

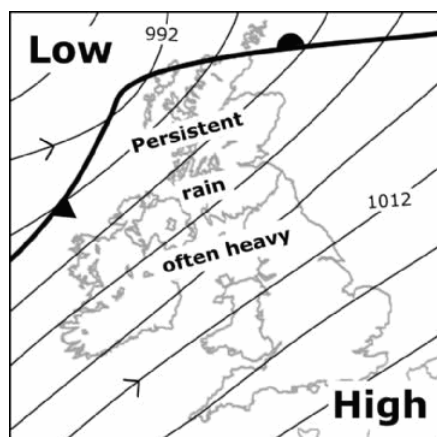
# West Highlands

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 Sunday, 14 December, 2025



### British Mountain Summary:

Based on forecast chart for noon 14 December, 2025

Extensive rain, sustained heavy falls over many western mountains, expect flooding. Smaller amounts of rain toward the N/E Cairngorms, also S/E Wales and Peak District. Widespread gales, powerful gusts around high tops, locally downslope to east. Blanket cloud across hills, lowest in west.

### Headline for West Highlands

Gales, severe high terrain. Prolonged heavy rain, low cloud.

## Detailed Forecast for Sunday, 14 December, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 40-55mph, in places over 60mph around higher mountains, local powerful gusts downslope. Tending to strengthen up to dusk, reaching 70mph for a time. Easing into night to 30mph or less.
<b>Effect of wind on you?</b>	<b>Arduous conditions over the mountains. Strong gusty winds will challenge balance and stability all day, including less exposed slopes. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain rarely ceasing, sustained heavy falls; flooding</b> Rain across all areas throughout the day with constant heavy falls increasingly setting in. Occasional lower intensity rain mainly morning, smallest amounts typically toward Creag Meagaidh, but still generally wet. Streams in spate, flooding making some paths impassable.
<b>Cloud on the hills?</b>	<b>Extensive low cloud</b> Shrouding the mountains widely, bases mostly between 400-600m, most persistently low toward coast/lochs. Higher bases well inland Ben Alder to Creag Meagaidh, 700-900m, rare breaks, but lowering further at times.
<b>Chance of cloud free Munros?</b>	<b>Below 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	No sun expected, often dull. Visibility widely poor, better locally out of cloud near Rannoch Moor, but still often reduced by rain.
<b>How Cold? (at 900m)</b>	6C, small variation with altitude; then lowering rapidly into night to 1C. Feeling like -5 to -8C in the wind.
<b>Freezing Level</b>	Above the summits, but into night a quick drop from west toward 1000m.

**All mountain areas of Britain from Monday, 15 December, 2025**

Prolonged rain will leave flooding of streams and rivers in many mountain areas early in the new week, with the exception of northeastern Scotland. A frontal system will eventually pass eastwards Monday-Tuesday, wind easing; dropping to freezing above 900m, beware of ice forming on higher Scottish mountains. Drier conditions for many on Tuesday, though showery near west coast of Scotland. By Wednesday, another system sweeps in from the Atlantic bringing further rain and gales. A risk of more heavy rain particularly England and Wales later in the week. A change of weather pattern is likely in the run up to Christmas, as high pressure builds northward, bringing drier weather, possibly chillier with time.

**Forecast issued at 16:16 on Saturday, 13 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.