

List of sites:

Hard-rock cliffs

St Kilda, Western Isles
Villians of Hamnavoe, Shetland
Papa Stour, Shetland
Foula, Shetland
West Coast of Orkney
Duncansby to Skirza Head, Caithness
Tarbat Ness, Ross and Cromarty
Loch Maddy–Sound of Harris Coastline, Western Isles
Northern Islay, Argyll and Bute
Bullers of Buchan, Aberdeenshire
Dunbar, East Lothian
St Abb's Head, Berwickshire
Tintagel, Cornwall
South Pembroke Cliffs, Pembrokeshire
Hartland Quay, Devon
Solfach, Pembrokeshire

Soft-rock cliffs

Ladram Bay, Devon
Robin Hood's Bay, Yorkshire
Blue Anchor–Watchet–Lilstock, Somerset
Nash Point, Glamorgan
Lyme Regis to Golden Cap, Dorset
South-west Isle of Wight
Kingsdown to Dover, Kent
Beachy Head to Seaford Head, East Sussex
Ballard Down, Dorset
Flamborough Head, Yorkshire
Joss Bay (GCR Name: Foreness Point), Kent
Porth Neigwl, Gwynedd
Holderness, Yorkshire

Gravel and 'shingle' beaches

Westward Ho! Cobble Beach, Devon
Loe Bar, Cornwall
Slapton Sands, Devon
Hallsands, Devon
Budleigh Salterton Beach, Devon
Chesil Beach, Dorset
Porlock, Somerset
Hurst Castle Spit, Hampshire
Pagham Harbour, West Sussex
The Ayres of Swinister, Shetland
Whiteness Head, Moray
Spey Bay, Moray
The West Coast of Jura, Argyll and Bute

Benacre Ness, Suffolk
Orfordness and Shingle Street, Suffolk
Rye Harbour, East Sussex
Dungeness, Kent

Sandy beaches and dunes

Marsden Bay, County Durham
South Haven Peninsula, Dorset
Upton and Gwithian Towans, Cornwall
Braunton Burrows, Devon
Oxwich Bay, Glamorgan
Tywyn Aberffraw, Anglesey
Ainsdale, Lancashire
Luce Sands, Dumfries and Galloway
Sandwood Bay, Sutherland
Torrisdale Bay and Invernaver, Sutherland
Dunnet Bay, Caithness
Balta Island, Shetland
Strathbeg, Aberdeenshire
Forvie, Aberdeenshire
Barry Links, Angus
Tentsmuir, Fife

Sand spits and tombolos

Pwll-ddu, Glamorgan
Ynyslas, Ceredigion
East Head (Chichester Harbour), West Sussex
Spurn Head, Yorkshire
Dawlish Warren, Devon
Gibraltar Point, Lincolnshire
Walney Island, Lancashire
Winterton Ness, Norfolk
Morfa Harlech, Gwynedd
Morfa Dyffryn, Gwynedd
St Ninian's Tombolo, Shetland
Coast of the Isles of Scilly
Central Sanday, Orkney

Machair

Machir Bay, Islay, Argyll and Bute
Eoligarry, Barra, Western Isles
Ardivachar to Stoneybridge, South Uist, Western Isles
Hornish and Lingay Strands (Machairs Robach and Newton), North Uist, Western Isles
Pabbay, Harris, Western Isles
Luskentyre and Corran Seilebost, Harris, Western Isles
Mangersta, Lewis, Western Isles
Traigh na Berie, Lewis, Western Isles
Balnakeil, Sutherland

Saltmarshes

Culbin, Moray

Morrich More, Ross and Cromarty

St Osyth Marsh, Essex

Dengie Marsh, Essex

Keyhaven Marsh, Hurst Castle, Hampshire

Solway Firth saltmarshes

 Solway Firth (north shore), Dumfries and Galloway

 Upper Solway flats and marshes (south shore), Cumbria

 Cree Estuary, Outer Solway Firth, Dumfries and Galloway

Loch Gruinart, Islay, Argyll and Bute

Coastal assemblages

Culbin, Moray

Morrich More, Ross and Cromarty

Carmarthen Bay, Carmarthenshire

The Coast of Caernarfon Bay

 Newborough Warren, Isle of Anglesey

 Morfa Dinlle, Gwynedd

Holy Island, Northumberland

North Norfolk Coast

The Dorset Coast: Peveril Point to Furzy Cliff