

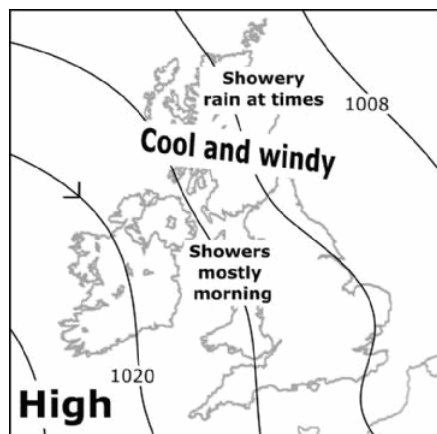
West Highlands

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, 7 July, 2025



British Mountain Summary:

Based on forecast chart for noon 7 July, 2025

Northwesterly winds will be blustery over the mountains, feeling distinctly chilly in exposure. Plenty of dry weather, some showers toward the north and east of Scotland. Showery rain for Wales early in the day fades. Cloud clearing many tops and some sun.

Headline for West Highlands

Windy and cool. Largely dry, cloud rising and breaking.

Detailed Forecast for Monday, 7 July, 2025

How windy? (On the Munros)	Northwesterly 25-30mph, gusty over tops and down eastern slopes. Strengthening Mull to Trossachs/Arran later.
Effect of wind on you?	Often buffeting gusts over high terrain and downslope, may challenge stability at times. Feeling cool.
How wet? (Precipitation and its impact)	Rare showers coastal Lochaber Brief light showers drifting onto coastal Lochaber, an odd spot possible from Mull to Islay as well, fading. Low chance a shower later inland.
Cloud on the hills?	Increasingly clear to tops, best inland At dawn, fairly extensive over high coastal terrain from Islay northward, as well as Ben Nevis group and Glencoe. Gradually lifting and breaking for often clear summits later, though coastal summits may be more frequently capped.
Chance of cloud free Munros?	30%, rising to 70% inland
Sunshine? Air clarity (below cloud)	Glimpses of sun early improving to frequent sun, best inland. Good visibility though a haze.
How Cold? (at 900m)	5 or 6C, rising to 8C well inland. Coastal slopes in direct wind may rise very little. Feeling below freezing in wind, -5C high tops in morning.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Tuesday 8 July	Wednesday 9 July
How windy? (On the Munros) Effect of wind on you?	Northwesterly shifting westerly, 15-20mph, strengthening afternoon to 25mph, at times 30mph later on high tops. Fairly small most of the day, some buffeting gusts over tops later.	West to southwesterly 15 to 25mph. Fairly small, but feeling breezy on exposed higher areas.
How wet? (Precipitation and its impact)	Afternoon rain and drizzle Patchy rain arrives onto island hills midday, drifting to the coast and inland. Becoming persistently drizzly on high slopes. Inland from Glencoe southward may only see local spots.	Damp, light rain Drizzly much of the day particularly coastal areas, some steady light rain for periods. Smaller amounts and patchier drizzle further inland.
Cloud on the hills? Chance of cloud free Munros?	Well broken for a time, later deteriorating Banks cling to upper slopes from morning, particularly north/west aspects. Tending to lift, often clearing summits for a time around midday. Patchy cloud reforming over high ground as rain starts, filling in through afternoon from the west. Improving to 80%, the reducing to 20%	Extensive, lowest coasts Blanket low cloud throughout the day, often to lower elevations coastal slopes and near sea lochs. Cloud base around 600m inland, some breaks to 800m east from Ben Nevis group. 10%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud on low slopes, deteriorating to mostly cloudy. Very good visibility before rain sets in.	Overcast and misty, poor visibility particularly further west; good visibility where below cloud well inland.
How Cold? (at 900m) Freezing Level	6 or 7C, rising to 10C coastal slopes. Well inland areas rising up to 12C or warmer central highlands. Above the summits	Around 10C, little change all day, humid. Above the summits

Planning Outlook

All mountain areas of Britain from Tuesday, 8 July, 2025

Low pressure to the northwest maintains a humid southwesterly wind mid-late this week, with fronts situated near northwestern coasts - often extensive low cloud here with some drizzly rain. Drier with sun and broken cloud in east and southern Scotland. High pressure expanding over England and Wales brings more sunshine and draws in increasingly very warm air again in the later part of this week, higher temperatures extending into Scotland with time; some mist may continue to affect coasts in the west.

Forecast issued at 16:00 on Sunday, 6 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.