#### MOUNTAIN WEATHER INFORMATION SERVICE

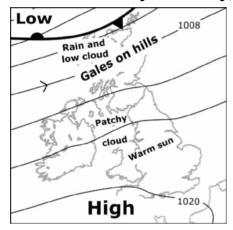
# **West Highlands**

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 Friday, 8 August, 2025



## British Mountain Summary:

## Based on forecast chart for noon 8 August, 2025

Gale-force winds persist over higher terrain in Scotland. Rain and drizzle throughout the day toward the northwest, low cloud covering western mountains extensively; higher cloud bases eastwards. Cloud banks common on hills near the Irish Sea, clearer with more sun eastwards over England & Wales.

#### **Headline for West Highlands**

Upland gales, severe highest tops. Rain mostly morning, low cloud.

## **Detailed Forecast for Friday, 8 August, 2025**

How windy? (On the Munros)	Southwesterly 40 to 55mph, stronger gusts 60mph+ at times on higher Ben Nevis range. Speeds tending to increase further toward evening into night, 60-70mph on tops.	
Effect of wind on you?	Walking arduous over higher terrain, forward progress difficult on high tops, you may be blown over in strong gusts. Significant wind chill.	
How wet?	Patchy rain and drizzle, fading	
(Precipitation and its impact)	Rain on and off, but more persistent and occasionally heavier in Lochaber in morning.  Easing to drizzle and in south largely fades out afternoon-evening.  Into night, some heavier rain develops.	
Cloud on the hills?	High terrain and coastal slopes often shrouded	
	Fairly extensive above 700m with patches to lower slopes on western coastal slopes and islands. Cloud tending to lift well inland but struggles to clear much higher than 900m, local breaks central highlands afternoon.	
Chance of cloud free Munros?	Below 10% coasts, 20% inland.	
Sunshine? Air clarity (below cloud)	Patchy sun well inland; little sun expected near the coast. Visibility limited by haze and rain.	
How Cold? (at 900m)	7 or 8C, rising to 9C or locally warmer. Mull and coastal Lochaber see little change. Feeling like -3C in the wind.	
Freezing Level	Above the summits	

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## West Highlands - Looking Ahead

	Saturday 9 August	Sunday 10 August
	Saturday 9 August	Sunday 10 August
How windy? (On the Munros)	Southwesterly 40 to 50mph, risk 60mph for periods on higher areas, tending to lessen a little southern areas during afternoon.	Westerly 30mph for a few hours from dawn, easing a little 20-25mph, turning southwesterly; by evening 35-40mph.
Effect of wind on you?	Challenging walking over exposed higher terrain, balance difficult, gusts could knock you over. Considerable wind chill.	Blustery and feeling cold early in day, lessening through middle of day, but into evening likely to deteriorate.
How wet?	Rain on and off, heavy showers	Drizzle, rain later
(Precipitation and its impact)	Showery rain likely throughout the day, some frequent rain, local heavier bursts. A more persistent rain band locally heavy toward south around dawn.	Occasional drizzly showers, mostly coastal hills in the morning, fading.  Toward evening, likely more persistent rain moving in from southwest, may be focused from Mull to Knoydart.
Cloud on the hills?	Extensive, some rise of base	Varied low cloud, some breaks afternoon
	Shrouding the mountains widely in the morning, to lower elevations near to coasts. Cloud base tending to rise as rain eases, some breaks above 800m well inland, but often covering most tops.	Cloud banks fairly persistent in morning, to mid-slopes near coast and islands. Patches lifting to upper slopes inland, breaks forming into the afternoon. Lowering and filling in into the evening from the west.
Chance of cloud free Munros?	10%	20% rising to 50% inland afternoon.
Sunshine? Air clarity (below cloud)	Glimpses of sun may develop afternoon. Hazy, poor visibility in rain.	A little sun breaking through inland. Misty morning and later around west coast hills, visibility good below cloud.
How Cold? (at 900m)	7C. Feeling like -5 to -8C in wind on tops.	7C, rising to 10C well inland afternoon and generally staying milder into evening. Feeling below freezing in wind in morning.
Freezing Level	Above the summits	Above the summits

#### **Planning Outlook**

## All mountain areas of Britain from Saturday, 9 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

#### Forecast issued at 16:00 on Thursday, 7 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.