MOUNTAIN WEATHER INFORMATION SERVICE

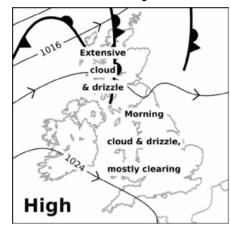
West Highlands

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 Wednesday, 9 July, 2025



British Mountain Summary: Based on forecast chart for noon 9 July, 2025

Extensive cloud and drizzle near the all western coasts; improving in the afternoon when only a few patches remain, most extensive on the Cuillin where it will also be windy. Cloud base higher well inland with occasional breaks; clearing Peak District and parts of Wales. Feeling cool in Scotland and mild in England and Wales.

Headline for West Highlands

Damp atmosphere with low cloud & west-coastal drizzle

Detailed Forecast for Wednesday, 9 July, 2025

How windy? (On the Munros)	West to southwesterly 15 to 25mph. Strongest near the coast.	
Effect of wind on you?	Fairly small, but feeling breezy on exposed higher areas. Gusty inland.	
How wet?	Damp, light rain	
(Precipitation and its impact)	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.	
Cloud on the hills?	oud on the hills? Extensive, lowest coasts	
	Blanket low cloud throughout the day, often to lower elevations on coastal slopes and near sea lochs. Cloud base around 600m inland, some breaks to 800m east from Ben Nevis group.	
Chance of cloud free Munros?	10% near coast; 30% well inland	
Sunshine? Air clarity (below cloud)	Overcast and misty, poor visibility particularly further west; good visibility where below cloud well inland.	
How Cold? (at 900m)	Around 10 to 12C, but feeling cooler in the wind. Little change all day. Humid. Coolest near the coast.	
Freezing Level	Above the summits	

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West Highlands - Looking Ahead

	Thursday 10 July	Friday 11 July
How windy? (On the Munros)	Southwesterly 20 to 30mph, strongest Mull to Ben Nevis group, suddenly gusty on some slopes.	Southerly 15 to 20mph. Risk up to 30mph Lochaber.
Effect of wind on you?	Gusty wind starting to affect ease of walking and balance on exposed ridges in Lochaber. Smaller further south.	Probably mostly small, but potential for balance to be affected at times.
How wet? (Precipitation and its impact)	Patchy drizzle A little drizzly rain mainly near and west of Loch Linnhe; rock surfaces remain slippery where cloaked in cloud and fine drizzle. Largely dry Loch Lomond NP and Arran.	Rain not expected
Cloud on the hills?	Extensive low cloud, may improve south	Soon little or no cloud
	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.	Patchy cloud, mostly on coastal slopes, in the morning soon burning off.
Chance of cloud free Munros?	20%	80%
Sunshine? Air clarity (below cloud)	Overcast, misty particularly western hills Lochaber to Mull, poor visibility may linger. Possibly improving southern areas into afternoon, visibility good below cloud.	Widespread sunshine through high-level cloud; beware sunburn and dehydration. Excellent visibility.
How Cold? (at 900m)	10C where in cloud, slow rise to 12C. Feeling near freezing directly in wind on high tops.	14 to 16C, coolest near the coast. Feeling around 10C in the wind.

Planning Outlook

All mountain areas of Britain from Thursday, 10 July, 2025

A humid southwesterly wind 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 18:13 on Tuesday, 8 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.