

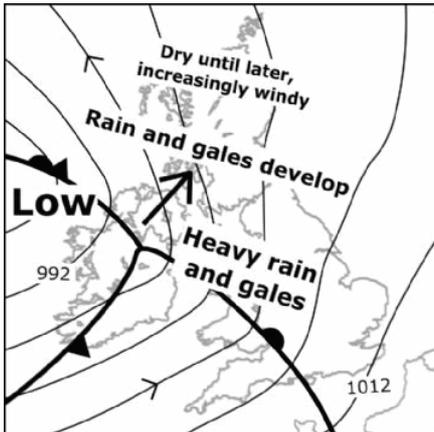
# West Highlands

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 Sunday, 14 September, 2025



### British Mountain Summary:

**Based on forecast chart for noon 14 September, 2025**

After a dry start, deteriorating conditions as strong to gale force south to south-easterly winds and extensive rain spreads northeastwards, to reach all parts bar north Highland by late afternoon. Hill fog forming in rain. Rainfall will be heavy, if not torrential at times over England and Wales with thunder risk.

### Headline for West Highlands

Dry, bright start. Deteriorating with heavy rain, gales and hill fog in afternoon.

## Detailed Forecast for Sunday, 14 September, 2025

<b>How windy? (On the Munros)</b>	South-westerly, backing south then south-easterly, lifting to 15 to 25mph, then marked rise to 40-60mph by mid to late afternoon when very turbulent. Strongest western coastal hills.
<b>Effect of wind on you?</b>	<b>Small at first, but becoming arduous and then difficult later in the day, with significant buffeting and wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Dry start, then heavy rain afternoon.</b> Isolated showers here and there morning, otherwise dry. Increasingly rain setting in from the southwest in the afternoon. Turning heavy, small risk thunder late afternoon. Easing off later in evening.
<b>Cloud on the hills?</b>	<b>Increasingly forming in rain.</b> Capping tops in cloud, but hills near and north of Glen Spean may be cloud free for several hours. In rain, increasingly cloud widely forming on to mid to upper slopes; lowest bases on and near Arran up through Loch Lomond NP.
<b>Chance of cloud free Munros?</b>	<b>70% for a time, but down to 20% in rain.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Patches of sun, mainly hazy due to high cloud, then becoming overcast by afternoon. Visibility very good for a time, but becoming poor in rain.
<b>How Cold? (at 900m)</b>	5C lifting to 7C. Feeling more like -5C to -8C in exposure to the strengthening wind.
<b>Freezing Level</b>	Above the summits, but patchy ground frost some inland glens at dawn.

## West Highlands - Looking Ahead

	Monday 15 September	Tuesday 16 September
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Low confidence: West to southwesterly 20 to 45mph, but a marked lull possible for a time. Perhaps 50mph+ on/near Arran.  <b>Be prepared for periods of very blustery if not for a time arduous conditions with significant wind chill.</b>	Northwesterly 25 to 40mph, strongest on and near Arran in morning when risk 50mph. May ease to 15 to 20mph later.  <b>Arduous conditions through morning, perhaps difficult in the south for a time, significant wind chill. Easing later on.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Increasingly wet</b>  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.	<b>Rain then scattered showers</b>  Early band of showery rain, with heavy bursts, clears south. Then scattered showers will follow, rarely heavy. May remain rather frequent on/near Arran.
<b>Cloud on the hills?</b>	<b>Most likely extensive</b>  Whilst bases will vary, cloud will likely be extensive across the hills, bases generally around 600-900m, with only fleeting breaks to the tops.	<b>Fairly extensive, but rising to tops.</b>  Extensive banks from dawn from mid slopes upwards, patches to 400m west coast. Bases will lift and break to become mostly above 900-1100m afternoon.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>20% lifting to 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sun.  Visibility sometimes poor due to rain.	Overcast start, but patchwork of sunshine breaking through into the afternoon. Visibility becoming very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	5 to 7C, chilliest early and late in the day.  Above the summits	6C  Above the summits

## Planning Outlook

### All mountain areas of Britain from Monday, 15 September, 2025

Staying unsettled and mostly cyclonic through next week with rain or showers on most days, allow conditions will vary as areas of low pressure move in and then depart to the east. Transient ridges will give fairly brief weather windows, Temperatures staying on the cool side mostly, with considerable wind chill, but incursions of more humid air into parts of England and Wales at times as lows move in.

The longer range outlook into late September remains unsettled.

### Forecast issued at 16:26 on Saturday, 13 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.