

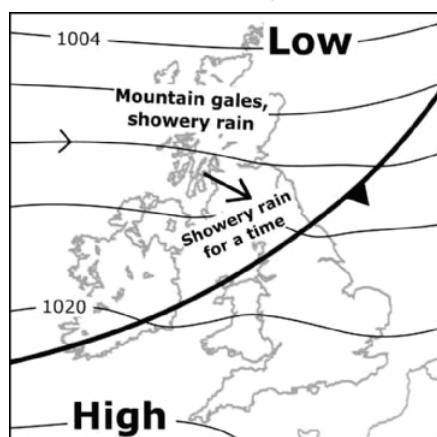
West Highlands

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, 9 August, 2025



British Mountain Summary:

Based on forecast chart for noon 9 August, 2025

Windy, gales over Scottish mountains and highest tops in northern England throughout the day. A cold front brings a band of showery rain, weakening as it moves southwards. Showery much of the day in western Scotland, scattered heavy showers advancing east over the Highlands. Feeling chilly on tops.

Headline for West Highlands

Gales over mountains. Showery and varied cloud.

Detailed Forecast for Saturday, 9 August, 2025

How windy? (On the Munros)	Southwesterly 40 to 50mph, up to 60mph early in day on higher areas, and ongoing 60mph gusts Ben Nevis range. Tending to lessen a little for southern areas during afternoon.
Effect of wind on you?	Challenging walking over exposed higher terrain, balance difficult, gusts could knock you over, particularly higher tops in Lochaber. Considerable wind chill.
How wet? (Precipitation and its impact)	Early heavy rain then generally showery A band of heavy rain moves quickly southeastwards around dawn, lasting an hour or so into early morning Arran to Loch Lomond. Then showery rain throughout the day, some frequent rain, local heavier bursts moving inland.
Cloud on the hills?	Varied but often capping higher slopes Shrouding the mountains widely at first, to lower elevations near coast in south. Cloud base rising but will then vary above 900-1000m, at times to 800m in showers. Brief breaks to upper slopes mostly inland.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility varied, intermittently poor in rain, sometimes very good inland, hazier toward coast.
How Cold? (at 900m)	6 or 7C, little change all day. Feeling like -5 to -8C in wind on tops.
Freezing Level	Above the summits

All mountain areas of Britain from Sunday, 10 August, 2025

A ridge of high pressure expands briefly northwards on Sunday - most places dry all day, variable cloud and some warm sun. A front moves in from the southwest later and will affect Scotland into Monday with rain, drizzle and low cloud, also damp and misty at least on Monday morning for the Lakes. Very warm and humid over England and Wales in the first half of the week, but this comes with a risk of thundery bursts of rain drifting northeastwards. Less warm for Scotland, though humid for a time. Later in the week, southwesterlies prevail in Scotland, low cloud often covering western hills, but small amounts of rain. Higher pressure further south, mostly dry and warm England, Wales & S/E Scotland.

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.