

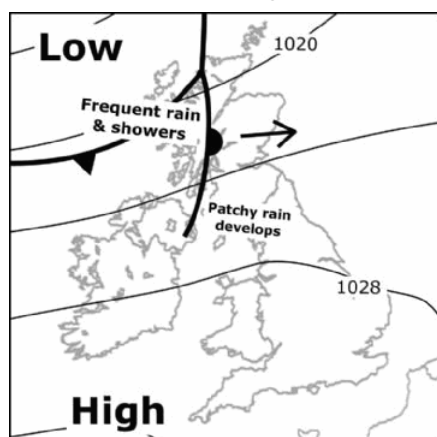
West Highlands

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 Thursday, 3 July, 2025



British Mountain Summary:

Based on forecast chart for noon 3 July, 2025

Southwesterly winds strengthen; showery rain becomes increasingly widespread across the Highlands, more frequent rain in western areas. Patchy rain reaches Cumbria with time as cloud thickens. Wales and south Pennines stay dry with a good deal of sunshine.

Headline for West Highlands

Windy; rain, showery bursts, low cloud most of day.

Detailed Forecast for Thursday, 3 July, 2025

| | |
|---|--|
| How windy? (On the Munros) | Southwesterly 25 to 30mph, tending to strengthen, at times 35mph higher areas, mostly Arran to southern Loch Lomond NP. |
| Effect of wind on you? | Starting to affect comfortable walking over higher terrain, and balance on ridges. Feeling cool. |
| How wet? (Precipitation and its impact) | Frequent or persistent rain, showery Often raining, steady rain setting in for periods, particularly Lochaber and toward coast, heavier showery bursts mixed in, chance of isolated hail and thunder mainly well inland afternoon. |
| Cloud on the hills? | Fairly extensive higher areas Covering higher slopes most of day, bases lowering in rain, fairly extensive above 700-900m, lowest western Lochaber, may form to 600m for periods near coasts. |
| Chance of cloud free Munros? | 20% |
| Sunshine? Air clarity (below cloud) | Generally cloudy, dull. Visibility poor during rain, occasionally good below cloud. |
| How Cold? (at 900m) | 5 to 7C, marginal rise during day. |
| Freezing Level | Above the summits |

West Highlands - Looking Ahead

| | Friday 4 July | Saturday 5 July |
|---|--|---|
| How windy? (On the Munros) | Southwesterly 45 to 60mph, peak speeds may start to lessen later in daytime. | West to southwesterly 20 to 30mph, possibly dropping lighter with time; southern areas may remain stronger. |
| Effect of wind on you? | Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill. | Blustery over the mountains, affecting ease of walking on exposed ridges; feeling cool. May improve in Lochaber at least. |
| How wet? (Precipitation and its impact) | Rain most of day, often heavy Persistent rain widespread, sustained heavy falls many western areas, but particularly Lochaber to Mull. Smallest amounts furthest inland, but still often raining. Becoming very wet underfoot. | Frequent showery rain Rain on and off much of the day, at times more persistent rain. Some heavier showery bursts, chance isolated thunder mainly inland afternoon. |
| Cloud on the hills? | Extensive Shrouding the mountains throughout the day, from mid to lower slopes upward near the coast and sea lochs, but fairly extensive above 800m even well inland. | Fairly extensive Covering the mountains all day, cloud base varying in and out of rain, typically 700 to 900m, at times 500-600m. |
| Chance of cloud free Munros? | 10% | 10% |
| Sunshine? Air clarity (below cloud) | Overcast and dull. Visibility poor due to rain. | Largely cloudy, brief moments of sun. Visibility at times very good, but poor during rain. |
| How Cold? (at 900m) | 7 or 8C, small rise during day. Feeling near -5C in the wind. | 7 or 8C, little variation all day. Feeling below freezing directly in the wind. |
| Freezing Level | Above the summits | Above the summits |

Planning Outlook

All mountain areas of Britain from Friday, 4 July, 2025

Friday brings sustained heavy rain to western Scotland, rain extending further south with time; gales over the mountains, severe on Scottish tops. The weekend stays unsettled, windy and rather cool with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

Forecast issued at 16:00 on Wednesday, 2 July, 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.