

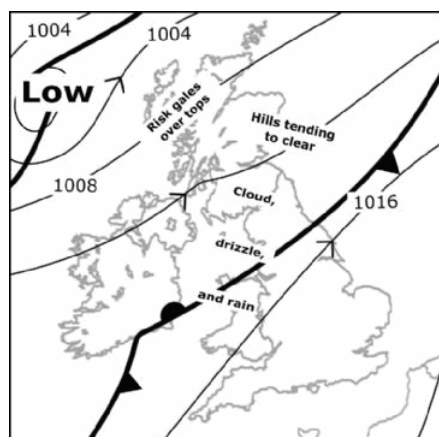
West Highlands

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 Friday, 19 September, 2025



British Mountain Summary:

Based on forecast chart for noon 19 September, 2025

Mostly dry and blustery for Scottish Highlands; cloud, some showers, and risk of gales on west coast tops. Persistent cloud and rain for southern Scotland, north England, and north Wales with a similar risk of gales on highest tops. Rain more patchy south Pennines and south Wales, some cloud breaks to inland summits.

Headline for West Highlands

Early wind and rain, improving; cloud breaks inland

Detailed Forecast for Friday, 19 September, 2025

How windy? (On the Munros) Effect of wind on you?	Southwesterly 30-40mph early, likely strongest over Ben Nevis range and north up to 45mph or higher. Tending to ease towards 20-30mph for most, though may rise again late in the day north. Feeling blustery with balance affected at times over higher terrain, particularly morning with strenuous conditions. Considerable wind chill.
How wet? (Precipitation and its impact)	Early rain, then scattered coastal showers Showery rain across most areas at and before dawn soon clears to the northeast, then only occasional showers drifting onto coastal slopes - substantially dry inland.
Cloud on the hills? Chance of cloud free Munros?	Widespread higher areas, best of high breaks inland/north Cloud shrouding most higher ground, especially near the coast. Base will lower during and after morning rain, tending to rise, some breaks to 900-1000m well inland with odd higher breaks east Lochaber, but is unlikely to clear the higher summits. 20%, 40% northern Lochaber
Sunshine? Air clarity (below cloud)	Glimpses of weak sunshine at times, best inland Lochaber. Mostly good visibility, at times poor around showers.
How Cold? (at 900m) Freezing Level	6 or 7C, some slight warmer towards central highlands. Feeling as cold as -5C where exposed to direct wind. Above the summits.

All mountain areas of Britain from Saturday, 20 September, 2025

Some showers into northern Scotland on Monday will fade for a substantially dry week ahead with good sunny breaks for many. Temperatures staying cool but slowing rising day-by-day.

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.