

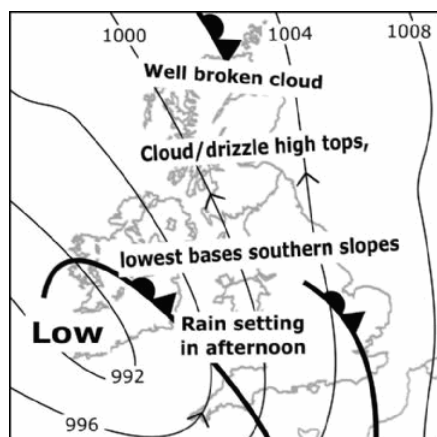
West Highlands

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, 7 November, 2025



British Mountain Summary:

Based on forecast chart for noon 7 November, 2025

Cloud and drizzle in central and south Scotland, clearer hills (including some summits) north. Blustery coasts from Skye southward, Wales breezy too. A cloud sheet will cover English and Welsh peaks with low bases on south aspects. Rain over south Wales through afternoon, risk of afternoon rain for the Pennines.

Headline for West Highlands

Most cloud and rain near coast, variable inland; breezy

Detailed Forecast for Friday, 7 November, 2025

How windy? (On the Munros)	Southerly 20-25mph, speeds a times lower well inland. Higher speeds on coastal slopes with gusts up to 35mph at times over Mull and Lochaber and not just tops. Trending southeasterly as the day goes.
Effect of wind on you?	Fairly small, though some uncomfortable winds over tops, particularly along the coast where strongest wind will challenge balance. Mostly small effects well inland.
How wet? (Precipitation and its impact)	Rain on-and-off near coast Patchy rain drifting onto coastal slopes, extended dry periods between bursts. Some drizzle over high southern terrain where shrouded in fog.
Cloud on the hills?	Often extensive through variable, particularly north Fairly extensive from dawn with fog locally into the glens. Fog may be mostly below high terrain north of Glencoe at first. Bases will rise with some breaks forming, though variably filling in too around rain. Best of breaks in north Lochaber.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Often cloudy, though glimpses of sun at times breaking out on northern hills. Cloud and rain will limit visibility, but locally excellent where clear.
How Cold? (at 900m)	7 to 8C. Coastal hills of northern Lochaber may locally warm to 9C. Feeling just above freezing in strongest winds near the coast.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Saturday 8 November	Sunday 9 November
How windy? (On the Munros) Effect of wind on you?	Southeast trending southerly, 20 to 30mph, strongest toward coasts and on islands, speeds may rise a little during Feeling breezy over higher terrain, in places starting to affect comfortable walking and balance in gustier locations.	A gusty south-southwesterly 25-35mph. Stronger along the coast for several hours, up to 45mph (not just on tops). Strenuous walking with considerable buffeting and wind chill in gusts. Stability challenging along the coast.
How wet? (Precipitation and its impact)	Some patchy rain mostly southwest Drizzly patches most common over southern hills, locally some showery rain near to coasts. More often dry inland and north across Lochaber.	Rain soon frequent, particularly coasts Intermittent rain from dawn, becoming more frequent as the day goes and setting in for several hours at a time along the coast.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, local breaks Lochaber Covering many hills all day, most persistent low cloud in southern areas, shrouding hills from 400-600m upward. In Lochaber, mostly above 600-800m, some breaks near Glen Spean, but local fog patches inland glens in morning. 20%	Extensive Hills likely shrouded much of the day from 500-600m up, lower bases along the coast, locally down to coastal cliffs. Bases higher inland at first, though will lower in rain. A chance of cloud breaks forming late in the day on the islands. Less than 10%
Sunshine? Air clarity (below cloud)	Rare if any weak sun, mostly Lochaber. Misty at varied levels, locally better visibility inland Lochaber.	Likely entirely overcast. Mostly poor visibility though locally excellent out of fog and rain.
How Cold? (at 900m) Freezing Level	6 or 7C from dawn, lowering to 5 or 6C, always coolest south. Feeling below freezing if in stronger wind on high tops. Above the summits	7C coastal slopes, cooler inland starting near 5C and rising somewhat. Feeling like -3 to -5C in direct wind. Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 8 November, 2025

A brief brighter spell on Saturday, but otherwise staying mild with low cloud, drizzle and rain at times well into next week. Areas northeast of major hill groups seeing least rain and highest cloud breaks, though high summits will struggle to clear the fog as the air will remain generally humid. Southerly winds of varied strengths, sometimes more blustery, approaching gale-force in exposed western areas.

As the following weekend approaches, indications of northeasterly winds developing for Scotland, bringing drier weather to the west, and potentially much colder with time. England & Wales may remain frequently wet under slow-moving low pressure - uncertainty over timing and locations of the coldest conditions.

Forecast issued at 15:58 on Thursday, 6 November, 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.