MOUNTAIN WEATHER INFORMATION SERVICE

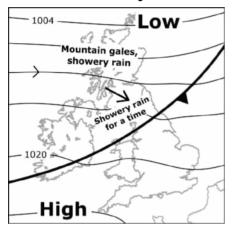
West Highlands

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 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?	Early heavy rain then generally showery	
(Precipitation and its impact)	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	

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West Highlands - Looking Ahead

	Sunday 10 August	Monday 11 August
How windy? (On the Munros) Effect of wind on you?	Westerly 30mph for a few hours from dawn, easing a little 20-25mph, turning southwesterly; by evening 35-40mph. Blustery and feeling cold early in day, lessening through middle of day, but into evening likely to deteriorate.	West-southwesterly, easing from 30-35mph early morning to 20mph afternoon perhaps less later in day. Affecting comfortable walking in morning, feeling rather cool, but becoming fairly small with time.
How wet? (Precipitation and its impact)	Drizzle fades to be dry; rain later Occasional drizzly showers, mostly coastal hills in the morning, fading. Toward evening, persistent rain moving in from southwest, may be focused from Mull to Knoydart.	Rain easing to drizzle Rain persistent and heavy for periods, most widely in the morning, tending to fade from the south, but leaving patchy drizzle, later in day may become drier everywhere.
Cloud on the hills?	Varied low cloud, some breaks afternoon 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.	Extensive Blanket low cloud across the hills, from lower slopes up much of the region, 500-600m well inland. Bases may rise somewhat during afternoon from the south, local breaks, but most tops stay covered.
Chance of cloud free Munros? Sunshine? Air clarity (below cloud)	A little sun breaking through inland. Misty morning and later around west coast hills, visibility good below cloud.	Sun unlikely, misty most places all day. Skies may brighten from south, visibility improving if rain fades, but staying hazy.
How Cold? (at 900m) Freezing Level	7C, rising to 10C well inland afternoon and generally staying milder into evening. Feeling below freezing in wind in morning. Above the summits	9 or 10C (feeling near freezing in wind high tops in morning). Marginal rise, may reach 12C if cloud breaks; increasingly humid. Above the summits

Planning Outlook

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.

Forecast issued at 16:31 on Friday, 8 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.