# MOUNTAIN WEATHER INFORMATION SERVICE

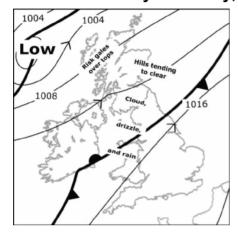
# **West Highlands**

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 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)	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.	
Effect of wind on you?	Feeling blustery with balance affected at times over higher terrain, particularly morning with strenuous conditions. Considerable wind chill.	
How wet?	Early rain, then scattered coastal showers	
(Precipitation and its impact)	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?	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.	
Chance of cloud free Munros?	20%, 40% northern Lochaber	
Sunshine?	Glimpses of weak sunshine at times, best inland Lochaber.	
Air clarity (below cloud)	Mostly good visibility, at times poor around showers.	
How Cold? (at 900m)	6 or 7C, some slight warmer towards central highlands. Feeling as cold as -5C where exposed to direct wind.	
Freezing Level	Above the summits.	

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# West Highlands - Looking Ahead

	Saturday 20 September	Sunday 21 September
How windy? (On the Munros)	Forecast details uncertain. Variable northeasterly, rising to 35-50mph by evening.	North-northeasterly 40-50mph. Easing through the day towards 30-35mph.
Effect of wind on you?	Walking becoming arduous, possibly difficult later with balance challenges. Significant wind chill.	Arduous or strenuous conditions much of the day, difficult in the morning.  Significant wind chill.
How wet?	Little or no rain during daylight	Likely only spotty showers
(Precipitation and its impact)	Likely an overall dry day with isolated light showers, falling as snow flurries on high ground in the afternoon. Late in the day, a risk of heavy rain arriving onto Arran/Trossachs.	Occasional brief light showers drift from the north - falling as snow flurries from 1000m up.
Cloud on the hills?	Widespread on high ground	Largely clear
	From dawn, patchy cloud at various levels, most tops shrouded. Bases tending to lift and break somewhat, increasing chance of exposed tops.  Later in the south, lowering and becoming extensive in rain.	From dawn, patchy cloud covers the high tops; tending to lift and break off most hills, though patches return to high tops briefly in showers.
Chance of cloud free Munros?	50%	80%
Sunshine? Air clarity (below cloud)	Some morning glimpses of sun, likely soon overcast. Very good visibility.	Frequently sunny, particularly on low slopes under passing cloud bases. Very good visibility.
How Cold? (at 900m)	5C from dawn, cooler north. Dropping afternoon towards 3C; higher summits dropping below freezing. Wind chill: -12C.	2 or 3C. Mountains of Arran to Islay may warm slightly.  Feeling as cold as -13C in strongest wind.
Freezing Level	Above the summits in the morning, dropping to 1100-1000m by the afternoon and further into evening.	1100m. Coastal mountains from Arran to Mull nearer 1200m or higher.

## **Planning Outlook**

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

An unsettled weekend ahead as low pressure brings heavy rain to England and southern Scotland on Saturday with strong winds. Conditions increasingly wet underfoot with streams in spate - some flooding is likely. A northerly wind in Scotland begins to draw unseasonably cold air into the Highlands, bringing freezing levels down to high terrain. Cold air flows into into England and Wales through Sunday on a strong wind - wind chills in direct exposure may reach as low as -10 to -15C.

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.

#### Forecast issued at 16:30 on Thursday, 18 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.