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 Sunday, 13 July, 2025



British Mountain Summary: Based on forecast chart for noon 13 July, 2025

Very warm across the mountains from overnight, soon feeling hot in morning sun. Some valleys again approaching 30C by early afternoon, though mostly slightly less hot than Saturday. A veil of high cloud tending to weaken the sun. Local gusty E-SE'ly winds. Generally dry, later a chance of very isolated showers.

Headline for West Highlands

Very warm, sun and increasing high cloud, locally gusty.

Detailed Forecast for Sunday, 13 July, 2025

How windy? (On the Munros)	Southeasterly 15-20mph. Rising from Arran towards Trossachs and Mull later, gusts up to 30mph on islands.		
Effect of wind on you?	Fairly small most areas. Noticeable breeze feeling more blustery later on islands and coastal slopes.		
How wet?	Small risk a late shower		
(Precipitation and its impact)	Chance of localised spots of rain from high cloud into the evening. Remote risk of an isolated thundery shower.		
Cloud on the hills?	Hills clear		
Chance of cloud free Munros?	100%		
Sunshine? Air clarity (below cloud)	Sunny most of the day, high cloud increasingly present as day progresses. Very good visibility.		
How Cold? (at 900m)	17 to 19C, already very warm from overnight; warmest inland Lochaber. Little change through the day. Valleys reaching 27C by early afternoon, locally approaching 30C.		
Freezing Level	Above the summits		

West Highlands - Looking Ahead

	Monday 14 July	Tuesday 15 July
How windy? (On the Munros)	Southeast later southerly 25 to 40mph, speeds likely to vary during day, very gusty for a period.	Variable direction, mostly less than 10mph.
Effect of wind on you?	Affecting comfortable walking and balance on exposed terrain; risk of buffeting gusts, more challenging conditions for a time.	Small
How wet?	Threat of thunderstorms developing	Early patchy rain, risk showers
(Precipitation and its impact)	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.	Remnants of previous thundery rain may leave patchy light rain into morning. By afternoon, risk of localised slow-moving heavy showers, mostly inland areas.
Cloud on the hills?	Mostly south, then widely in rain	Cloud at different heights, may break up
	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.	Fairly extensive, banks of cloud to lower slopes in morning, some slopes may emerge between or above cloud layers early in day before cloud lifts upslope. Many hills may fully clear, but cloud returning and lowering in showers.
Chance of cloud free Munros?	20%, up to 70% Lochaber in morning.	40%
Sunshine? Air clarity (below cloud)	Variable high cloud, a little weak sun, clouding over. Slight haze, reducing visibility in rain.	Some sun through cloud layers, may brighten up, but expect high cloud. Misty start. Coasts may become sunnier; visibility then very good.
How Cold? (at 900m)	11 to 14C, warmest west Lochaber. May drop slightly during daytime.	9 or 10C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Monday, 14 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. Heavy rain likely moving across England and Wales on Tuesday accompanied by near-gale southwesterlies, lighter winds Scotland. Low pressure is likely to be common in the extended outlook with slow-moving areas of showery rain, some thundery bursts locally, interspersed with drier days. Temperatures often on the warm side, some humid days.

Forecast issued at 16:00 on Saturday, 12 July, 2025

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