

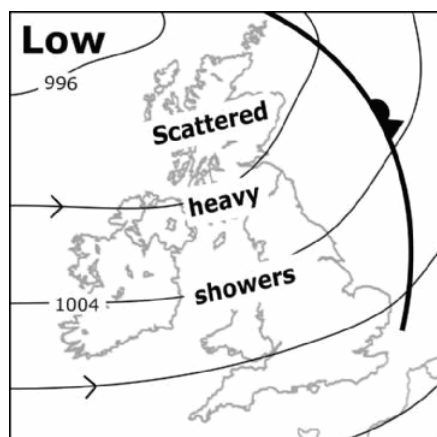
West Highlands

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.



If you love Scotland's mountains, join Mountaineering Scotland
www.mountaineering.scot #ThinkWINTER

General Summary for Saturday, 13 September, 2025



British Mountain Summary:

Based on forecast chart for noon 13 September, 2025

Showery south-westerly airflow across the mountains. Most frequent showers western hills, where they will band into prolonged rain for a time with heavy or even torrential bursts. Scattered heavy showers spreading to eastern mountains too. Risk of thunder. Cloud shrouding western hills, occasional further east.

Headline for West Highlands

Blustery, chilly and frequently wet. Risk of hail and thunder. Hill fog upper slopes.

Detailed Forecast for Saturday, 13 September, 2025

How windy? (On the Munros)	South turning southwesterly, 15 to 30mph, speeds may reduce further into afternoon for Lochaber, but risk of 35mph on and near Arran.
Effect of wind on you?	Blustery most of the time on higher terrain, especially southern areas, affecting ease of walking and balance on exposed ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Frequent showers, some heavy Dry slot for a time early on following band of showery rain. However, clusters of showery rain soon developing, merging to be more constant rain for periods. Heavy bursts on and off, risk of hail and thunder. Showers tending to ease off from the west later in afternoon, may become completely dry from west coast.
Cloud on the hills?	Extensive higher areas 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?	20% to 40%; highest near and north of Glen Spean.
Sunshine? Air clarity (below cloud)	Brief moments of sun, but largely cloudy. May become much brighter west coast later. Visibility often reduced by rain, intermittently good.
How Cold? (at 900m)	5C. Feeling like -5C, to -8C on highest tops directly in the wind.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Sunday 14 September	Monday 15 September
How windy? (On the Munros) Effect of wind on you?	South-westerly, backing south then south-easterly, 15 to 25mph, lifting to 35-50mph late afternoon when very Mostly small at first, but becoming arduous and then difficult later in the day, with significant buffeting and chill.	Low confidence: West to southwesterly 20 to 45mph, but a marked lull possible for a time. Perhaps 50mph+ on/near Arran. Be prepared for periods of very blustery if not for a time arduous conditions with significant wind chill.
How wet? (Precipitation and its impact)	Isolated showers, then rain afternoon. Isolated drizzly showers here and there morning, otherwise dry. Increasing risk of rain, initially light, setting in from the south. Turning heavier later.	Increasingly wet Perhaps some hills frequently dry morning, but clusters of heavy showers around. Into afternoon, a swathe of rain is likely to extend in from the west coast.
Cloud on the hills?	Increasingly forming in rain. Capping tops in cloud, but hills near and north of Glen Spean may be cloud free for several hours. In rain, increasingly cloud widely on to mid to upper slopes.	Most likely extensive Whilst bases will vary, cloud will likely be extensive across the hills, bases generally around 600-900m, with only fleeting breaks to the tops.
Chance of cloud free Munros?	70% for a time, but down to 30% in rain.	20%
Sunshine? Air clarity (below cloud)	Patches of sun, mainly hazy due to high cloud, then becoming overcast. Visibility very good for a time, but becoming poor in rain.	Little or no sun. Visibility sometimes poor due to rain.
How Cold? (at 900m) Freezing Level	5C lifting to 7C Above the summits	5 to 7C, chilliest early and late in the day. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 14 September, 2025

Staying unsettled and cyclonic through into next week with temperatures staying 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 northwards 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 16:29 on Friday, 12 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.