

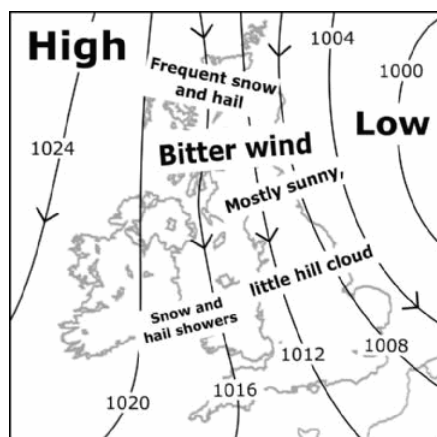
# West Highlands

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 Saturday, 3 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 3 January, 2026

Widespread sub-zero temperatures and wind, gales in northern England and Scotland; wind chill approaching -20C or lower on high summits. Near-constant snow showers in northern Scotland with snowdrifts building; snow showers into central/west Scotland and west Wales too. Mostly sunny southern Scotland and England.

### Headline for West Highlands

Snow showers near coasts and north; gales, bitterly cold

## Detailed Forecast for Saturday, 3 January, 2026

<b>How windy? (On the Munros)</b>	Northerly 35 to 45mph, strongest sustained speeds over Ben Nevis group reaching 50mph; squally gusts in showers.
<b>Effect of wind on you?</b>	<b>Severe wind chill over the mountains. Walking arduous, often challenging on exposed high terrain with frequent buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow mostly along the coast (with some hail) and northern Munros</b> Ongoing snow showers running southward over coastal areas, as well as inland Lochaber towards Creag Meagaidh, a few showers reaching southward towards Glencoe; snow and hail falling and accumulating to sea level. Driest south of Rannoch Moor.
<b>Cloud on the hills?</b>	<b>Varied over tops, most persistent and low north</b> Often capping tops of Lochaber above 800-1000m, variable, lowering during snow showers. Lower bases near the coast and towards Mull, above 700-900m. Often clear Loch Lomond NP, though some banks of cloud will drift south, shrouding the summits for periods.
<b>Chance of cloud free Munros?</b>	<b>30% Lochaber-Mull, to 70% near Loch Lomond.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sunshine, most extensively sunny around Loch Lomond. Visibility very poor or appalling where snow falls or blows around and also if in cloud, but excellent further south in the sunshine.
<b>How Cold? (at 900m)</b>	-5C near coasts, -6C inland (to -9C highest tops). Wind chill feeling like -20C, nearer -25C on Ben Nevis summit in exposure.
<b>Freezing Level</b>	Terrain widely frozen, staying sub-zero from glens upward. Nearest the coast, partial thawing in sunlight to 300, up to 400m Arran/Islay.

## West Highlands - Looking Ahead

	Sunday 4 January	Monday 5 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	North to northwesterly 30 to 40mph, squally gusts in showers.  <b>Continued severe wind chill over the mountains. Arduous walking with frequent buffeting on exposed terrain.</b>	Northerly 30-35mph, easing and shifting northwesterly with time, 20-25mph into evening.  <b>Significant wind chill, severe on high exposed tops where walking conditions will be strenuous with buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow showers, mostly coasts and north</b> Snow showers running southward over coastal areas into Lochaber/Creag Meagaidh, some reaching towards Glencoe and further south though often dry here. Snow falling and accumulating to sea level.	<b>Snow showers coasts and Lochaber</b> Ongoing snow showers running southward into Lochaber towards Creag Meagaidh/Ben Nevis ranges. Some showers reaching Mull and Islay as well, likely dry Glencoe and south.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Varied, often covering northern tops</b>  Varying cloud bases near Mull above 700-900m, briefly lower in showers and towards the southern islands. Also often capping tops inland Lochaber above 800-1000m. Often clearer Loch Lomond NP.  <b>40% Lochaber-Mull, to 70% south.</b>	<b>Varied, often covering northern and coastal tops</b>  Varying cloud bases Lochaber and coasts, 600-800m, locally lower in showers. Also often capping tops inland Lochaber above 800-1000m. Often clear Loch Lomond NP.  <b>40% Lochaber/coasts, to 70% south.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sunshine, sunniest Loch Lomond. Visibility excellent away from showers, but very poor where snow falls or blows around and also if in cloud.	Bursts of sunshine, sunniest Loch Lomond. Visibility excellent away from showers, but very poor where snow falls or blows around and also if in cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-5 or -6C (to -8C above 1200m); a degree warmer southern islands. Wind chill feeling like -22C, to -25C Ben Nevis summit.  Terrain widely frozen, staying sub-zero from glens upward. Nearest the coast, partial thawing in sunlight to 200-300m.	-5 or -6C; -8C above 1200m and at dawn in the glens. Wind chill as cold as -25C early in the day on high tops.  Terrain widely frozen. Nearest the coast, partial thawing in sunlight to 200-300m, may rise a bit more here after dark.

## Planning Outlook

### All mountain areas of Britain from Sunday, 4 January, 2026

Terrain extensively frozen into early next week; sub-zero temperatures from the glens upward in Scotland and increasingly into valleys in England and Wales. Heavy showers streaming into northern and coastal Scotland, some containing hail, most terrain covered in snow with substantial snowdrifts in the Northwest Highlands and Cairngorms. Largely dry and sunny in southern Scotland and England. Hail and snow showers will run into north and west Wales from the sea. Bitter northerly winds, up to gale force higher tops at times.

More variable next week: some fluctuation of freezing level during next week, though most high terrain stays sub-zero, and as fronts come in from the west, upland snowfalls are possible more widely.

### Forecast issued at 15:16 on Friday, 2 January, 2026

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, 2026.