

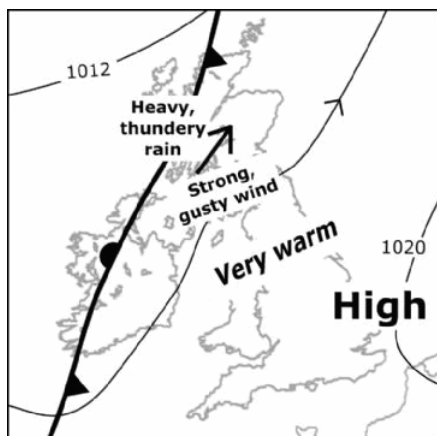
West Highlands

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 Monday, 30 June, 2025



British Mountain Summary:

Based on forecast chart for noon 30 June, 2025

Very warm and humid. Gale force southerly winds for NW Scotland at first will ease, but gusty winds strengthen elsewhere. As a front encroaches from the west across the Highlands, bursts of rain will merge into a swathe of more extensive heavy rain, possible thunder. Dry with sunshine for England and Wales, small risk local showers.

Headline for West Highlands

Gales on tops at first easing. Heavy rain develops from west.

Detailed Forecast for Monday, 30 June, 2025

How windy? (On the Munros) Effect of wind on you?	South to southwesterly 30 to 45mph, over 50mph higher tops Lochaber to Mull briefly early morning; powerful gusts. Lessening to W-NW'ly 15-20mph Lochaber afternoon, but gusty SW'ly 30mph persists Arran to Loch Lomond. Arduous walking on many higher areas in morning, buffeting gusts, more difficult at first on tops near and west of Loch Linnhe. Improving, but locally gusty conditions in south for longer affects ease of walking.
How wet? (Precipitation and its impact)	Heavy bursts increasingly set in Spots of rain from high cloud, heavy bursts of rain forming. More persistent heavy rain develops coasts near Mull. Into afternoon, more widespread heavier rain developing, possible thundery bursts mixed in. Late in day increasingly wet underfoot.
Cloud on the hills? Chance of cloud free Munros?	Lowest and most persistent coasts Risk persistent very low cloud coastal areas, islands and sea lochs. Low cloud may be fairly widespread in morning, tending to lift and break during middle of day, but lowering widely across the hills in rain. 10% coast, rising to 50% inland afternoon, but 20% as rain sets in.
Sunshine? Air clarity (below cloud)	An array of high cloud largely obscuring the sun, increasingly overcast. Coastal areas may remain misty, elsewhere visibility good out of cloud; reducing afternoon to be widely poor in rain.
How Cold? (at 900m) Freezing Level	11C where in cloud, up to local 15C well inland; very humid. Lowering to 8C by evening, toward 5C overnight. Above the summits

West Highlands - Looking Ahead

	Tuesday 1 July	Wednesday 2 July
How windy? (On the Munros)	Westerly or variable 10 to 20mph, often lower speeds well inland.	Westerly 10 to 15mph, occasional 20mph near to coast.
Effect of wind on you?	Mostly small	Mostly small
How wet? (Precipitation and its impact)	Local brief showers One or two showers, mostly light. Chance of an odd heavier shower forming well inland.	Risk isolated showers One or two brief showers, mostly well inland by the afternoon, possibly isolated heavy bursts.
Cloud on the hills?	Lifting and mostly clearing Variable cloud banks covering hills in early morning, soon lifting to upper slopes. Patches may come and go on high tops, but clearing many summits afternoon.	Patches clearing Patches of cloud briefly in the morning, lifting to upper slopes then largely clearing above tops.
Chance of cloud free Munros?	40% rising to 90%	80%
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun; becoming sunnier toward coast & islands afternoon. Visibility excellent.	Patchwork of sun and cloud. Visibility excellent.
How Cold? (at 900m)	6 to 9C.	7 to 10C.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Tuesday, 1 July, 2025

Cooler across Scotland by Monday night as a cold front advances eastwards. Risk of scattered thundery showers Tuesday-Wednesday, mostly eastern areas. High pressure then builds to the south, whilst a humid southwesterly returns to bring spells of rain and low cloud to western Scotland. The second week of July looks cooler for all with sunshine and showers.

Forecast issued at 16:01 on Sunday, 29 June, 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.