

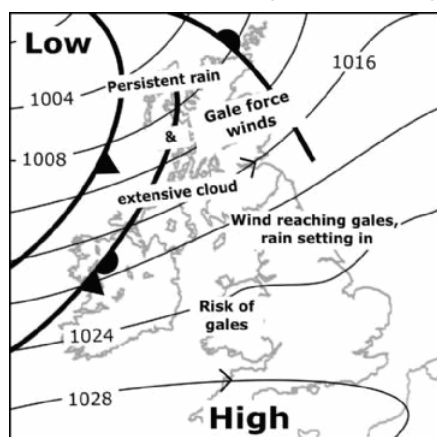
West Highlands

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, 4 July, 2025



British Mountain Summary:

Based on forecast chart for noon 4 July, 2025

Gales and rain setting in across Scotland. Rain will be persistent and heavy in the west - beware risk of local flooding. Clear fells for a time in England, rain and cloud setting in later afternoon. The Pennines from Yorkshire Dales southward mostly dry and free of cloud. A fair but windy day in Wales, rain only arriving later in north Wales.

Headline for West Highlands

Gale force wind and persistent rain; risk of flooding western areas

Detailed Forecast for Friday, 4 July, 2025

How windy? (On the Munros)	Southwesterly 45 to 55mph, risk winds up to 60mph over coastal tops early. Peak speeds easing somewhat Mull and northward later in the day.
Effect of wind on you?	Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.
How wet? (Precipitation and its impact)	Rain most of day, often heavy; risk local flooding Lochaber and nearby Persistent rain soon widespread, sustained heavy falls many western areas, but particularly Lochaber to Mull. Smallest amounts furthest inland, but still often raining. Becoming very wet underfoot; fast-flowing streams may become impassable with localised flooding.
Cloud on the hills?	Extensive At dawn, patchy cloud shrouds most high terrain above 800m, lower bases towards the coast. Soon filling in and shrouding the mountains from mid to lower slopes upward near the coast and sea lochs, but fairly extensive above 700m even well inland.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Soon overcast and dull. Visibility poor due to rain.
How Cold? (at 900m)	7 or 8C in the morning, rising to 9C. Feeling near -5C in the wind.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Saturday 5 July	Sunday 6 July
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 25 to 30mph, up to 35mph in southern areas early. Blustery over the mountains, affecting ease of walking on exposed ridges, notably early; feeling cool.	Northwesterly 20-25mph. Increasing from Mull southward along the coast later, up to 40mph, less increase inland. Fairly small, though becoming strenuous later in the day with buffeting gusts near the coast; feeling cool.
How wet? (Precipitation and its impact)	Frequent showery rain Rain on and off much of the day, at times more persistent rain. Often drizzly on coastal and high hills. Some heavier showery bursts, mainly inland afternoon.	Morning showery rain, improving Morning showery rain most areas, heavy bursts possible towards central highlands. Fading, though drizzly showers continue Mull northward.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Covering the mountains all day, cloud base varying in and out of rain, typically 700 to 900m, at times 500-600m. 10%	Fairly extensive, some improvement Blanket cloud over high terrain through morning, bases down to low coastal slopes Mull and northward. Becoming patchy from the west afternoon, possibly fleeting clear moments to tops. 10%, becoming 40%
Sunshine? Air clarity (below cloud)	Any sunshine unlikely. Visibility at times very good, but poor during rain.	Little sun through morning, glimpses increasingly present later in the day. Poor visibility at first, then good out of cloud.
How Cold? (at 900m) Freezing Level	7 or 8C, little variation all day. Feeling below freezing directly in the wind. Above the summits	7 to 8C in the morning, warmest central and southern highlands. Lowering to 6 to 7C. Feeling at or below freezing in wind. Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 5 July, 2025

The weekend ahead will be generally unsettled: windy and feeling cool with low pressure bringing heavy showery rain widely. High pressure to the southwest will extend to the Isles early next week, settling the weather and allowing sun to break through Monday and Tuesday. Into the week, a mixed westerly regime dominates with greatest risk of rain toward northwest Scotland, drier and warmer further south and east. Several fronts will drift towards Britain from the northwest but high pressure to the southwest will prevent extended unsettled periods. England and Wales may only see occasional rain.

Forecast issued at 16:27 on Thursday, 3 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.