

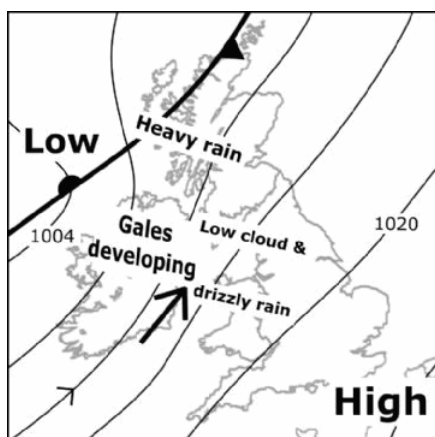
West Highlands

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, 2 October, 2025



British Mountain Summary:

Based on forecast chart for noon 2 October, 2025

A persistently wet day for western Scotland, increasingly sustained heavy falls setting in. Southerly winds strengthen to become widely gale force over the mountains afternoon into evening. Small amounts of rain elsewhere, but drizzly for all. Low cloud blanketing hills, highest bases north of major hill groups.

Headline for West Highlands

Increasingly windy, gales develop. Rain all day, low cloud.

Detailed Forecast for Thursday, 2 October, 2025

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|---|--|
| How windy? (On the Munros) | Southerly in the range 30 to 50mph, strongest during the second half of the day, then 60mph evening into night. |
| Effect of wind on you? | Increasingly arduous then difficult conditions with the strongest winds not necessarily on the highest slopes. |
| How wet? (Precipitation and its impact) | Wet, rain increasingly torrential later A wet day with frequent rain and drizzle at times heavy. An active front edges in through the afternoon to bring very heavy or torrential rain, especially west coast, later more widely, continuing into evening and night. |
| Cloud on the hills? | Widespread and to low levels Widespread low cloud shrouding the hills, and frequently to low levels across southern ranges and up the west coast. Mostly above 800m north Lochaber. |
| Chance of cloud free Munros? | Almost nil, to 10% inland Lochaber. |
| Sunshine? Air clarity (below cloud) | Overcast. Widespread mist and murk with poor or very poor visibility. |
| How Cold? (at 900m) | 8C, fairly humid air, but feeling closer to freezing in the wind. |
| Freezing Level | Above the summits |

West Highlands - Looking Ahead

| | Friday 3 October | Saturday 4 October |
|---|--|---|
| How windy? (On the Munros) Effect of wind on you? | Overnight gales S-SW'ly easing to dawn; a lull in morning below 25mph, but then rapid increase, into evening 60-80mph. Rapidly changing conditions, fairly benign for several hours, then significant deterioration afternoon into evening. | Southwest soon westerly, 60 to 80mph, gusts likely 100mph particularly higher Ben Nevis range. Severe conditions, difficult mobility on hills from lower elevations upward. Damaging gusts possible on low ground. |
| How wet? (Precipitation and its impact) | Showers, briefly drier; heavy rain sets in Overnight rain easing to showers early morning, becoming drier for a few hours. However, during afternoon, rain developing quickly from the southwest, setting in widely heavy. Very wet underfoot, streams in spate or flood. | Rain most of the day Persistent heavy rain from before dawn, rain remaining frequent to near-constant all day, but tending to break up a little, more showery at times. Falling as sleet or wet snow highest tops. Expect flooding. |
| Cloud on the hills? Chance of cloud free Munros? | Breaks to some tops for a time inland Varied cloud banks over the hills from dawn, most extensive coastal areas. Some breaks forming to upper slopes, best inland Lochaber. Lowering as rain develops, lowest bases Mull to Arran and near Clyde. 20%, to 40% inland; later below 10%. | Extensive Cloud base varying, but covering most mountains throughout the day, lowest sustained bases near coast and islands, 500-700m. Some breaks to 1000m inland. 20% |
| Sunshine? Air clarity (below cloud) | Glimpses of sun early in day, but high cloud increasingly filling in to be overcast. Visibility very good, becoming hazier, reducing in rain. | Rare if any brief sun. General haze, poor visibility in rain. |
| How Cold? (at 900m) Freezing Level | 5 or 6C. Feeling like -5C in wind, later in day -10C where exposed to higher speeds. Above the summits | 3 or 4C. Wind chill making it feel like -10 to -15C. Close to higher summits, 1200-1300m or just above. |

Planning Outlook

All mountain areas of Britain from Friday, 3 October, 2025

Mild and humid southwesterlies bring prolonged heavy rain to western Scotland late this week where streams will be fast-flowing, flooding developing. Wet underfoot most western areas. A couple of fast-moving low pressure systems late this week - gales increasingly during Thursday, then after a brief lull early Friday, a more intense system bringing increasingly stormy conditions by later Friday, continuing into Saturday. Dropping much cooler during Saturday, to freezing on higher Scottish summits. Showery and windy conditions easing only gradually into Sunday. Changeable westerlies continue next week for Scotland, high pressure builds at times further south.

Forecast issued at 16:26 on Wednesday, 1 October, 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.