01463) 234477
Ardmair Ullapool	(01854) 612121	Treasurer & Harbour Master FAX.....	Wise Property Care,	
Westergas,		Wick Heritage Centre,	Ben Nevis Industrial Estate Fort William	(01397) 605577
14 Mellon Charles Aultbea	(01445) 731695	19 Bank Rv Wick (Caithness).....	Wishart, D, & Son, Gen Mrcnts,	
Westerlea Hotel, Htl,		Wick Laundry, Wholesale Retail,	14 Victoria St Stromness	(01856) 850275
Westerlea Hotel Inverness Road Nairn	(01667) 452136	Wick Laundry The Shore Wick	Wittets, Architects, Ltd,	
Western Isle Cruises, Ltd,		Wick Youth Club, Community Centre,	Riverbank Broadford.....	(01471) 822434
Pier Office The Pier Mallaig	(01687) 462233	Lower Dunbar Street Wick	WM Morrisons, N, Plc,	
Western Isle Properties, Ltd,		Wickes Building Supplies, Ltd,	Alness	(01349) 884132
73 Cromwell Street Stornoway	(01851) 704003	11 Longman Rd Inverness	Wolfhouse Gym, Ltd,	
Western Isles Association For Mental Health,		Wigan, Sir, Michael, Bt,	Unit 3-4 Site 3 Annat Point Industrial Estate	
23 Bayhead Stornoway.....	(01851) 704964	Farm Manager	Corpach	(01397) 772777
Western Isles Cancer Care Initiative,		Wild Orchid Guesthouse,The,	Wolseley,	
87 Cromwell Street Stornoway	(01851) 706721	Craiglea Durine.....	Unit 8 Dalfaber Indust Est Dalfaber Dv Aviemore	(01479) 810708
Western Isles Care & Repair Project,		Wild Pancake, Pancake Rstnt,	Or	(01479) 811567
16 South Beach Stornoway.....	(01851) 704347	17 Inglis Street Inverness	Wolseley, UK Ltd,	
Western Isles Community Radio, Ltd,		Wild Wee Pancakes,	Unit 1 Freeson Bsns Pk Stadium Rd Inverness	(01463) 231521
7A Newton St Stornoway	(01851) 703333	88 Church Street Inverness	Or	(01463) 238068
Western Isles Community Care Forum,		Wilderness Cottages,	Women's Aid,	
Sir E Scott School West Tarbert	(01859) 502588	127 Culduthel Road Inverness	Inverness	(01463) 234110
Western Isles Council,		Wildland,	Inverness FAX	(01349) 863568
see under Comhairle Nan Eilean Siar - Lewis And Harris		Lynaberrick Lodge Kingussie.....	Ross-shire	(01851) 704750
Western Isles Council,		Wildside Highland Lodges,	Western Isles	(01851) 704750
Ard Maree Ferry Terminal Berneray	(01876) 540227	Wildside Cntr Whitebridge	Wood Bees,	
Western Isles Fire Protection, Ltd,		William Fraser Haulage,	Unit 6c Ormlie Indust Estate Thurso	(01847) 894333
Clinton's Yard Rigs Road Stornoway	(01851) 700292	Glebe Cottage Gorthleck.....	Wood, S,	
Western Isles Fisherman's Association,		William Gray Construction, Ltd,	Garson Quoyloo Stromness	(01856) 841519
13 Newvalley	(01851) 702385	11-13 Henderson Drive Inverness	Woodbine House,	
Western Isles Fishery Trust,		Or	Uig	(01470) 542243
Rowanecroft Marybank.....	(01851) 705789	William Munro Construction, (Highland) Ltd,	WoodBloX,	
Western Isles Foyer,		Building 23 Industrial Estate Evanton.....	Dingwall Sawmills Old Evanton Rd.....	(0800) 3891420
30 Francis Street Stornoway	(01851) 705366	River Dv,Teaninich Indust Est Alness	Woodlands Bandb,	
Western Isles Rape Crisis Centre,		William Shearer, Whsle Ret,	Woodlands Stafford Road Dornoch	(01862) 241052
Helpline PO Box 9929 Stornoway	(01851) 709965	71 Victoria Street Kirkwall.....	Or	(01862) 810208
Westfield Farm,		William Wilson, Plmbrs Mrcnt,	Woodlands Centre,	
Westfield Farm Westfield	(01847) 871403	Inverness	23A Culduthel Rd Inverness	(01463) 713424
Westford Inn,		Henderson Rd Inverness	Woodlands Service Centre,	
Claddach Kirkibost.....	(01876) 580653	Stornoway	FAX	(01479) 873555
Westminster, Duke of,		26 Inaclete Rd Stornoway	Woods, Dr, A,	
Achfary		Thurso	5 The Courtyard Cottages The Highland Club St. Benedict' The Highland	
Estate Office	(01971) 500221	Unit 8 Ormlie Indust Est Thurso	Club St. Benedicts Abbey	
Westraak,		William Wilson, Ltd,	Fort Augustus	(01320) 366415
19 Lastigar Westray.....	(01857) 677777	Unit 3 Ben Nevis Indust Est Claggan.....	Wood's Family Dining, Ltd,	
Westray Development Trust,The,		William Wilson Ltd Broom Pl Portree	24 High Street Grantown-On-Spey.....	(01479) 873168
Gill Pier Westray.....	(01857) 677498	Unit 8 Dalfaber Indust Estate Dalfaber Drive	Woodside Garden Centre,	
Westray Heritage Centre,		Aviemore.....	Woodside House Castletown	(01847) 821567
Westray	(01857) 677414	Henderson Rd Inverness	Woodwinters Wines & Whiskies, Ltd,	
Westray Processors,		FAX	1 Glashan Court Church Street Inverness.....	(01463) 832328
Gill Pier Westray.....	(01857) 677273	William's, Hrdsg Sal,	Woodworkz,	
Westray Surgery,		31 Grant St Inverness	Main Woodworkz Lochcarron Industrial Estate	(01520) 722891
Trenabie House Westray	(01857) 677209	Williamson, Craig, Non-Ferrous Mtl Mrcnt,	Woody's Express Parcels, Ltd,	
Westside Medical Practice/Langabhat Practice,		23 Harbour Rd Inverness.....	Nuwest Transport Carsegate Rd Sth Inverness.....	(01463) 717070
Prescriptions Only Upper Carloway.....	(01851) 643388	Williamson Group, Ltd, Frt & Veg Whslrs,	Woody's Taxi's,	
What Is Your Name, Wholesale Retail,		16 Inaclete Road Stornoway	29 Banff Crescent Fort William.....	(01397) 701066
The Heraldry Shop Drumadrochit.....	(01456) 459377	Williamson Group, Ltd,	Wool Growers, Ltd,	

Newton Rd Novar	(01349) 830678
Wordworks, Ltd, DTP & Web Design, First Floor The Harbour Centre Pier Road Gairloch	(01445) 712715
Working Sheepdogs, Unit 2 Dunachtonmore Farmhouse Kingussie	(01540) 651402
Working To Recovery, Ltd, 9a Knockaird	(01851) 810789
World Of Sofas, Ltd, Specialist retailer of sofas, Unit 2, Telford Retail Park Telford Street Inverness	(01463) 210402
Worx, The, QUEST BUILDINGS 27-29 Albert Street Kirkwall	(01856) 877771
Wotherspoon, Iain, Solr, 5 Drummond St Inverness	(01463) 723501
James R.E. Wotherspoon, Solr	(01463) 723509
Jonathan L.E. Wotherspoon, Solr	(01463) 723509
Wow Mobile, Shop, 17 Lombard Street Inverness	(01463) 714070
Wright, Dr, T.F, Scapa Practice	(01856) 888245
Wsd Scotland, Ltd, Wsd New Site Wester Inshes Pl Inverness	(01463) 717345
Wyre Post Office, Russness Wyre	(01856) 821211
Wyvis Cosmetic Dental Laboratory, Ltd, Lockhart House Tulloch Street Dingwall	(01349) 864994
Wyvis Homes, Ltd, 7 Platcock Wynd Fortrose	(01381) 622522
WYVIS MOTOR COMPANY, 24 Hr Emergency Breakdown & Recovery Mobile	(07836) 770671
Wyvis Roofing Inverness, Unit C, 24 Longman Dv Inverness	(01463) 718651
Or	(01463) 718653
Xeretec Scotland, Ltd, Cromwell Rd Inverness	(01463) 725990
Unit 2.1 Cromwell Road Inverness	(01463) 713391
X&J, Ltd, 155 High Street Fort William	(01397) 703905
Y People, Glaitness Fm Ho Glaitness Rd St. Ola	(01856) 879958
Y People, 43 Junction Rd Kirkwall	(01856) 875815
Yard Plant Nursery, The, Tankerness Lane Kirkwall	(01856) 876809
Yard The, 28 Church Street Inverness	(01463) 713005
Yees Hung Ga Kung Fu Academy Inverness, 34 High Street Inverness	(01463) 233345
Yeoman Glensanda, Glensanda Quarry Oban	(01631) 730441
Yeoman, (Morven) Ltd, Rugh Garbh Depot Glensanda Oban	(01631) 730691
YESSS Electrical, (Inverness), Elec Whslrs, Jewson Timber & Builders Merchants 10 Harbour Road Inverness	(01463) 701128
YESSS Electrical, (Stornaway), Elec Whslrs, Caberfeidh Rd Stornaway	(01851) 708938
YMCA, Grantown-On-Spey Community Cntr 80 High St Grantown-on-Spey (01479) 872262	
Yool, W.A, Estate & Farms For Estate & Farms see under Auchtertyre	
Young, J, Clunas Treatment Works Clunas	(01667) 404638
Young Robertson, & Co, Solicitors, Thurso 29 Traill Street Thurso	(01847) 893247
29 Traill St Thurso (Property Shop)	(01847) 896177
FAX	(01847) 896358
Wick 21 Bridge St Wick (Caithness)	(01955) 605151
FAX	(01955) 602200
YOUR MOVE, Branches Dingwall 59 High St Dingwall	(01349) 864848
Inverness 60 Academy St Inverness	(01463) 221166
Your Perfect Smile Dental Clinic, Ltd, Your Perfect Smile Dental Clinic 6 Granish Way Aviemore	(01479) 812846
Youth Highland, Headquarters High Street Dingwall	(01349) 865186
Yummy House Inverness, Ltd, 67 Tomnahurich Street Inverness	(01463) 225050
Yvonne's Hairdressers, 4 Shore Street Beaulieu	(01463) 782092
Zebra Scotland, 20 High Street Grantown On Spey	(01479) 816510
Zplitendz, 28 Francis Street Stornaway	(01851) 705987

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Residential Listings

Table with multiple columns listing residential properties. Each entry includes a listing number, address, and a price. The listings are organized in three main columns.

Residential Listings

Table with 3 columns: Property Address, Price, and Reference Number. The table lists numerous residential properties across various locations like Inverness, Dingwall, and Thurso, including details like street names and property types.

Table of residential listings with columns for address, price, and phone number. Includes entries for properties in areas like B, Roderick A.C., Torran Gorm, and B, N.D., 30 Lindsay Street, Golspie.

Residential Listings

Table with 4 columns: Property Address, Reference Number, Price, and Contact Information. The table lists numerous residential properties across various locations in the Highlands and Islands of Scotland, including Inverness, Thurso, and various islands like Lewis and Harris.

Table with multiple columns listing residential properties including names, addresses, and phone numbers. The table is organized into three main columns and contains numerous entries such as BURSLEM, B, 67 Lochlann Road, Inverness and CAMBELL, A, 8 Builnacrax Street, Stornoway.

Table of residential listings with columns for address, price, and phone number. Includes entries for properties like 'C, E.J. 10 Mill Road Terrace Mill Road, Nairn' and 'C, Mrs Bungalow Invergordon'.

Table of residential listings with columns for address, phone number, and price. Includes entries for areas like T.C. 22 Mile End Place, Inverness, and Castle Milk High School.

Table with multiple columns listing residential properties, including address, phone number, and agent information. The table is organized into several columns and contains numerous entries.

Residential Listings

Table with multiple columns listing residential properties, including addresses, phone numbers, and agent information. The table is organized in three columns and lists a wide variety of homes for sale.

Table with multiple columns listing residential properties, including address, phone number, and agent information. The table is organized into three main vertical sections.

Table with 3 columns: Address, Postcode, and Phone Number. The table lists numerous residential properties across various Scottish locations, including Edinburgh, Glasgow, Aberdeen, and Dundee.

Table of residential listings with columns for address, price, and phone number. Includes entries for F, R, Room 23 Marine Terrace; F, R, Sealladh Mara Morangie Road; F, R, 11 Murray Road; F, R, 28 Old Steading Road; F, R, 2 Royal Terrace; F, R, 5 Scorguie Drive; F, R, 36 Temple Crescent; F, R, Flat 20 Tannery Court; F, R, 9 Urquhart Road; F, R, 41 Wrightfield Park; F, R, 1, 4 Benview Road; F, R, L, Westwinds Conon Bridge; F, R, L, 9 Meadow Road; F, S, Tigh-Na-Braich Ardross; F, S, Windhill Beauty; F, S, Little Croa Croag; F, S, Covesea Cottage Kyleakin; F, S, Susanne, Crya Orphir; F, S, Upper Knock Na Shalavaig Struy; F, S, 3 Braevie Park, Beauty; F, S, 16 Clachnaharry Road; F, S, 24 Clunes Avenue; F, S, Custom House Custom House Street; F, S, Torbreac Golf Course Road; F, S, 41 Henderson Street; F, S, 10 Leith Walk; F, S, 10 Moray View Avenue; F, S, The Old Fp Church Old Caithness Road; F, S, 5 Scott Crescent; F, S, 59 Spire's Crescent; F, S, 2 Station Road; F, S, 11 Woodburn Place; F, S, Simon A., 11 Callanish; F, S.A., 47 Smithton Park; F, S.S.B., 23 Argyle Court; F, T, Riverside Nethy Bridge; F, T, Roselea Ferry Road; F, T, D, 4 Ordvie Gate; F, T.N, Drumossie Cottage Inshes; F, V, 10 Balmakeith Park; F, V, Bank Of Scotland House High Street; F, W, Rose Cottage Torachilly Achilty; F, W, Marine Parade Borve; F, W, Cherry Tree 4 Broallan; F, W, 2 Balconie Park; F, W, 116 Balmacraun Road; F, W, 2 Cooper Court; F, W, William, 148 Drummond Road; F, W, 137 Drumossie Avenue; F, W, Wm, Resairie Main Street; F, W, 19 Perrins Road; F, W, 7 Stafford Terrace; F, W, 23 Woodlands Drive; F, W.A.J., 6 King Street; F, W.J., 43 Harris Road; F, W.J., 20 Inshes Crescent; F, W.R., 2 Stratheffer; F, W.T., Upperwood Poyntfield; F, William T., 44 Southside Rd; FRASER-McDONALD, M.; FRAY, C.R.; FRAZER, Caroline; F, J., 3 Ferntower Court; F, Julie, 29 Seaforth Crescent; F, Mrs P, Mrs Chez Nous Lochloy Road; F, R, Balintina Station Road; F, S, 50 Castlegreen Road; F, S.A., 20 Durine; FREDERICKS, C.; F, P, 27 Deas Avenue; F, P, 31 Fraser Road; FREE CHURCH MANSE, K.; FREELOVE, C.; FREELOVE, S.R.; FREEMAN, D.; F, Mr M, 12 East Newfield Park; F, R, Torr Park Torvaig; FREER, A.; FREESTON, R.; FREESTONE, F.; FREETH, N.; FRENCH, A.; F, 23 Carr Eilig View; F, C, 8 Holmisdale; F, E, Pine 1 Kindeace Highland Lodges; F, G, Wee Struthan Lochaline; F, J, Tomaharich Torlundy; F, J.F, Parkend Cottage Croag; F, P.A, Grianan Newtonmore; F, P.F, 4 Strathview Ardival Stratheffer; FRERE, M.; FREW, M.; FREW, A.; F, A, 4 Victoria Drive; F, J, 1 Meavaig South; F, J, 9B Port Of Ness; F, J, 12 St Andrews Drive; FREWIN, M.; FRIDGE, M.; FRIEL, J.; F, J, 2 Torr An Eas; F, M, Norshavn Whitehall Stronsay; FRIEND, S.; FRISKEN, J.; FRITH, G.C.; F, S.J, The Croft Cottage Kenmore Shieldaig; FROOM, D.; FROST, A.R.; F, B.M, 5 Castle Close; F, C, Hazelbrae Gorstan; F, C, 23-24 Hallin; F, L, Cnoc An Eoin Shieldaig; FRY, A.; F, Jas H, 19 Heathfield Road; F, S, Northumbria School Road; FRYER, K.M.; F, M.B, Landhallow Latheron; FUBISTER, M.; FUDGE, F.

Table with columns for property address, price, and phone number. The table is organized into columns and lists numerous residential listings with their respective details.

Table containing residential listings with columns for address/property name, area, and contact details. Listings are organized alphabetically by name and include details such as street names, areas like Westhill, Inverness, and Newtonmore, and phone numbers.

Table of residential listings with columns for address, phone number, and price. Includes entries for areas like Kirkwall, Stromness, Thurso, and Wick.

Table of residential listings with columns for address, price, and phone number. Includes entries for properties like 'J, I, 4 Burnside, Hilton', 'JOYCE, D, 8 Carters Park Road, Kirkwall', and 'KENNARD, C, Inchnacodoch Cottage Fort Augustus'.

Residential Listings

Table containing residential listings with columns for name, address, and phone number. Includes entries like KERMODE, M., Sheridan Polinister Road, Oban; K, N., Quarry House Finstown; KERNACHAN, H., 172 Firhill, Alness; etc.

Table of residential listings with columns for address, phone number, and price. Includes listings for Lecorvaisier, Ledger, Ledingham, etc., covering various areas like Inverness, Dingwall, and Fort William.

Table of residential listings with columns for address, phone number, and price. Includes properties like Tutim Cottage Lairg, Eriskay Craig Na Gower Avenue, and many others.

Residential Listings

Table of residential listings with columns for address, phone number, and price. Includes entries for properties like Muirfield Drive, Hilton House, and various streets in Inverness, Thurso, and other locations.

Table with 3 columns: Address, Reference Number, and Price. Contains numerous listings for residential properties across various locations like Kinross, Brechin, and Aberdeen.

Table with multiple columns listing residential properties, including addresses, prices, and agents. The table is organized into columns and lists various properties such as MCCOMBIE, MACKONACHIE, MCCONNACHIE, etc., with their respective details.

Table containing residential listings with columns for address, phone number, and price. The listings are organized in three columns. The first column lists properties from MCDONALD, A, 35 Wellsdale Road to MCDONALD, M, 16 Glenurquhart Road. The second column lists properties from M, C, 5 Hickman Park to M, D, 56 Lower Bayble. The third column lists properties from M, D, 452 Lochboisdale to M, E, Upper Geise Janetstown.

Table with multiple columns listing residential properties, including names, addresses, and associated numbers. The table is organized into several columns and contains a large volume of text.

Residential Listings

Table containing residential listings with columns for property address, price, and phone number. Listings include addresses like '24 Highfield Circle, Muir Of Ord' and '1, D, 10 Caplinch Road, Alness', along with prices such as '(01463) 872880' and '(01349) 883900'. The table lists numerous properties across various locations in the region.

Table of residential listings with columns for address, price, and phone number. The table is organized into three vertical columns. Each entry includes a detailed address, a price in parentheses, and a phone number. The listings cover various areas and include details such as room counts and property types.

Table with multiple columns listing residential properties, including addresses (e.g., 'M, F, 44 Springfield Road, Stornoway'), phone numbers (e.g., '(01851) 703614'), and agent information. The listings are arranged in two columns across the page.

Table with multiple columns listing residential properties, including names (e.g., MACLELLAN, MCELENNAN), addresses (e.g., 66 Old Perth Road, 59 Lochlann Road), and associated reference numbers (e.g., 01463, 01856).

Table with multiple columns listing residential properties, including names of owners and addresses, and their corresponding telephone numbers. The listings are organized in three main columns across the page.

Table with multiple columns listing residential properties, including addresses, phone numbers, and listing agents. The table is organized into three main columns and contains numerous entries for various locations in the region.

Table of residential listings including names like M, J, Askival 11 Drumfearn, MCPHERSON, J, 7 Borgia, Skerray, and addresses with corresponding phone numbers.

Table of residential listings including names like MCQUEEN, D, 32 Fraser Crescent, Portree, MACQUEEN, D, 57 Leachkin Road, Inverness, and addresses with corresponding phone numbers.

Table of residential listings including names like M, Elaine, 10 Lochlann Avenue, Culloden, M, E, 14 Ruthven Court, Kingussie, and addresses with corresponding phone numbers.

Residential Listings

Table containing residential listings with columns for address, phone number, and price. Listings include properties in areas like North Kessock, Wick, Inverness, and various parts of Highland and Shetland. The table is organized in three columns across the page.

Table with multiple columns listing residential properties, including address, phone number, and listing agent. The table is organized into three main vertical sections.

Table of residential listings with columns for property details, location, and price. Includes entries such as 'M, J.P. Sgodachail Ardgay', 'M, J.T. 2 Blarmore Avenue, Inverness', and 'M, J.A. Achincarnin Lochinver'.

Residential Listings

Table with multiple columns listing residential properties, including addresses, phone numbers, and listing agents. Includes entries for MOUNTJOY, MOUNTAIN RESCUE, MOUNTCASTLE, and MOUNTAIN RESCUE.

Table with 3 columns: Property Address, Price, and Reference Number. The table lists numerous residential properties in various areas like Moray Park, Perrins Road, Rathad Na H-Airigh, etc., with corresponding prices and reference numbers.

Table with multiple columns listing residential properties, including names, addresses, and phone numbers. The table is organized into two main columns of listings, with the right column continuing from the left.

Table with multiple columns listing residential properties, including names like PAYNE, PERT, PESCODD, PETER, etc., and their corresponding addresses and listing numbers.

Table with 3 columns: Property Address, Postcode, and Price. The table lists numerous residential properties across various locations including Inverness, Thurso, and other Scottish towns, with prices ranging from approximately £60,000 to over £1,000,000.

Table of residential listings with columns for address, reference number, and price. Includes entries such as R, C, Miller Church St, Halkirk (01847) 831966 and R, W, Ardgowan House Achandunie Ardross (01349) 882223.

Table with 3 columns: Property Address, Reference Number, and Price. The table lists numerous residential properties across various locations in the Highlands and Islands of Scotland, including Inverness, Dingwall, and other towns. Each entry includes a unique reference number and a corresponding price.

Table with multiple columns listing residential properties, including names, addresses, and phone numbers. The table is organized into columns, with the first column containing the majority of the listings.

Table with multiple columns listing residential properties, including address, phone number, and price. The listings are organized in three columns across the page.

Table with 4 columns: Address, Postcode, Price, and Reference Number. Lists residential properties for sale, including details like 'S, M, 59 Henrietta Street, Avoch' and 'S, D, 24 Wellington Street, Wick'.

Table of residential listings with columns for address, phone number, and price. Includes entries for locations like Golspie, Thurso, and Inverness.

Table of residential listings for the first column, including addresses and prices.

Table of residential listings for the second column, including addresses and prices.

Table of residential listings for the third column, including addresses and prices.

The abbreviation "St" is listed after "Saint"
STABLES, E, 13 Marine Park, North Kessock
STADER, J, Hillview Newlands Newlands, Bettyhill
STAGE, I.D, Inverclyde Ardcornel Terrace, Oban
STAGG, G, 9 Glendale
STAINKE, A, 8 King Street, Hilton
S, O, 30 Scotsburn Court, Tain
STANIMERS, J.R, Heather Croft Braes Ullapool
STAMP, D.W, Tigh Ard Midtown
STANDEN, C, 13 Belhaven Drive, Fort William
S, J, 19 Naimin Crescent, Fort William
STANDFAST, R, Woodlea Skene Park Nairn
STANDING, A, 2 Beechwood Strathpeffer
STANDLICK, D, 34 Inver Park, Lochinver
S, R, 13 Inver Park, Lochinver
S, R, 18 Inver Park, Lochinver
S, T, Torran Cottage Steer
STANDON-BATT, L, Culbo House Culbokie
STANGER, A, Tingdene Birsay
S, A, The Bungalow Birsay
S, A, Bennachie Blackhill Road, St. Ola
S, A, 3 Sweyn Court Church Road, St Margarets Hope
S, A, Easdale Cottage Easdale Loan, Kirkwall
S, A, 51 Park Street, Nairn
S, A, P, Grinnam Sandwick
S, Billy, 27 Laverock Road, Kirkwall
S, C, Broadview Stenness
S, Mr Colin, New Pitten Dundas Crescent, Kirkwall.
S, D, Unit H 63 Crowness Road, Hatston
S, E, 13 Skail Road, Kirkwall
S, J, Burnvoe Cairn Road, Stromness
S, J, Brin Novan Evie, ORKNEY
S, M, 22 Glatness Park, Kirkwall
S, P, Aquarius Aquarius, Kirkwall
S, Raymond, Lauriston Dounby
S, R, School Ha Evie
S, R, Sandwick
S, R, Millstane 23 Reid Crescent, Kirkwall
S, S, 1 Braebuster Cottage Deerness
S, S, 4 Perrie Sea Court, Kirkwall.
S, S.W, 7b Coplands Drive, Stromness
S, W.F, Nor Stang Lynpark, Kirkwall
STANLEY, R.A, 11 Lindsay Place, Wick
STANNERS, M, Maysford Newtonmore Road, Kingussie

Wick
S, D, 40 Breadsbane Terrace, Wick
S, Gordon, Maldon Robertson Crescent, Keiss
S, J, North Winless Farm Wick
S, James A, Andor Skitten Wick
S, J.G, 37 Mayfield Road, Thurso
S, J.L, Tyrella Bayview, Wick
S, I, 1 Kirrhill, Wick
S, I, 6 Wester Inshes Crescent, Inverness
S, M, Bogroy Cottage Tore
S, M, Alderley Janetstown, Wick
S, M, 20 Moray Street, Wick
S, R, Kincaird Farmhouse Kincaird
S, S, 2 East Newport Berriedale
S, W, St. Rowan John O' Groats
S, W.G.S, Midtown John O' Groats
STEVENS, A, 3 Rosehaugh Crescent, Avoch
S, C, 97 Borve
S, Dorothy, 8 Victoria Crescent, Brora
S, E, 13 Victoria Crescent, Brora
S, F, 2 Culcairn Road, Evanton
S, J, Tigh Na Cole Cottage Grantown On Spey
S, L, Post Office House Skerry
S, L, 53 Lenmore Strath
S, L, 1 Dunbar Flats High Street, Nairn
S, P, Cnoc-An-T-Sithean Borsisdale
S, S, 8 Swordale Staging Evanton
S, S, 1 Courtyard Cottages AL1, Inverness
STEVENS, A, The Old Stores Borsish
S, A, Burness Finstown
S, A, Hestwall House Holm
S, A, 3 Dixonfield House Thurso
S, A, Flat 3 18 Canonbury Terrace, Fortrose
S, A, Kirbuster Craigfield Park, St. Ola
S, A, 3A White Street, Kirkwall
S, A.T.A, 3 Grigor Drive, Inverness
S, A.W, Clairwood House Finstown
S, B, 32 Meadowbank, KIRKWALL
S, B, 70 Meadowbank, Kirkwall
S, Mrs Carine, 6 Burnett Place, Nairn
S, C, 11 Lochy Road, Inverloch
S, C, 43 Polvanie View, Inverness
S, D, Burnside Dounby
S, D, Old School House Mellon Udrigle
S, D, 40 Clune Terrace, Newtonmore
S, D, 21 View Road, Nairn
S, D, Dawnvale Willow Road, Kirkwall
S, D.M, Brigend Orphir
S, E, 7 Inveran
S, E, 18 West Tirindish Spean Bridge
S, E.A, Mountpleasant Stronsay
S, G, Carmiel Finstown
S, H, 5 Repeater Road, St. Ola
S, Jas, Burnside Culbokie
S, J, Lochinvar Lybster
S, Mr John, Minard Berstane Road, Kirkwall
S, Admiral J, 76 Eileen Donan Road, Inverness
S, J, 6 Muirtown Court King Street, Inverness
S, J, 77 Upper Burnside Drive, Thurso
S, J.B, Burghar Farm Evie
S, John G, Millgrip Stronsay
S, J.M, Midhouse Farm Evie
S, J.M, Bu Farm Orphir
S, John R, Smeoogarh Finstown
S, J.R, Oregon Maitland Place, Finstown
S, J.T, Stove Quoyloo
S, K, 40 Aird Road, Thornebank
S, L, Caravan 16 Loanekheim, Kiltarlity, By Beaully
S, Lisa, 2 Patience Way, Caol
S, L.J, Linnet Dale Orphir
S, M, Byrepark Cottage Ardgay
S, M, The Paddock Culbokie
S, M, Hamara Staffin Road, Portree
S, P, 16 Reid Crescent, Kirkwall
S, P.D, Aultry Kinlochewe
S, R, Bu Stronsay
S, R, 23 Montague Row, Inverness
S, R.M, Lindisfarne Annfield Crescent, Kirkwall
S, Sheena, Grianan Garrymore
S, S, Vestigar Westray
S, S, 26 Burnside, Kirkwall
S, S, 6 Linnpark, KIRKWALL
STEVENS-ONAGREN, Dr J, Berriedale Finstown
STEWART, A, 5 Hillview Drive, Copach
S, A, 10 Robertson Square, Wick
S, M, 16 St. Margaret's Road, Inverness
STEWART, A, Fergus Lea Back
S, A, Parkview Groggary
S, Ann, Bank House Invergarry
S, A, Burnside Farm Kiltarlity
S, A, Mill House Lismore
S, A, Tigh - A - Chladiach Lochinver
S, A, Balone Castle Portmahomack
S, A, Flat 3 Lag-Na-Haibne Grimsay
S, A, 5 Flashadder
S, A, 12 Back
S, A, Bruinish 13 Upper Coll
S, A, 18 Vatisker
S, A, 100 Achriesgill
S, A, 9 Back Street, Embo.
S, A, 75 Carn Dearg Road, Fort William
S, A, 2 Caulfield Gardens, Inverness
S, A, 4 Clumby Avenue, Kiltarlity
S, A, 1 Drumm Shiadhr, Shulshader
S, A, 31 Ferntower Place, Inverness
S, A, 72 Frithview Drive, Inverness
S, A, 18 Ford Terrace, Tong
S, A, 55 Glenurquhart Road, Inverness
S, A, 96 Henrietta Street, Wick
S, A, Hall View High Street, Auldearn
S, A, Suigill 14 Hill Avenue, Wick
S, A, Ach-An-Fhuairin Home Farm Road, Portree
S, A, 19 Leachkin Drive, Inverness
S, A, Willowghy Littleburn Road, Munloch
S, A, Cuil Na Sith Lochside, Fort William
S, A, 68 Mansfield Estate, Tain
S, A, 28 Melantee, Fort William
S, A, 20 Moss Road, Tain
S, A, 34 Nicolson Road, Stornoway

Table with multiple columns listing residential properties, including address, price, and agent information. The table is organized into three main vertical sections of listings.

Table with 3 columns: Property Address, Postcode, and Price. Lists various residential properties including locations like Conon Bridge, Braemar, and various streets in Aberdeen and surrounding areas.

Table with 3 columns: Address, Price, and Reference Number. Lists residential properties including street names and prices, such as S, J, 50 Holm Dell Drive, Inverness (01463) 242141 and S, D, Dalriada Bunchrew (01463) 718147.

Table with 3 columns: Address, Postcode, and Phone Number. The table lists numerous residential properties across various areas, including Torquay, Devon, and surrounding regions. Each entry includes a unique identifier and contact information.

Table with multiple columns listing residential properties, including addresses, phone numbers, and agent information. The table is organized into three columns and lists numerous properties across various locations like Wick, Thurso, and Inverness.

Table with multiple columns listing residential properties, including address, price, and contact information. The table is organized into several columns and contains numerous rows of data.

YEOMANS, G, 4 Gedintailor	(01478) 650380	ZERFAHS, John, 244 Bruernish	(01871) 890206
YESMIN, Sunjida, 11 Burnside, Plockton	(01599) 544227	ZHANG, M, Inver House Ardgay	(01549) 421311
YEUNG, P, Nevis Cottage Seafield Gardens, Fort William	(01397) 701586	ZHENG, M, 41 High Street, Wick	(01955) 471320
YOLLAND, W, 35 Achingale Place, Wick	(01955) 621763	ZIEHM, B, 1 Benside Road Newmarket	(01851) 705007
YORK, D.C, Burnside Muirke	(01847) 890866	ZOLTOWSKA, C, 28 Eoigarry,	(01871) 890276
Y, P, Dunedin Golf Road, Dornoch.....	(01862) 810081	ZUCKERT, W.I, 2 Provost Smith Way, Inverness	(01463) 231876
YORSTON, R, 61 Glenurquhart Road, Inverness	(01463) 222017		
Y, R, 53 Griesveship Brae, Stromness	(01856) 851219		
YOUELL, P, Botanann Buidhe 13 Strath	(01445) 712094		
YOUNG, A, Eastern Most Acharacle.....	(01967) 431708		
Y, A, Station Cottage Culrain	(01549) 421215		
Y, A, Appiehouse Sanday	(01857) 600268		
Y, A, 16 Appin Road, Kinlochleven	(01855) 831627		
Y, A, 24 Campbell Crescent, Kingussie	(01540) 662024		
Y, A, 24 Fyrysh Court, Evanton	(01349) 830848		
Y, A, 11A King Street, Nairn	(01667) 454395		
Y, A, 7 Sutors View, Nairn	(01667) 451288		
Y, A, 2 Urquhart Close, Milton	(01862) 842241		
Y, A, 18 Wells Street, Inverness.....	(01463) 234911		
Y, A Douglas, 10 Boniface Gardens, Fortrose.....	(01381) 621033		
Y, A.D, 41 Dulaig Court, Grantown-On-Spey.....	(01479) 873645		
Y, A.S, 19 Lindley Bank, Alness.....	(01349) 880802		
Y, A.T, 8 Drumlom, Drumnadrochit.....	(01456) 450367		
Y, B, Flat 4 55 Shore Road, Invergordon	(01349) 852001		
Y, C, Larach Beag 3 Portnalong.....	(01478) 640333		
Y, C, 5 Dunbarry Terrace, Kingussie.....	(01540) 661593		
Y, C, 3 Henrietta Court, Wick.....	(01955) 603801		
Y, C.S, Hannah's Croft 17 Mellon Udrigle.....	(01445) 731116		
Y, D, Old Blar House Banavie	(01397) 702639		
Y, D, Grianan Glencoe	(01855) 811322		
Y, D, Ardallie House Lynchat	(01540) 662144		
Y, D, Gamigoe Midclyth	(01593) 721402		
Y, D, Fairfield Roy Bridge	(01397) 712544		
Y, D, 42 Achingale Place, Watten	(01955) 621897		
Y, D, 6 Castle Heather Crescent, Inverness.....	(01463) 222253		
Y, D, Sunfield Drummond Road, Evanton	(01349) 830150		
Y, D.B, 2 Callart Road, Kinlochleven	(01855) 831376		
Y, D C, 11 Builnacraig Street, Stormoway.....	(01851) 702441		
Y, D.G, Woodstock Nethy Bridge.....	(01479) 821318		
Y, E, The Cabin Leckmelm Wood Leckmelm	(01854) 613064		
Y, E, 22 Marine Terrace, Rosemarkie	(01381) 620533		
Y, E, 14 Wade Road, Inverness	(01463) 714869		
Y, E, 22 Wades Road, Inverlochy	(01397) 704011		
Y, F, Freswick Cottage Dunbeath.....	(01593) 731434		
Y, F, 2/3 Of 13 Lower Breakish	(01471) 820084		
Y, G, 16 Moray Park Avenue, Culloден	(01463) 794430		
Y, G, 46 Seaforth Drive, Fortrose	(01381) 622271		
Y, H, Tansfield House Castletown.....	(01847) 821373		
Y, H, 6 Loch Nevis Terrace, Mallaig.....	(01687) 462313		
Y, I, Teanagain Cottage Culbokie.....	(01349) 877655		
Y, I, Oakfield Inverness.....	(01463) 242483		
Y, I, DUNDARACH Lochinver	(01571) 844420		
Y, J, Lochside Lochinver	(01571) 844108		
Y, J, Castle Stromness.....	(01856) 851334		
Y, James, Fairview Uachdar	(01870) 602025		
Y, J, Sruthanach Achintore Road, Fort William	(01397) 703839		
Y, Jy, 31 John Street, Nairn	(01667) 453844		
Y, J, 15 Loyal Terrace, Tongue	(01847) 611372		
Y, J, 18 Nevis Park, Inverness	(01463) 224295		
Y, J, Stanley Cottage Roslyn Street, Brora.....	(01408) 621594		
Y, J, 19 Woodlands View, Inverness	(01463) 791350		
Y, J.B, Strathmor Wardlaw Road, Kirkhill	(01463) 831787		
Y, John M, The Lodge Sordale Halkirk.....	(01847) 831228		
Y, K, Amhurst Vill Cawdor Street, Nairn	(01667) 455360		
Y, K, The Old Shop Diabaig, Torridon	(01445) 790231		
Y, Katie, 13 Scott Road, Tarbert.....	(01859) 502148		
Y, K, 13 Sibell Road, Golspie	(01408) 633344		
Y, L, 29A Madras Street, Inverness.....	(01463) 591127		
Y, L, 13 St. Drostans, Drumnadrochit	(01456) 459125		
Y, M, Croval Stromness	(01856) 850367		
Y, M, Torwoodlea Easter Muckovie Westhill	(01463) 791677		
Y, Mairi, Croft 410 Lochcarron	(01520) 722436		
Y, M, 4 Garden Place, Beaully	(01463) 782280		
Y, M, 2 Manse Road, Laig	(01549) 402444		
Y, N, Granite Square Strontian	(01967) 402403		
Y, N.A, Broomloan Staffin.....	(01470) 562393		
Y, P, 17 Cromore.....	(01851) 880763		
Y, R, Old School Oldshoremore	(01971) 521452		
Y, R, 188 Balchrack Rhiconich	(01971) 521284		
Y, R, Sealladh Na Mara Chapelhill, Portmahomack.....	(01862) 871796		
Y, R, Reay House George Street, Cromarty	(01381) 600205		
Y, R, 43 Royal Marine Apartments Marine Road, Nairn	(01667) 456223		
Y, R, 3 Ross Street, Golspie.....	(01408) 633547		
Y, R, 6 Seaforth Road, Thurso.....	(01847) 895346		
Y, S, Beechfield Newton.....	(01349) 864141		
Y, S, Morangie Lodge Tarlogie	(01862) 894266		
Y, S, Flat 42, 11 Clachnaharry Road, Inverness.....	(01463) 570432		
Y, S.W, Castle Stromness.....	(01856) 850577		
Y, T.F, 63 Society Street, Nairn	(01667) 455649		
Y, V, 13 Groom Crescent, Kirkhill.....	(01463) 831383		
Y, W, Loch Flemington Loch Flemington	(01667) 462524		
Y, W, Hillview Ben Bhraggie Terrace, Golspie.....	(01408) 633621		
Y, W, 8 Handa Terrace, Scourie.....	(01971) 502342		
Y, W, 9 Locharhill Road, Inverness	(01463) 225596		
YOUNGER, Rev A, 33 Duke's View, Inverness	(01463) 242873		
Y, A, 22 Park Road, INVERNESS.....	(01463) 591164		
Y, A.A, Hoy Farm Castletown	(01847) 821217		
Y, G.K, Hoy Farm Castletown	(01847) 821068		
YOUNGSON, A, Sulima East Gills	(01847) 895998		
Y, A, 5 Rose Street, Wick	(01955) 606677		
Y, D, Tulach Ard Glengolly.....	(01847) 892828		
Y, E, 22 Haimer Place, Thurso.....	(01847) 892300		
Y, L, Duntulm Mackenzie Place, Avoch	(01381) 621386		
YOUNIE, A, 31 Royal Oak Road, Kirkwall	(01856) 876621		
Y, M, 145 Mackintosh Road, Inverness	(01463) 221590		
YUE, Y, Corrie Liath Fort Augustus.....	(01320) 366785		
YUILL, J, 17 Glebe Terrace, Helmsdale	(01431) 821881		
YULE, A, 4 Urchal Park, CULLODEN WEST INVERNESS.....	(01463) 571031		
Y, B, 18 Royal Oak Road, Kirkwall	(01856) 872582		
Y, D, Brae Tulloch Heights Of Dochcarty Dingwall	(01349) 864016		
Y, J, Lochgorm Carrbridge	(01479) 816365		
Y, J.D, Eastquoy Harray.....	(01856) 771383		
Y, T.J, Grundwhee Harray.....	(01856) 771578		
ZAGORSKI, P, 19 Braeface, Alness	(01349) 882756		
ZAJANCAUSKAS, L, 23 Ardgowan, Croy.....	(01667) 493954		
ZASINSKI, S, 3 Reid Road, Invergordon	(01349) 853512		
ZBLEWSKI, C, 15 Aird Road, Beaully.....	(01463) 783532		
ZELL, H.M, Glaisbhein Lochcarron	(01520) 722951		
ZENCURE, S, 1 Raasay Court, Fort William.....	(01397) 698851		

Residential Listings

A-Z listings of local residential numbers.

Information listed within the A-Z section **has been provided by each Communication Provider** (phone line provider) for that individual and is published based on their directory status. If the person has been flagged as **Ex-Directory** it **will not be printed**. BT will only print information that **has been provided**. If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.



Data is updated annually. Changes made with your service provider will not take effect until the next A-Z Directory is created. Use of the term 'The Phone Book' also pertains to BT.