

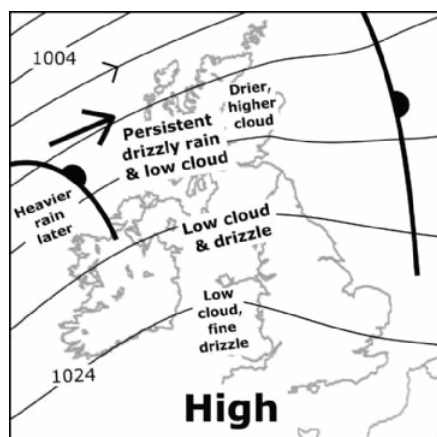
# West Highlands

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 Monday, 6 October, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 6 October, 2025

Gales widespread across mountains in Scotland and on higher tops in northern England, severe toward north and especially northwestern Highlands. Rain, drizzle and low cloud shrouding hills widely in west, better eastwards. Heavier rain later west Scotland. Marked wind chill despite mild air.

### Headline for West Highlands

Gales, severe tops Ben Nevis range. Drizzly rain, wetter later.

## Detailed Forecast for Monday, 6 October, 2025

|   |  |
|---|--|
| <b>How windy? (On the Munros)</b>                 | Gusty southwesterly 45 to 55mph, up to 65mph Ben Nevis group and coastal tops near Mull, strongest speeds early and late. Powerful downslope gusts. Speeds tending to rise slightly further through dusk into the night.   |
| <b>Effect of wind on you?</b>                     | <b>Difficult conditions over higher terrain all day, challenging walking in places even at mid-elevations in Lochaber and out to Mull - stability may only be possible in a crouched position due to gusts.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Drizzle, increasingly rain, heavier later</b><br>Drizzly most of the day, some steadier rain at times around higher mountains and the west coast, increasingly persistent, then heavier rain setting in from the west late afternoon. Very wet ground and rocks; streams in spate, some flooding. |
| <b>Cloud on the hills?</b>                        | <b>Extensive</b><br>Blanket fog across the mountains, with banks down to coastal cliffs on the west coast. Higher bases well inland towards central highlands but unlikely breaking above 700m. Highest of breaks toward Creag Meagaidh at times above 800m.   |
| <b>Chance of cloud free Munros?</b>               | <b>Less than 10%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | No sunshine expected.<br>Very poor visibility.   |
| <b>How Cold? (at 900m)</b>                        | 9 to 11C, warmest around the southern islands and well-inland.<br>Feeling below freezing in direct wind.   |
| <b>Freezing Level</b>                             | Above the summits  |

## West Highlands - Looking Ahead

|   | <b>Tuesday 7 October</b>   | <b>Wednesday 8 October</b>   |
|---|--|--|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b>                                | Southwest then westerly, gusty 40-50mph early, perhaps all morning; tending to ease to 25mph. May increase again by dusk.<br><br><b>Buffeting and difficult walking in morning, likely improving with time, but still expect blustery conditions on high terrain.</b>        | West-southwesterly 25 to 35mph, likely strongest into the afternoon and across Lochaber, may reach 50mph Ben Nevis.<br><br><b>Blustery, challenging balance on ridges, increasingly arduous walking on some high terrain. Considerable wind chill.</b>   |
| <b>How wet?</b><br>(Precipitation and its impact)   | <b>Rain sometimes heavy, slowly clears</b><br>Rain persistent in the morning, heavy at times. Rain tending to fade and break up from the northwest during the afternoon. May not clear until late for Loch Lomond to Arran.  | <b>Rain and drizzle, mostly Lochaber</b><br>Light showery rain in the morning, most frequent Lochaber to Mull, here merging into more persistent rain and drizzle with time. Smaller amounts reaching well inland and southern hills.  |
| <b>Cloud on the hills?</b><br><br><br><br><br><br><br><br><br><br><b>Chance of cloud free Munros?</b> | <b>Extensive, rising during day</b><br><br>Shrouding the mountains widely, to lower elevations nearer to coasts during rain. Cloud base rising if rain eases, soonest in Lochaber, breaks toward upper slopes inland, but often still capping higher tops.<br><br><b>20%</b> | <b>Increasingly extensive, lowering</b><br><br>Covering higher mountains throughout the day, highest bases in the morning, some breaks above 900m inland, but lowering to become extensive with time. Filling in to increasingly lower slopes in coastal areas and islands.<br><br><b>30% dropping below 10%</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)   | Largely cloudy, poor visibility in rain. Some improvement, late glimpses of sun emerging, staying quite hazy.  | Glimpses of sun in morning, mainly inland. Visibility starts good, but some haze, becoming widely poor in most areas.  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>   | 7C from before dawn, then dropping into daytime to 4 or 5C.<br>Directly in the wind feeling near -5C.<br>Above the summits, but dropping close to Ben Nevis top during the day.  | 4C rising during day to 6C.<br>Feeling like -5C in the wind, later -10C higher tops.<br>Near freezing point on highest summits in Ben Nevis group in morning, then rising.   |

**Planning Outlook****All mountain areas of Britain from Tuesday, 7 October, 2025**

West-southwesterlies prevail - wet over western mountains early this week, particularly Scotland. Fast-flowing streams and further flooding expected. Dropping cooler on Tuesday-Wednesday, prepare for considerable chill factor in the stronger winds over Scottish mountains. Pressure is due to gradually rise from the south in the second half of the week, rain fading out and winds dropping lighter across many places to leave a more optimistic outlook into the weekend for most places - northwest Scotland may keep a prevailing westerly with more cloud and a stronger wind.

**Forecast issued at 16:31 on Sunday, 5 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.