

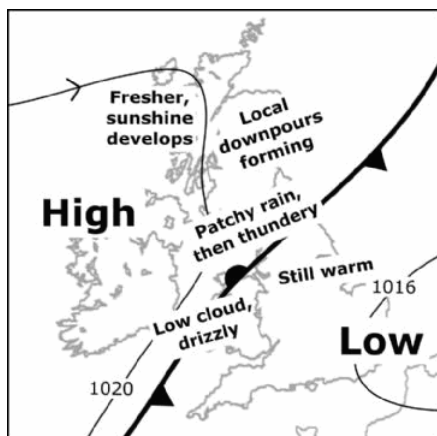
# West Highlands

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 Tuesday, 1 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 1 July, 2025

Cooler for Scotland and northern England. Patchy rain and low cloud across central-southern Scotland and northern England, risk of developing into slow-moving heavy downpours into the afternoon. Low cloud and a little rain for Wales. West & northwest Scotland better, cloud lifting to give sunshine near the coast. Mostly light winds.

### Headline for West Highlands

Largely dry, risk showers well inland later. Mostly light wind.

## Detailed Forecast for Tuesday, 1 July, 2025

<b>How windy? (On the Munros)</b>	West to northwesterly near coast 10-15mph, local 20mph Arran in morning. Becoming variable 10mph or less inland.
<b>Effect of wind on you?</b>	<b>Mostly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Most places dry all day; local showers well inland later in day</b> Chance of an early brief light shower, mainly toward coast, fading. Risk of local heavier showers forming late afternoon into evening on mountains well inland, likely confined east of the West Highland railway line.
<b>Cloud on the hills?</b>	<b>Lifting and mostly clearing</b> Variable cloud banks covering hills in early morning, mostly above 800m and lifting to upper slopes during morning. Patches may come and go on high tops middle of day, but clearing many summits afternoon.
<b>Chance of cloud free Munros?</b>	<b>40% rising to 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy, glimpses of sun; becoming sunnier toward coast & islands afternoon. Visibility excellent, some mist at first.
<b>How Cold? (at 900m)</b>	6C, rising to 8C near coast, to 10C inland areas afternoon.
<b>Freezing Level</b>	Above the summits

## West Highlands - Looking Ahead

	Wednesday 2 July	Thursday 3 July
<b>How windy? (On the Munros)</b>	Westerly 10 to 15mph, occasional 20mph near to coast.	Southwesterly 20 to 30mph.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Starting to affect comfortable walking over higher terrain, and balance on ridges. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk isolated showers</b> One or two brief showers, mostly well inland by the afternoon, possibly isolated brief heavier bursts inland Lochaber.	<b>Frequent showery rain</b> Rain likely most common on mountains in Lochaber and west of Loch Linnhe, some showery bursts mixed in.
<b>Cloud on the hills?</b>	<b>Patches clearing</b>  Patches of cloud in the morning, lifting to upper slopes then largely clearing above tops into afternoon.	<b>Fairly extensive higher areas</b>  Often covering higher slopes, bases lowering in rain, fairly extensive above 800-1000m, lowest western Lochaber, may form to 600m for periods near coasts.
<b>Chance of cloud free Munros?</b>	<b>70%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchwork of sun and cloud. Visibility excellent.	Largely cloudy. Visibility good below cloud, hazier coasts, reducing where rain occurs.
<b>How Cold? (at 900m)</b>	7 to 10C, warmest inland afternoon.	5 to 7C, marginal rise during day.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Wednesday, 2 July, 2025

Fresher westerly air into midweek. Some heavy showers forming, mostly in eastern Scotland and Pennine areas - with light winds some slow-moving heavy downpours, possible thunder locally. By Thursday, west to southwesterly winds increase for Scotland, with more persistent rain and low cloud returning from the west associated with fronts over the Atlantic. Friday brings a risk of heavier rain to western Scotland and gales over higher terrain for Scotland and possibly northern England, rain extending further south with time. The weekend looks unsettled with low pressure bringing heavy showery rain widely, risk isolated thunder.

### Forecast issued at 16:07 on Monday, 30 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.