

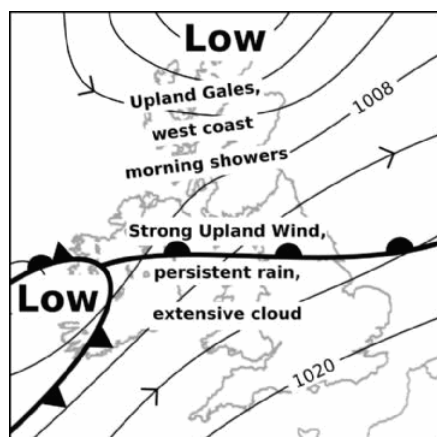
# West Highlands

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

<b>How windy? (On the Munros)</b>	Southwesterly 40 to 55mph, the highest speeds well inland. Very gusty.
<b>Effect of wind on you?</b>	<b>Difficult walking conditions will make progress challenging. Very powerful gusts may easily blow you over. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Wet near the coast, particularly morning</b> 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.
<b>Cloud on the hills?</b>	<b>Extensive in morning, lifting later</b> 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.
<b>Chance of cloud free Munros?</b>	<b>20% becoming 60%</b>
<b>Sunshine?</b> 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.
<b>How Cold? (at 900m)</b>	7C. Feeling around -5C in the wind.
<b>Freezing Level</b>	Well above the summits.

**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.

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.