

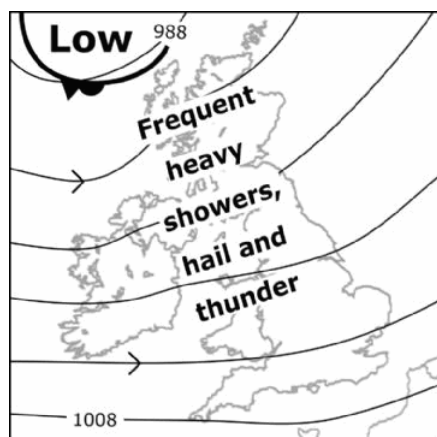
West Highlands

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 Thursday, 11 September, 2025



British Mountain Summary:

Based on forecast chart for noon 11 September, 2025

Gale force winds over many Scottish high tops in the morning, but persistent all day toward the northwest; powerful squally gusts around showers. Up to gale-force also on Welsh high tops. Heavy downpours already affect most of western Britain from dawn, increasingly widespread with hail, thunder & lightning.

Headline for West Highlands

Windy, gale-force at times. Showery bursts, hail & thunder.

Detailed Forecast for Thursday, 11 September, 2025

How windy? (On the Munros)	Southwesterly 40mph with stronger gusts from dawn, risk over 50mph for a time Ben Nevis group. Tending to ease a little, but often around 30mph with sudden squalls 40mph in showers.
Effect of wind on you?	Walking strenuous; arduous conditions on exposed terrain, at times difficult conditions - most sustained early in the day on higher areas. Significant wind chill.
How wet? (Precipitation and its impact)	Frequent heavy showers, risk thunder Often raining along the coast with heavy bursts coming and going. Showery inland, at times frequent, brief heavy bursts with risk of hail and thunder.
Cloud on the hills?	Becoming extensive, varied in and out of rain Fairly extensive along the coast from middle slopes up. More patchy at first well inland with higher bases, some breaks to higher ground. Cloud sets in more widely as showers come and go, changing rapidly over higher slopes.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Some bursts of inland sun in the morning, though likely becoming mostly cloudy. Visibility often poor in rain, intermittently very good.
How Cold? (at 900m)	5 or 6C. Feeling like -5C in exposure to wind, or -8C higher tops in the morning.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Friday 12 September	Saturday 13 September
How windy? (On the Munros)	Southwesterly 25 to 30mph, at times 35mph high tops in Lochaber. By evening, turning southerly, may increase a little.	South turning southwesterly, 25 to 35mph, possibly slightly lower speeds for a time, mainly in Lochaber middle of day.
Effect of wind on you?	Strenuous walking in exposure, affecting balance on tops and ridges. More widely challenging early and late. Feeling chilly.	Blustery most of the time on higher terrain, affecting ease of walking and balance on exposed ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Heavy showers, often raining coasts Frequent showers to constant rain near to coast, also around Loch Linnhe; more patchy around Arran. Drier at first well inland, but increasingly widespread showers, at times merging into broader areas of rain with hail/thunder periods.	Frequent showers, some heavy Clusters of showery rain, merging to be more constant rain for periods. Heavy bursts on and off, risk of hail and thunder.
Cloud on the hills?	Persistent near coast, some breaks inland From dawn, coastal hills shrouded from middle slopes up. Higher bases inland and some local breaks, tending to rise as the day goes. Tops may be briefly exposed, though cloud will return more widely in showers.	Often capping tops Covering higher slopes most of the day, cloud base changing quickly in and out of showers. Some breaks toward tops mainly well inland.
Chance of cloud free Munros?	30% inland, 10% coast	20%
Sunshine? Air clarity (below cloud)	Patchy sunshine well inland, clouding over at times. Little or no sun west coast. Good visibility for a time inland, deteriorating as showers arrive.	Brief moments of sun, but largely cloudy. Visibility often reduced by rain, intermittently good.
How Cold? (at 900m)	5C. Feeling like -5C or cooler in direct wind.	5C. Feeling like -5C, to -8C on highest tops directly in the wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Friday, 12 September, 2025

Unsettled southwesterlies dominate through the weekend into early next week - often windy with frequent rain, cloud capping the tops. Showery bursts at times with a risk of hail and thunder. Drier and highest cloud bases toward eastern Scotland. Temperatures on the cool side, often feeling below freezing in exposure to wind on higher terrain. During Sunday and into Monday, a deeper Atlantic low is expected to move in, bringing more extensive heavy rain and gales - the strongest wind probably focused on England & Wales. Some improvement expected for a time into middle of next week, but the longer range outlook into late September remains unsettled.

Forecast issued at 16:16 on Wednesday, 10 September, 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.