| Track | Name | Туре | Duration |
|-------|---|--------------|----------|
| 1 | The Selkies' Dance (An Islay Reaper's Song) | Instrumental | 0:39 |
| 2 | The Selkie's Lament | Song | 1:22 |
| 3 | The Black Loorgin | Song | 1:10 |
| 4 | Conall's Jig (Out in the Ocean) | Instrumental | 0:27 |
| 5 | Conall's Glissandos | Instrumental | 0:15 |
| 6 | Courage chords | Instrumental | 0:15 |
| 7 | The Search for Uthaine (A dance - by Guilhelm IX) | Instrumental | 0:51 |
| 8 | Come to me, O harp of mine | Instrumental | 0:27 |
| 9 | Music of Tears | Instrumental | 0:21 |
| 10 | Music of Mirth (The Dingle Regatta) | Instrumental | 0:18 |
| 11 | Music of Sleep (Seoithín Seó - Hushaby, Hush) | Instrumental | 0:43 |
| 12 | Close your eyes | Song | 2:12 |
| 13 | The Black Loorgin #2 | Song | 0:35 |
| 14 | Dod's footsteps | SFX | 0:17 |
| 15 | Finn vs. Dod | Instrumental | 0:28 |
| 16 | Finn chases Dod | Instrumental | 0:22 |
| 17 | The King of the Sea | Song | 1:33 |
| 18 | Lisa Lân | Song | 2:08 |
| 19 | The Fairies Behind The Wall | Song | 0:33 |
| 20 | Leaving Wales (The Fairies Behind The Wall instrumental) | Instrumental | 0:29 |
| 21 | Martin Said To His Man | Song | 2:32 |
| 22 | The Boggart Song | Song | 1:10 |
| 23 | The Boggart Outro | Instrumental | 0:17 |
| 24 | Finale | Song | 3:05 |
| 25 | Auld Lang Syne | Song | 1:44 |
| | Additional tracks | | |
| 26 | The Fairies Behind The Wall (Harmony part only) | Song | 0:33 |
| 27 | Lisa Lân in D (For less experienced singers, this track is pitched a third lower than track 18) | Song | 2:08 |

Track 1,3,4,7,10,11,12,13,17,18,21,25 Traditional, arranged by Andrew North Track 2 Traditional/Andrew North
Track 5,6,8,9,15,16,19,20,22,23,24,25,26 by Andrew North