MOUNTAIN WEATHER INFORMATION SERVICE

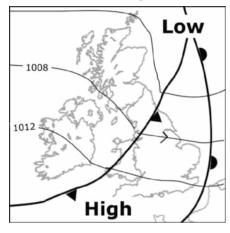
West Highlands

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, 3 August, 2025



British Mountain Summary:

Based on forecast chart for noon 3 August, 2025

Rain, low cloud and fog ahead of a front will clear Scotland late morning and England and Wales afternoon - but high humidity may maintain a little drizzle and low cloud Wales (most likely SW). Cloud base may not rise sufficiently to clear higher mountains mainly in W Scotland.

Headline for West Highlands

Improving: wind easing; rain clearing, cloud base rising.

Detailed Forecast for Sunday, 3 August, 2025

How windy? (On the Munros) Effect of wind on you?	Westerly, soon 20-25mph. strongest Loch Lomond NP and Arran, but up to 35mph post dawn. By mid afternoon, 15 to 20mph across region. Soon fairly small.	
How wet? (Precipitation and its impact)	Rain, soon easing to a few showers - dry later in day; Extensive rain until after dawn; soon clearing to drizzly showers (mainly more western hills). Through day, one or two bands of showers, but extensively dry early to mid afternoon onwards	
Cloud on the hills? Chance of cloud free Munros?	Fog across the mountains at first; improving markedly. From dawn, extensive down to lower slopes. Cloud base rising within a few hours to 500-800m, a little higher central highlands. Into afternoon, clearing further, little cloud below 900m near the coast and 1050m well inland. Less than 10%, rising to 70% by mid afternoon	
Sunshine? Air clarity (below cloud)	Bursts of sunshine coming through later morning onwards, particularly later in day. Hazy.	
How Cold? (at 900m) Freezing Level	7C near the coast to 10C easternmost summits. Above the summits	

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West Highlands - Looking Ahead

	Monday 4 August	Tuesday 5 August
How windy? (On the Munros) Effect of wind on you?	South abruptly westerly; rapid variations in speed; short-lived pronounced lull; otherwise often 60 to in afternoon 90mph. Expect difficult conditions from lowest slopes up. Frequently any mobility challenging together with severe wind chill.	West to northwesterly; slowly easing through day from 40 to perhaps 50mph post dawn to mostly 30mph by evening. Widely difficult or strenuous walking and considerable wind chill, particularly morning.
How wet?	Rain most of the day, often heavy	Showery rain, mostly morning
(Precipitation and its impact)	Rain soon extensive and heavy - streams rising quickly to be in spate.	Showers, sometimes the rain almost constant for an hour or two, particularly more western mountains during morning. Often dry - showers well scattered - S & E Loch Lomond NP and Arran.
Cloud on the hills?	Extensively shrouding the mountains	Very extensive: cloud base slowly rising particularly well inland.
	Shrouding the mountains all day, often forming on lower slopes, breaks above 750m rare.	After dawn, cloud base typically 400 to 650m, generally highest well inland. Through day, rising toward 600m near the coast, whilst on more eastern hills and near central belt, varying from 650m near showers, whilst between, breaks to or above 900 or 1000m.
Chance of cloud free Munros?	Almost nil	20%
Sunshine? Air clarity (below cloud)	Rare glimpses, if any, of sun. Visibility frequently poor.	Glimpses of sunshine, mainly lower slopes central highlands and Arran. Persistently hazy, particularly western mountains, where visibility often poor when raining.
How Cold? (at 900m)	6C, although temporarily up to 10C. Directly in the wind, feeling as cold as -10C.	5C; rising a couple of degrees or so through day, particularly central highlands. Feeling well below freezing point in the wind.
	-100.	I seeming well below freezing point in the wind.

Planning Outlook

All mountain areas of Britain from Monday, 4 August, 2025

A mixed week: unusually stormy for August on Monday northern Britain, then intermittent rain though the week, most frequent and heaviest western mountains together with areas of low cloud and pulses of strong wind.

Forecast issued at 14:58 on Saturday, 2 August, 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.