

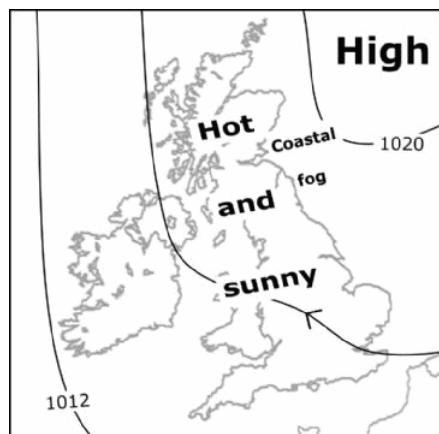
West Highlands

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 Saturday, 12 July, 2025



British Mountain Summary:

Based on forecast chart for noon 12 July, 2025

Hot everywhere, rising to 30C in valleys widely by early afternoon, slightly cooler easternmost areas. Unbroken sunshine dawn til dusk. Light winds, though breezier west coast of Scotland, particularly on islands. Very dry ground conditions - high fire risk.

Headline for West Highlands

Hot sunshine. Breezy near coast.

Detailed Forecast for Saturday, 12 July, 2025

How windy? (On the Munros)	Southerly 15mph or less, shifting southeasterly later. Highest speeds on coastal mountains and islands, up to 25mph.
Effect of wind on you?	Mostly very small, may start to affect ease of walking on some exposed coastal tops and ridges.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Cloud not expected
Chance of cloud free Munros?	100%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.
How Cold? (at 900m)	17C rising to 20C by mid-afternoon, local 22C, remaining warm overnight on high ground.
Freezing Level	Well above the summits. (Valley temperatures approaching 30C in the afternoon.)

West Highlands - Looking Ahead

	Sunday 13 July	Monday 14 July
How windy? (On the Munros) Effect of wind on you?	Southeasterly 15-20mph. Rising from Arran towards Trossachs and Mull later, gusty winds up to 30mph westernmost Fairly small most areas. Inconvenient breezes with light buffeting picking up later on islands and coastal slopes.	Southeasterly 25 to 40mph, speeds likely to vary during day, very gusty for a period. Later S-SW'ly 20-30mph. Affecting comfortable walking and balance on exposed terrain; risk of buffeting gusts, more challenging conditions for a time.
How wet? (Precipitation and its impact)	Dry most or all daylight Chance of localised spots of rain from high cloud into the evening.	Threat of thunderstorms developing Local light rain possible early in day, but several hours at least likely dry. Increasing risk with time of thundery rain moving up from south, heavy rain may set in Loch Lomond & Arran in particular.
Cloud on the hills?	Hills clear	Mostly south, then widely in rain Covering hills to mid or some lower elevations Loch Lomond NP in morning. Patchier northwestwards, may be clear for a time west Lochaber. In rain, lowering widely, cloud banks to lower slopes.
Chance of cloud free Munros?	Above 90%	20%, up to 70% Lochaber in morning.
Sunshine? Air clarity (below cloud)	Sunny most of the day, high cloud increasingly present later. Very good visibility.	Variable high cloud, a little weak sun, clouding over. Slight haze, reducing visibility in rain.
How Cold? (at 900m) Freezing Level	17 or 18C; likely warmest inland Lochaber. Little change through the day. Above the summits	11 to 14C, warmest west Lochaber. May drop slightly during daytime. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 13 July, 2025

Lowering pressure from southwest late Sunday into Monday bringing increasing risk bursts of rain and thunderstorms to start the new week, strong and gusty southerly winds. Temperatures will cool towards average. Pressure goes slack and winds fall light into midweek. A risk of heavy rain moving across England and Wales in particular on Tuesday.

Low pressure is likely to be more common in the extended outlook with slow-moving areas of showery rain, some thundery bursts locally, interspersed with drier days.

Forecast issued at 16:00 on Friday, 11 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.