

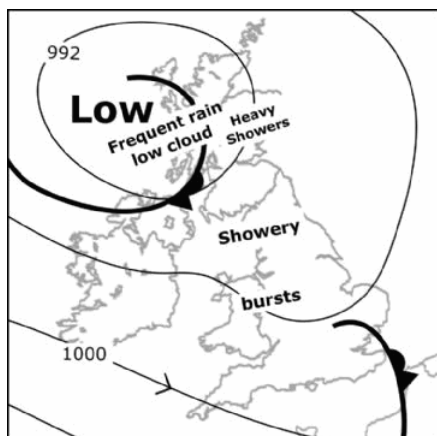
# West Highlands

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, 29 August, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 29 August, 2025

Rain frequent or persistent for western Scotland most of the day, some slow-moving heavy bursts, these extending increasingly eastwards over the Highlands. Clusters of showery rain over western England and Wales will drift eastwards during the day on fresh and gusty winds.

### Headline for West Highlands

Frequent or persistent rain, showery bursts. Increasing wind.

## Detailed Forecast for Friday, 29 August, 2025

<b>How windy? (On the Munros)</b>	Variable in the morning 10-15mph, trending westerly as the day goes, rising largely towards 20-30mph, strongest southern coastal areas.
<b>Effect of wind on you?</b>	<b>Mostly small morning. Comfortable walking becoming be affected in south afternoon. Notable gusts around afternoon thundery showers.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Often raining, risk thunder later</b> Rain frequent throughout the day, persistently heavy at times; from dawn mostly toward coastal areas, but extending increasingly inland during morning. Into afternoon, downpours forming with local thunder inland.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Extensive from middle slopes up at dawn, cloud banks drifting down lower coastal slopes. Well inland, particularly north, bases rising somewhat with some breaks towards higher terrain, though filling in again during rain.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sun. Visibility often poor in cloud and rain, though very good during breaks.
<b>How Cold? (at 900m)</b>	8 or 9C.
<b>Freezing Level</b>	Above the summits

## West Highlands - Looking Ahead

	Saturday 30 August	Sunday 31 August
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South-southeasterly 15-25mph first, rising to 50-70mph during afternoon, strongest and soonest near coast toward south. <b>Starting small but deteriorating, walking increasingly difficult, severe conditions later. Wind chill becoming significant.</b>	Southerly, 40 to 50mph, but on higher mountains often 60mph, risk stronger gusts for periods. <b>Arduous walking conditions widely, often difficult mobility on highest terrain, gusts could knock you over.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Widespread persistent rain sets in</b> Largely dry start inland Lochaber. Patchy rain from dawn into morning along the coast sets in as widespread heavy rain afternoon. Risk of torrential downpours on southern coastal slopes. May break into showery bursts later.	<b>Frequent rain, showery</b> Often raining all day possibly most western mountains, but widely showery at least; heavy bursts mixed in, these becoming more extensive inland with time.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Increasingly extensive as rain sets in</b>  From dawn, fairly extensive above 700-800m, lowest bases on southern coastal slopes. Lowering further and becoming widely extensive from middle slopes up as rain sets in, patches developing to low slopes.  <b>10%</b>	<b>Extensive</b>  Cloud base varying, but extensively shrouding the mountains, above 600-800m near coasts, 800-1000m well inland, some lower patches at times; brief breaks higher up mostly inland if drier at times.  <b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Weak glimpses of dawn sun through high cloud, soon overcast. Visibility turning poor as rain sets in.	Rare if any brief sun. General haze, poor visibility in rain.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8 or 9C. May warm slightly in the south. Feeling below freezing in strongest wind, near -5C high tops. Above the summits	7 or 8C, little change all day. Wind chill feeling like -5C in exposure, nearer -8C highest summits. Above the summits

## Planning Outlook

## All mountain areas of Britain from Saturday, 30 August, 2025

An unsettled weekend ahead driven by low pressure to the west/north of Scotland. Brisk westerlies will drive showery rain onto western mountains, at times drifting eastwards. Some local thundery downpours may arise. Saturday in particular will be very windy with widespread risk of gales and heavy rain setting in from the southwest. Sunny periods will arise between weather features, greatest chance in eastern areas later in the weekend and early next week. Next week stays mixed with low pressure in charge, frequent rain or showers continuing. Some improvement later in the week as pressure tends to rise.

## Forecast issued at 16:30 on Thursday, 28 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.