

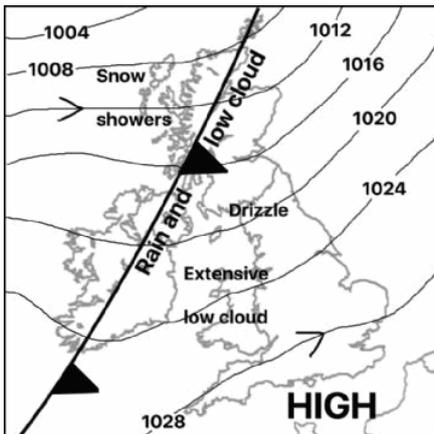
# West Highlands

Western Highlands accessible from, and south of, Glenfinnan (Road to the Isles) and Glen Spean (includes Creag Meagaidh). This area include Ben Nevis and the mountains around Glencoe. In the east, includes Ben Alder south to Loch Lomond and Trossachs NP. Includes Arran and Mull.



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## General Summary for Friday, 22 March, 2019



### British Mountain Summary:

**Based on forecast chart for noon 22 March, 2019**

Southwest winds; gale force across Lakes/N Pennines/S Uplands and storm force over the Highlands. Extensive low cloud across the hills with patches of drizzle ahead of a cold front that will push southeast through the day bringing a period of heavier rain to all hills. Colder air into Scotland later with snow showers in west.

### Headline for West Highlands

Storm force winds. Extensive hill fog. Rain clearing to snow showers PM.

## Detailed Forecast for Friday, 22 March, 2019

<b>How windy? (On the Munros)</b>	South to southwest, 60-80mph, veering westerly in the afternoon and easing to between 35-50mph.
<b>Effect of wind on you?</b>	<b>Walking widely very difficult through the morning with severe wind chill. Conditions moderating in the afternoon.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain in morning, then snow showers.</b> Frequent drizzle at dawn. A cold front will soon arrive from the west and bring heavy rain across all parts during the morning. This rain will clear around lunchtime, perhaps finishing as snow tops. Snow showers following, rain below 500m.
<b>Cloud on the hills?</b>	<b>Extensive, breaks to tops behind cold front.</b> Cloud extensive across the hills from dawn, to low levels for several hours during rain. Then as rain clears in afternoon, bases lifting to 700-900m, with some higher breaks to tops forming away from the snow showers.
<b>Chance of cloud free Munros?</b>	<b>10%, lifting to 50% in afternoon.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Occasional sunshine breaking through and visibility tending to improve as rain clears. Reduced again by showers.
<b>How Cold? (at 900m)</b>	3 to 5C, dropping through day, perhaps abruptly to -1C or just below during afternoon. Feeling closer to -18C in exposure to strongest winds.
<b>Freezing Level</b>	Above summits, but dropping sharply to 700-800m by late afternoon.

## West Highlands - Looking Ahead

	<b>Saturday 23 March</b>	<b>Sunday 24 March</b>
<b>How windy? (On the Munros)</b>	Westerly 15 to 30mph; strongest in the morning.	Westerly 45 to 60mph; strongest in the morning.
<b>Effect of wind on you?</b>	<b>May impede walking at times across higher areas with significant wind chill.</b>	<b>Walking widely difficult or perhaps for a time locally very difficult with severe buffeting and wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Occasional snow showers</b> A scattering of snow showers, rain below 500m, will feed in from the west throughout the day.	<b>Rain/snow becoming frequent</b> Rain/snow showers will become increasingly frequent through the morning and will likely merge to give a longer period of rain and snow; snow by then increasingly confined above 800-900m.
<b>Cloud on the hills?</b>	<b>Frequently shrouding higher areas</b>  Cloud base varying, but often shrouding higher areas above 700-900m throughout the day with only fleeting breaks to higher tops between showers. Patches down to 500m near showers.	<b>Increasingly extensive across higher areas.</b>  Patches of cloud at dawn across higher tops at dawn. Increasingly cloud lowering from the west and becoming extensive on the hills above 700-900m; lowest bases near and west of Loch Linnhe.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional bursts of sunshine.  Visibility generally very good, but very poor in snow showers.	Generally overcast, but some glimpses of sun at first; mainly central Highlands. Visibility becoming poor as precipitation sets in; or across higher slopes very poor.
<b>How Cold? (at 900m)</b>	-1 or -2C	-2C lifting to 0C.
<b>Freezing Level</b>	700-800m	700m lifting to 900m.

**Planning Outlook****All mountain areas of Britain from Saturday, 23 March, 2019**

Colder conditions over the weekend with freezing levels ranging between 700 and 1000m. Snow or hail showers focused on W Scotland, becoming increasingly frequent through Sunday when another swathe of gales will affect the Highlands. Drier elsewhere, with just a few showers; these mainly across the Lakes and E Scotland.

Into next week, higher pressure will extend across the UK bringing a period of quieter weather with lighter winds and occasional sunshine. Temperatures slowly rising by day, although frosts forming in the valleys/glens at night. Weak fronts may edge into W Scotland at times introducing some low cloud and drizzle here for a time.

**Forecast issued at 16:36 on Thursday, 21 March, 2019**

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