

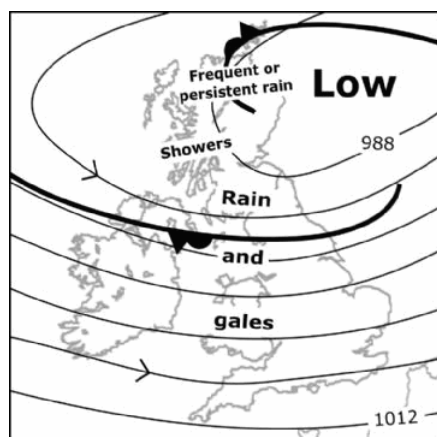
West Highlands

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 Monday, 15 September, 2025



British Mountain Summary:

Based on forecast chart for noon 15 September, 2025

Rain likely persistent for the northern Highlands, at times heavy. Showery rain elsewhere over Scotland, may cluster locally into areas of more frequent rain. Wind variable for Highlands, but likely increasing. Westerly gales over hills in England, severe on tops in Wales, and raining most of the day.

Headline for West Highlands

Increasingly windy. Showery rain, varied low cloud.

Detailed Forecast for Monday, 15 September, 2025

How windy? (On the Munros)	Variable in the morning, a lull below 15mph particularly Lochaber. Becoming generally westerly, strengthening all areas, soonest in south, to be in range 25-35mph, widely so by afternoon, local 40mph near Arran; later northwesterly.
Effect of wind on you?	Fairly small early in day especially inland and further north, whilst already blustery southernmost areas. Tending to deteriorate widely, to make walking strenuous, buffeting over exposed ridges.
How wet? (Precipitation and its impact)	Showers, some persistent rain A few hours locally dry, most likely in the morning. Showers likely over coasts and islands all day. Areas of showery rain likely to develop more widely with time, in places merging into more constant rain, most likely in the north.
Cloud on the hills?	Fairly extensive Whilst bases will vary, cloud will likely be extensive across the hills, bases generally around 600-900m, lowest bases over coasts, with only fleeting breaks to the tops. Best chance for clearer hills well inland in the morning.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun occasionally. Visibility sometimes poor due to rain, intermittently good.
How Cold? (at 900m)	5 to 7C, chilliest early and late in the day. Feeling below freezing where exposed to wind, -5C in stronger speeds high tops.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Tuesday 16 September	Wednesday 17 September
How windy? (On the Munros) Effect of wind on you?	Northwesterly 25 to 40mph will tend to moderate gradually into the afternoon toward 20mph. Arduous conditions through morning, perhaps difficult in the south for a time, significant wind chill. Easing later on.	Uncertainty as a complex weather system approaches: Southeasterly, likely 20-30mph, risk of gales, mainly in south. Expect blustery conditions, affecting ease of walking and balance on ridges, but beware possibly deteriorating further.
How wet? (Precipitation and its impact)	Occasional showers, mostly south Early band of showery rain around dawn, with heavy bursts, clears south. Then scattered showers will follow, rarely heavy. May remain rather frequent on/near Arran.	Possibly only patchy light rain Risk of rain on and off throughout the day, potentially steady rain lasting a few hours, greatest risk in the south. But a reasonable chance that rain is only patchy and some areas may escape drier.
Cloud on the hills?	Fairly extensive, but rising to tops. 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.	Varied around rain Cloud banks covering some slopes frequently, more extensive if rain occurs, greatest risk southern hills. Better chance of breaks in Lochaber if dry.
Chance of cloud free Munros?	20% lifting to 60%	40%
Sunshine? Air clarity (below cloud)	Overcast start, but patchwork of sunshine breaking through into the afternoon. Visibility becoming very good.	Mostly overcast with layers of high cloud. Visibility very good if dry, reduced to poor if areas of rain develop.
How Cold? (at 900m) Freezing Level	6C. Feeling below freezing in the wind, at times nearer -5C. Above the summits	5 or 6C. Feeling sub-zero in the wind, -5C or below if speeds increase. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 16 September, 2025**

An ongoing unsettled outlook generally dominated by low pressure. Uncertainty about the track of a developing low into midweek, a risk of further extensive rain and gales, though the worst of these conditions may be confined to England and Wales. Areas of rain and showers frequently in the forecast later in the week. Temperatures near-average, but feeling cool when exposed to wind. A chillier northwesterly may emerge by next weekend, briefly dropping near freezing on highest Scottish tops. Indications then favour higher pressure at least briefly expanding northwards early next week for some drier days, but unlikely to settle down for long.

Forecast issued at 16:15 on Sunday, 14 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.