

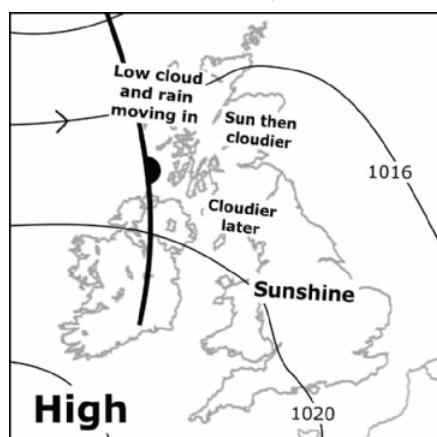
West Highlands

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, 8 July, 2025



British Mountain Summary:

Based on forecast chart for noon 8 July, 2025

A bright and sunny morning particularly in the east, then thickening cloud will lower across Scottish mountains from the west, with rain and drizzle developing, persistent in west; wind also increasing. England & Wales sees sunshine then high cloud, lowering onto tops by evening with a little rain arriving.

Headline for West Highlands

Patchy cloud, then rain and lowering cloud, increasing wind.

Detailed Forecast for Tuesday, 8 July, 2025

How windy? (On the Munros)	Westerly 10-15mph morning, rising from west, during afternoon to 25mph, at times 30mph Ben Nevis range toward evening.
Effect of wind on you?	Mostly small morning, becoming more noticeable, starting to affect balance on exposed ridges afternoon-evening.
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.
Cloud on the hills?	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.
Chance of cloud free Munros?	Improving to 80%, the reducing to 20%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud on low slopes, deteriorating to mostly cloudy. Very good visibility before rain sets in, then poor.
How Cold? (at 900m)	6 or 7C, rising to 10C coastal slopes. Well inland areas rising up to 12C.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Wednesday 9 July	Thursday 10 July
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 15 to 25mph. Fairly small, but feeling breezy on exposed higher areas.	Southwesterly 20 to 30mph, strongest Mull to Ben Nevis group, suddenly gusty on some slopes. Gusty wind starting to affect ease of walking and balance on exposed ridges in Lochaber. Smaller further south.
How wet? (Precipitation and its impact)	Damp, light rain Drizzly much of the day particularly coastal areas, some steady light rain for periods, making rock surfaces slippery. Smaller amounts and patchier drizzle further inland.	Patchy drizzle A little drizzly rain mainly near and west of Loch Linnhe; rock surfaces remain slippery where cloaked in cloud and fine drizzle.
Cloud on the hills? Chance of cloud free Munros?	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%	Extensive low cloud, may improve south Blanket low cloud, to lower elevations near coasts and sea lochs, 500-600m inland, locally 800m toward Creag Meagaidh. May start to lift in southern areas, some breaks forming inland Loch Lomond NP. 20%
Sunshine? Air clarity (below cloud)	Overcast and misty, poor visibility particularly further west; good visibility where below cloud well inland.	Overcast, misty particularly western hills Lochaber to Mull, poor visibility may linger. Possibly improving southern areas into afternoon, visibility good below cloud.
How Cold? (at 900m) Freezing Level	Around 10C, little change all day, humid. Above the summits	10C where in cloud, slow rise to 12C. Feeling near freezing directly in wind on high tops. Above the summits

Planning Outlook

All mountain areas of Britain from Wednesday, 9 July, 2025

A humid southwesterly wind during midweek produces extensive low cloud across west and northwest Scotland with some drizzly rain. Drier with sun and broken cloud in eastern Scotland, improving in southern areas. 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 and more sunshine extending into Scotland with time. A fine and very warm weekend in prospect, low risk of thundery showers forming toward the west. Cooler with a greater risk of showers early next week.

Forecast issued at 16:01 on Monday, 7 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.