#### MOUNTAIN WEATHER INFORMATION SERVICE

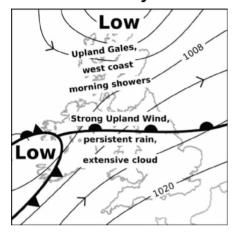
# **West Highlands**

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, 18 September, 2025



# British Mountain Summary: Based on forecast chart for noon 18 September, 2025

Strong upland wind or gales across the mountains. Frontal wave bringing persistent, heavy rain and extensive cloud from North Wales to the Southern Uplands. Highlands drier, especially east of A9, but showery near the west and north-west coast in the morning. Temperatures mild but with notable wind chill.

#### **Headline for West Highlands**

Upland gales, wet morning with extensive cloud

# Detailed Forecast for Thursday, 18 September, 2025

How windy? (On the Munros)	Southwesterly 40 to 55mph, the highest speeds well inland. Very gusty.	
Effect of wind on you?	Difficult walking conditions will make progress challenging. Very powerful gusts may easily blow you over. Significant wind chill.	
How wet? (Precipitation and its impact)	Wet near the coast, particularly morning Showery near the coast, especially Lochaber in the morning; showers may merge to feel like persistent rain for a time. Clearing from the south in the afternoon. Much drier well inland all day.	
Cloud on the hills?	Extensive in morning, lifting later  Extensive cloud down to coastal slopes in the morning; cloud base on upper-slopes well inland.  Cloud base lifting and breaks developing in the afternoon, initially near Ben Lomond.	
Chance of cloud free Munros?	20% becoming 60%	
Sunshine? Air clarity (below cloud)	Little or no sun in many places, but patchy sunshine if out of rain in the afternoon.  Poor visibility near the coast.	
How Cold? (at 900m)	7C. Feeling around -5C in the wind.	
Freezing Level	Well above the summits.	

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#### West Highlands - Looking Ahead

	Friday 19 September	Saturday 20 September
How windy? (On the Munros)  Effect of wind on you?	Southwesterly 25 to 35mph, likely strongest over Ben Nevis range, at times may reach 40mph during morning.  Feeling blustery with balance affected at times over higher terrain, particularly morning. Considerable wind chill.	Forecast details uncertain. Northerly, picking up through the day to 35-50mph by evening, chance only Arduous conditions developing into the afternoon, possibly difficult. Balance affected late in the day, especially on exposed ridges. Significant wind chill.
How wet?	Early rain, then showers mostly coast	Little or no rain, probably
(Precipitation and its impact)	A front passing northeastward brings rain widely for a time early morning. Then showers on and off through the day near the coast in Lochaber, may fade slowly, possibly becoming widely mostly dry.	Some uncertainty: Likely an overall dry day with isolated light showers, falling as snow flurries on high ground in the afternoon. Risk of more persistent, heavier rain remains.
Cloud on the hills?	Widespread higher areas	Widespread on high ground
	Cloud shrouding most higher ground, especially near the coast. Base will lowest during and after morning rain, tending to rise, some breaks to 900m well inland, but is unlikely to clear the higher summits.	Widespread patchy cloud at various levels through the day. Should heavier rain arrive, these will merge, lower and become more extensive.
Chance of cloud free Munros?	20%	50%
Sunshine? Air clarity (below cloud)	Glimpses of weak sunshine at times. Poor visibility in rain, becoming good below cloud.	Little or no sunshine. Good visibility.
How Cold? (at 900m)	6 or 7C. Feeling sub-zero in the wind, near -5C highest summits in morning.	3 to 5C, coldest north - warmest south.  Dropping afternoon. Higher summits below freezing in the afternoon. Wind chill: -10C.
Freezing Level	Above the summits.	Above the summits in the morning, dropping to 1100-1000m by the afternoon and further into evening.

## **Planning Outlook**

#### All mountain areas of Britain from Friday, 19 September, 2025

Weather remains mixed into and through the weekend, often with high winds, regions of persistent rain and extensive cloud. Temperatures falling through Saturday across the UK with the higher Scottish summits dropping below freezing and frosts in some glens. Looking increasingly likely that high pressure will take hold from the north on Sunday evening, bringing a period of more settled weather across the country for a couple of days at least, perhaps longer.

#### Forecast issued at 16:30 on Wednesday, 17 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.