

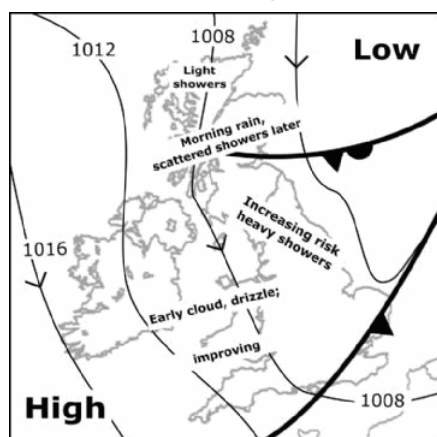
# West Highlands

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 Sunday, 6 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 6 July, 2025

Cloud on higher hills with patchy rain for many areas in the morning. Later, a band of showers forms from central highlands southward into England, drifting down the Pennines; showers will give heavy bursts with a risk of few lightning flashes southern Scotland. Damp in Wales early, gradually improving.

### Headline for West Highlands

Morning rain and fog; improving, clearing tops inland

## Detailed Forecast for Sunday, 6 July, 2025

<b>How windy? (On the Munros)</b>	Northerly 15-25mph, nearer 30mph at times across the islands and immediate coastal slopes. Well inland may see lower wind speeds for a time afternoon.
<b>Effect of wind on you?</b>	Fairly small inland; walking impeded near the coast, balance at times challenged in exposure; feeling cool.
<b>How wet?</b> (Precipitation and its impact)	<b>Morning showery rain, then showers well inland later</b> Morning showery rain most areas. Generally fading along the coast, only a few drizzly showers onto slopes Mull northward. Risk of showers reemerging inland later in the day with heavy bursts.
<b>Cloud on the hills?</b>	<b>Fairly extensive at dawn, improving for often clear tops later</b> Fairly extensive over terrain above 800m in the morning, some lower bases on coastal slopes Mull and northward. Tending to break and lift as midday approaches from north to south - tops often exposed. Showers may drop bases to tops later.
<b>Chance of cloud free Munros?</b>	<b>10% at dawn, becoming 70% well inland</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little sun in the morning, becoming patchy as cloud clears later. Visibility poor for a time early, then becoming very good.
<b>How Cold? (at 900m)</b>	7 to 8C in the morning, rising to 10C well inland. Islands and coastal slopes may see little change all day. Feeling near freezing in strongest winds.
<b>Freezing Level</b>	Above the summits

## All mountain areas of Britain from Monday, 7 July, 2025

A generally settled start to the week as high pressure will become dominant across England and Wales Monday and Tuesday. Expect substantially dry conditions here through much of the week with good periods of sunshine. In Scotland, low pressure to the north will facilitate a consistent west-southwesterly wind, driving several weak fronts onto northwestern coasts as the week goes - often cloudy here with periods of rain, tending to be drier with sunny spells in east Scotland. Temperatures will be near average. Some uncertainty about next weekend - fronts are likely to continue drifting towards Scotland and north England, though possibly interrupted by dry and warm air from the continent.

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.