

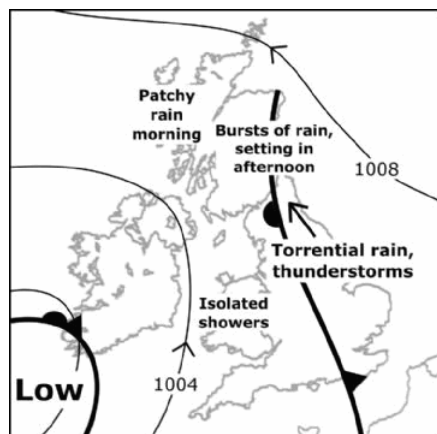
West Highlands

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, 19 July, 2025



British Mountain Summary:

Based on forecast chart for noon 19 July, 2025

Some early rain near west coast, but the Highlands largely dry in morning. Into afternoon, bursts of rain becoming extensive heavy rain. A swathe of prolonged heavy rain moves north over England; intense downpours and thunderstorms, focused on Pennines. A few local showers Wales, but often dry. Fairly warm, locally gusty.

Headline for West Highlands

Local early rain; heavy rain develops afternoon. Breezy coast.

Detailed Forecast for Saturday, 19 July, 2025

How windy? (On the Munros)	East or southeasterly 10 to 20mph, strongest winds mostly coastal areas, gusts 25mph at times. Lower speeds particularly early in day inland Lochaber.
Effect of wind on you?	Mostly small, but feeling breezier at times over exposed terrain, may start to affect balance on coastal mountains and islands.
How wet? (Precipitation and its impact)	Patchy coastal rain early; heavy rain moving in afternoon Often dry morning into early afternoon, a little patchy showery rain near coast clears westwards in morning. During afternoon, rain developing from southeast, setting in heavy more widely with time, local torrential bursts central highlands, possible thunder later.
Cloud on the hills?	Clearing for periods, lowering later Patchy cloud banks on some slopes in the morning tending to lift higher up, good breaks to many tops. As rain develops later, cloud lowering to become extensive over hills, lowest toward south.
Chance of cloud free Munros?	60% later 20%
Sunshine? Air clarity (below cloud)	Some sun and high cloud, tending to cloud over from south with time. Visibility very good, then reducing to be poor as rain develops.
How Cold? (at 900m)	11 or 12C, small change all day, quite humid.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Sunday 20 July	Monday 21 July
How windy? (On the Munros)	Easterly 15 to 25mph, gusty for periods around some slopes.	Direction variable, typically below 10mph, but occasional sudden gusts around rain.
Effect of wind on you?	Fairly small, but feeling blustery at times which may start to be noticeable on exposed ridges.	Mostly small
How wet? (Precipitation and its impact)	Rain on and off, sometimes heavy Rain and drizzle on and off, occasional heavier bursts, locally more persistent rain for periods. Some drier intervals, more likely west Lochaber. Risk of thundery bursts forming more widely in west later.	Bursts of rain, risk thunder Areas of patchy rain, risk developing increasingly into heavier bursts, possibly slow-moving thundery downpours by afternoon, but these very hit and miss, some places nearby may see little rain.
Cloud on the hills?	Fairly extensive, varied Covering many higher slopes most of the day, lowest cloud base most persistent central highlands. Ragged patches to lower slopes widely during and after rain. Occasional breaks higher up, more likely toward west.	Varied cloud, but often covering hills Banks of cloud at various elevations from dawn into the morning, to lower slopes in places. Cloud base rising, but often capping higher terrain. Widespread in rain, ragged patches forest canopies upward.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Rare glimpses of sun most toward west around Mull. Visibility good below cloud when dry, but murky during rain.	Mostly little sun, breaking through briefly. Visibility very good for periods, but reduced in rain, poor at times.
How Cold? (at 900m)	12 to 14C, quite humid.	12C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 20 July, 2025

Unsettled onward into early next week, as slack low pressure drifts slowly over the British Isles. Slow-moving showers and areas of persistent heavier rain in places, increasingly thundery downpours, these most extensive over England and Wales by Sunday. Staying fairly warm, quite humid. Often low wind speeds, but gusty south-southeasterlies at times. By mid-next week onward into late July, west to southwesterlies likely to prevail, with some rain or drizzle at times mostly western Scotland, often dry further south and east.

Forecast issued at 16:17 on Friday, 18 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.