

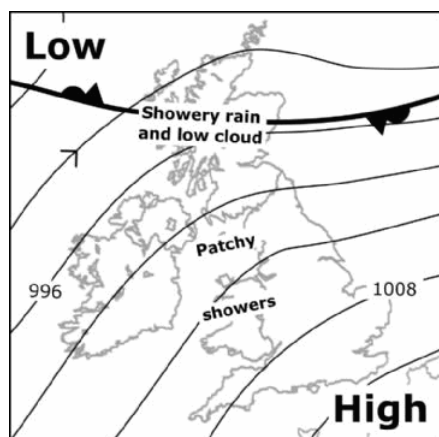
# West Highlands

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, 8 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 8 December, 2025

Southwesterly winds often gale force over most higher terrain of Britain, less strong toward the north of the Highlands. Close to freezing only on higher Scottish tops. Rain frequent over western Scotland, some patchy rain passing eastwards. Showery rain common on some western hills in England and Wales.

### Headline for West Highlands

Gales or near-gales on tops. Rain frequent Lochaber west.

## Detailed Forecast for Monday, 8 December, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 30 to 35mph; speed likely to fluctuate, at times 45mph over high tops, most sustained in southern areas and for periods up the west coast / islands.
<b>Effect of wind on you?</b>	<b>Often strenuous walking in exposure, making balance difficult on high tops and ridges. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain on and off, sleet/snow highest tops</b> Showery rain most common coastal areas near Mull into western Lochaber, more widely early in the day and spreading inland. A risk of hail, also sleet or snow on highest tops. Showers more scattered around the southern islands.
<b>Cloud on the hills?</b>	<b>Often covering many tops</b> Frequently capping higher slopes, near to coast bases varying 600 to 900m, inland more often above 900m, with some breaks higher up mainly east of Ben Nevis group.
<b>Chance of cloud free Munros?</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, glimpses of sun mainly inland Lochaber. Visibility good where dry, but reduced in rain at times, briefly poor.
<b>How Cold? (at 900m)</b>	3C, starting to rise a little from south into the night, to 5C on/near Arran. If exposed to stronger winds, feeling like -10C on high tops.
<b>Freezing Level</b>	1200 to 1300m, rising above the summits onward into night.

## West Highlands - Looking Ahead

	Tuesday 9 December	Wednesday 10 December
How windy? (On the Munros)	Southeasterly 35-50mph dawn, rapidly rising to a gusty 55-65mph; shifting SW'ly and rising, risk 75mph over tops late.	Southwesterly 50 to 70mph, risk at times 80mph higher tops mainly Ben Nevis group, with stronger gusts.
Effect of wind on you?	Difficult conditions likely persist all day - mobility tortuous, risk severe conditions into night. Significant wind chill.	Difficult walking conditions from mid elevations upward, severe over higher mountains; significant wind chill.
How wet? (Precipitation and its impact)	Near-constant rain, local flooding Rain from the south pre-dawn, spreading widely and setting in persistently and heavy. A breaking trend afternoon though patchy rain will linger. Beware fast-rising streams and local flooding.	Showery with snow tops, hail Frequent showery precipitation, merging to be near-constant at times, falling as snow above 1000m, also hail mostly morning.
Cloud on the hills?	Extensive  Widely shrouding the coastal slopes from lower slopes upward and locally down to coastal cliffs in the south. Highest bases from Ben Nevis group towards Knoydart but unlikely rising above 600-700m. Odd breaks southwest later.	Often covering high tops  Cloud base constantly changing, but often shrouding higher slopes, at times down to 600m coasts, brief breaks to tops inland.
Chance of cloud free Munros?	Less than 10%	20%
Sunshine? Air clarity (below cloud)	Overcast and dull. Poor visibility.	Brief bursts of sun mainly well inland. Hazy, visibility poorer in rain, very poor if in snow on highest tops.
How Cold? (at 900m)	3C pre-dawn, soon rising to around 8C, then sharply cooling from the south later. Feeling like -8 to -10C in strongest wind.	2 or 3C. Wind chill feeling near to -15C.
Freezing Level	Above the summits, lowering to the highest Munros overnight.	1100 to 1200m

## Planning Outlook

**All mountain areas of Britain from Tuesday, 9 December, 2025**

A very unsettled spell through the next 10 days as southwesterly winds prevail and low pressure systems move in from the Atlantic. Stormy conditions widely over the mountains on Tuesday, gales remaining severe on high terrain into Wednesday, then potentially intensifying again on Thursday. Temperatures only close to freezing on higher Scottish tops this week, even here will experience spells above freezing with thawing, leaving snow increasingly patchy, but beware some icy surfaces on the very highest tops where some refreezing occurs. Rainfall will be frequent and heavy, sometimes showery with hail. Expect wet ground conditions and further flooding of streams and some rivers.

**Forecast issued at 16:24 on Sunday, 7 December, 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.