

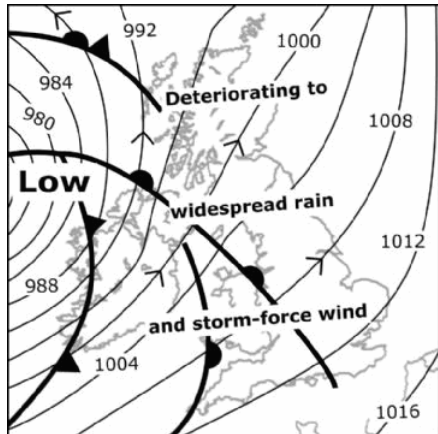
West Highlands

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, 3 October, 2025



British Mountain Summary: Based on forecast chart for noon 3 October, 2025

Mostly dry conditions early with modest wind effects, deteriorating as Storm Amy arrives. Winds reach gale-force around midday, further deteriorating through afternoon, reaching hurricane-force over high Scotland tops later. Rain becomes widespread with sustained heavy falls on western mountains; local flooding is likely.

Headline for West Highlands

Moderate conditions deteriorate to heavy rain and violent wind

Detailed Forecast for Friday, 3 October, 2025

How windy? (On the Munros)	Overnight gales S-SW'ly easing to dawn; 20-30mph through morning, possibly briefly lighter. After midday, shifting southeasterly and rapidly rising to 50-60mph, returning southwesterly and rising further to 70-90mph into nighttime.
Effect of wind on you?	Rapidly changing conditions: fairly benign for several hours in the morning, then significant deterioration through afternoon. Any mobility will be difficult by evening.
How wet? (Precipitation and its impact)	Morning showers, locally dry; heavy rain sets in Overnight rain easing to showers early morning, becoming drier for a few hours, particularly on southern islands. Rain developing quickly from the southwest after midday, setting in widely heavy until dark. Very wet underfoot, streams in spate or flood.
Cloud on the hills?	Breaks to some tops for a time inland, then extensive Varied cloud banks over the hills from dawn, most extensive and lowest banks near coastal areas. Some breaks forming to upper slopes, best inland Lochaber. Lowering and becoming extensive as rain develops, lowest bases Mull to Arran and near Trossachs.
Chance of cloud free Munros?	20%, 40% inland Lochaber for a time; becoming practically nil.
Sunshine? Air clarity (below cloud)	Glimpses of sun through high cloud, possibly more frequent for a time well inland, then becoming overcast through afternoon. Visibility excellent before rain arrives, becoming very poor.
How Cold? (at 900m)	5 or 6C. Briefly rising to 8C later in the day, up to 10C from Islay to Arran. Feeling increasingly cool as winds rise, near -10C afternoon, then colder into night.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Saturday 4 October	Sunday 5 October
How windy? (On the Munros)	Northwesterly 60 to 80mph, gusts likely 90mph particularly higher Ben Nevis range.	Northwesterly 40-50mph, trending westerly as the day goes.
Effect of wind on you?	Severe conditions, difficult mobility on hills from lower elevations upward. Damaging gusts possible on low ground.	Arduous conditions through the day. Crouching may be necessary in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Rain most of the day Persistent heavy rain from before dawn, rain remaining frequent to near-constant all day, but tending to break up well inland, more showery at times. Falling as sleet or wet snow highest tops. Expect flooding.	Drizzly rain much of the day Rain on and off from the west - often drizzly in cloud over high tops. Rain increases in frequency and intensity through afternoon, setting in later for several hours.
Cloud on the hills?	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. Some higher breaks more widely are possible late in the day.	Extensive Fairly extensive above 800-900m at dawn, though some higher breaks towards central highlands for a time. Cloud soon sets in extensively down to middle slopes with banks down to coastal cliff edges.
Chance of cloud free Munros?	20%	20% well inland for a time
Sunshine? Air clarity (below cloud)	Rare sun until later where a few sunny bursts may break out on low slopes. General haze, poor visibility in rain.	Glimpses of sun inland at first, becoming overcast. Visibility soon turns poor in cloud and rain.
How Cold? (at 900m)	3 or 4C. Wind chill making it feel like -10 to -15C.	3 to 5C at dawn, warmest along southern coastal islands. Rising to 6C widely. Feeling like -8C in exposure.
Freezing Level	Close to higher summits, 1200-1300m or just above.	May just touch the highest summits at dawn, soon lifting above.

Planning Outlook

All mountain areas of Britain from Saturday, 4 October, 2025

Storm Amy clears to the northeast on Saturday, behind which temperatures drop much cooler, to freezing on higher Scottish summits. Showery and windy conditions prevail through the day easing only gradually into Sunday as another mild and humid westerly brings cloud and drizzle to high tops and western slopes. Changeable westerlies continue into the week with frontal boundaries in northern England and Scotland: frequent rain and cloud on western mountains, rain at times passing eastward. Rain and cloud slip south through England and Wales around midweek, though weakening as it goes. Early indications of several days of northerly winds late in the week, which will bring cool, showery conditions to many with a mix of sunny and rainy spells with snow on northernmost tops.

Forecast issued at 16:09 on Thursday, 2 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.