#### MOUNTAIN WEATHER INFORMATION SERVICE

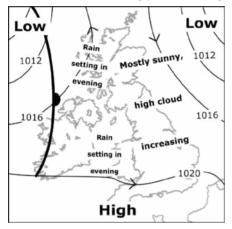
# **West Highlands**

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



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# General Summary for Friday, 23 May, 2025



## British Mountain Summary: Based on forecast chart for noon 23 May, 2025

A sunny start for most. High cloud begins drifting over western areas, gradually thickening through afternoon. Patchy high cloud builds in eastern Scotland and down the spine of the Pennines before high cloud reaches these areas too. Overcast for most by dusk with rain setting into western coastal areas, spreading east overnight.

## **Headline for West Highlands**

Patchy sun, high cloud increasing; evening rain setting in

# Detailed Forecast for Friday, 23 May, 2025

How windy? (On the Munros)	Variable 10mph or less. Shifting southwesterly afternoon 15-20mph, further strengthening by dusk to 25-35mph, soonest and strongest near coast and islands.	
Effect of wind on you?	Negligible much of the day. Some uncomfortable winds later afternoon, deteriorating into the evening - balance challenges may arise after sunset.	
How wet?	Setting in later afternoon into evening	
(Precipitation and its impact)	Dry for much of the daytime. Rain approaching from the west later afternoon, soonest Mull to Jura; extending inland through dusk, setting in steadier then heavier widely. Rain and drizzle continues during night.	
Cloud on the hills?	oud on the hills? Little if any until evening	
	Isolated cloud caps may drift over highest terrain around Lochaber/Loch Linnhe at first, soon dissipating for cloud-free hills. Banks of cloud returning to high terrain along the coast later afternoon, widely filling in, lowering, and spreading inland into night.	
Chance of cloud free Munros?	Above 90% most of daylight	
Sunshine? Air clarity (below cloud)	Extensive sun through morning, high cloud filling in through afternoon, becoming overcast by evening. Superb visibility.	
How Cold? (at 900m)	4C; well inland areas may be near 2C at dawn. Rising to 6 or 7C, reaching near 9C well inland.	
Freezing Level	Above the summits. Frost inland glens at dawn.	

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#### West Highlands - Looking Ahead

	Saturday 24 May	Sunday 25 May
How windy? (On the Munros)	Southwesterly 25 to 35mph, near 40mph over higher tops in morning and again by evening, risk stronger onward into night.	Westerly 40-50+mph. Frequent squally gusts around showers.
Effect of wind on you?	Blustery over the mountains, affecting comfortable walking and balance on exposed tops and ridges, feeling cool.	Walking arduous, squally winds may inhibit forward progress or blow you over. Significant wind chill.
How wet?	Rain or drizzle all day	Frequent showers, heavy bursts west
(Precipitation and its impact)	Generally damp, constant drizzle, mixed with periods of steadier rain; may ease off a little for inland areas in the afternoon.  Likely extensive heavier rain moving in from southwest evening into night.	Showers merging into near constant precipitation. Heavy bursts with some hail mixed in, some snow on highest tops later. Chance an odd flash of lightning northern coastal slopes.
Cloud on the hills?	Extensive very low cloud	West coast often shrouded, variable bases
	Blanket cloud from lower slopes up most or all day coastal mountains and on islands. Further inland, cloud base 400-600m, occasionally may break higher toward east of Loch Treig to Creag Meagaidh.	Widely shrouded along the west coast from 500-600m and up, becoming variable. Higher bases inland though will vary in showers. Breaks up to 1000m well inland and near Creag Meagaidh.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Rare if any glimpses of sun, generally overcast and dull, poor visibility across the mountains, misty to low levels near coasts.	Overcast in the morning, breaking for glimpses or patchy sun. Visibility often poor, though good out of showers inland.
How Cold? (at 900m)	8C, little change all day. Feeling sub-zero directly in the wind, nearer -5C at times on highest summits.	3 to 5C at dawn, coolest along the coast.  Cooling to around 2C most areas.  Feeling like -10C in direct wind.
Freezing Level	Above the summits	Above the summits early in the day. Soon lowering to highest tops Lochaber and north, settling near 1200m here afternoon.

## **Planning Outlook**

## All mountain areas of Britain from Saturday, 24 May, 2025

Low pressure facilitates a strong westerly Atlantic breeze over the weekend: blustery winds, low cloud, damp conditions for Saturday, then widely heavier rain is expected by Saturday night, accompanied by winds strengthening to gale force over many hills. Remaining very windy through Sunday and Monday with mountain gales; cooler too, with heavy showers, particularly frequent in western Scotland, a risk of hail and thunder. A changeable week follows, winds generally easing and likely a period of rain for England and Wales Tuesday. Eastern Scotland may be substantially dry with regular sun. Some improvement likely late week into the weekend.

#### Forecast issued at 16:21 on Thursday, 22 May, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2025.