MOUNTAIN WEATHER INFORMATION SERVICE

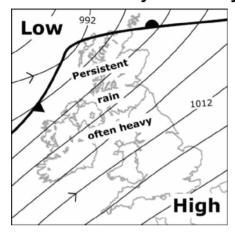
West Highlands

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

How windy? (On the Munros)	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.	
Effect of wind on you?	Arduous conditions over the mountains. Strong gusty winds will challenge balance and stability all day, including less exposed slopes. Significant wind chill.	
How wet? (Precipitation and its impact)	Rain rarely ceasing, sustained heavy falls; flooding 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.	
Cloud on the hills? Chance of cloud free Munros?	Extensive low cloud 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. Below 10%	
Sunshine? 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.	
How Cold? (at 900m)	6C, small variation with altitude; then lowering rapidly into night to 1C. Feeling like -5 to -8C in the wind.	
Freezing Level	Above the summits, but into night a quick drop from west toward 1000m.	

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West Highlands - Looking Ahead

	Monday 15 December	Tuesday 16 December
How windy? (On the Munros)	Some uncertainty, speed may vary; southwesterly 15 to 30mph, strongest in Lochaber and out to Mull.	Southwesterly 25 to 35mph. Strengthening onward into night to gales, risk becoming severe.
Effect of wind on you?	Fairly small, though winds may be suddenly uncomfortable in exposure particularly around Ben Nevis group.	Blustery and starting to affect comfortable walking and balance on exposed higher terrain, considerable wind chill.
How wet?	Showers onto coastal hills	Showery coasts, snow and hail
(Precipitation and its impact)	Scattered showers onto coastal hills from Islay/Jura northward, some drifting inland and around Loch Linnhe, falling as snow above 900m. Showers increase in frequency and intensity with time afternoon in the west.	Showers most frequent toward coasts and on islands, falling as snow above 800-900m, also hail at times. Some moving inland, but fewer east of Ben Nevis. Near to Arran may also see fewer showers.
Cloud on the hills?	Mostly higher tops, some breaks	Varied, some breaks inland
	Banks often covering high terrain; lowest bases near the coast, variable between 700-1000m, lowest banks on southern aspects. Patchier further inland across Lochaber, some breaks to tops.	Often capping coastal tops, base varying in and out of showers, mostly 700 to 900m, brief lower patches. Inland often above 900m, with higher breaks in Lochaber. Some lower fog banks in south in morning.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Glimpses of weak sun north but mostly overcast, a veil of high cloud. Very good visibility.	Glimpses of sun. Visibility often very good out of cloud, but intermittently poor in showers.
How Cold? (at 900m)	1C. Feeling as cold as -8C in direct wind.	0 to 1C. Feeling like -10C directly in the wind.
Freezing Level	1000 to 1100m.	900 to 1000m. Slight frost inland glens in morning.

Planning Outlook

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 Scotlish 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.