

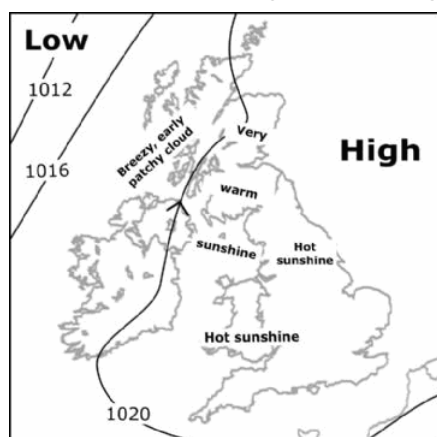
West Highlands

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, 11 July, 2025



British Mountain Summary:

Based on forecast chart for noon 11 July, 2025

Sunny and very warm across most areas with light or negligible wind - beware risk of sunburn and dehydration. Warm temperatures will persist overnight. Temperatures nearer the middle teens on Scotland's west coast in the breeze, some early patchy cloud onto Skye and coastal slopes to the south.

Headline for West Highlands

Sunny and very warm, staying warm into night

Detailed Forecast for Friday, 11 July, 2025

How windy? (On the Munros)	Southerly 15mph or less. Nearer 20mph on coastal slopes and islands (also Lochaber in the morning), risk up to 25mph early morning.
Effect of wind on you?	Probably mostly small, but potential for comfort of walking to be affected early around Lochaber and islands.
How wet? (Precipitation and its impact)	Little or no rain Small risk of drizzly conditions on high tops of Lochaber and northern Glencoe in the morning, then dry.
Cloud on the hills?	Soon little or no cloud Local patchy cloud primarily along coastal areas of Argyll to Mull in the morning, possibly some odd patches over high tops inland as well. All will largely burn off for cloud-free summits.
Chance of cloud free Munros?	Rising above 90%
Sunshine? Air clarity (below cloud)	Widespread sunshine through high-level cloud; beware sunburn and dehydration. Excellent visibility, some haze may linger on lower coastal slopes.
How Cold? (at 900m)	11C in the morning, rising to 15 to 17C in the afternoon, coolest near the coast. Locally may reach 18C near Trossachs and Creag Meagaidh. Feeling around 10C in the wind.
Freezing Level	Well above the summits. (Little change of temperature overnight on high ground, possibly slight increase.)

West Highlands - Looking Ahead

	Saturday 12 July	Sunday 13 July
How windy? (On the Munros) Effect of wind on you?	Southerly 15mph or less, shifting southeasterly later. Highest speeds on coastal mountains, up to 25mph. Occasional inconvenient wind near the coast; negligible inland.	Southeasterly 15-20mph. Rising from Arran towards Trossachs and Mull later, gusty winds up to 30mph westernmost islands. Fairly small most areas. Inconvenient breezes with light buffeting picking up later on islands and coastal slopes.
How wet? (Precipitation and its impact)	No rain	Dry during daylight Chance of localised drizzly rain onto islands in the evening.
Cloud on the hills? Chance of cloud free Munros?	Cloud not expected Almost certain	No cloud expected Above 90%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.	Sunny most of the day, high cloud increasingly present later. Very good visibility.
How Cold? (at 900m) Freezing Level	17C rising to 20C by mid-afternoon, remaining warm overnight on high ground. Well above the summits. (Valley temperatures around 26C in the afternoon.)	17 or 18C; likely warmest inland Lochaber. Little change through the day. Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 12 July, 2025

Very warm or hot conditions this weekend in the mountains and the valleys, with extreme risk of wildfire in Scotland; beware dehydration and sunburn. Light winds and very little cloud.

Low pressure returns late Sunday into Monday bringing rain to most, risk heavy or thunderstorms north England and Scotland. Temperatures will cool towards average and often raining for the first half of the week. Becoming more mixed from mid-week as pressure goes slack and Atlantic fronts make only weak pushes from the west. Patchy rain and cloud will come and go with the best opportunities for sun in north and western areas.

Forecast issued at 16:08 on Thursday, 10 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.