

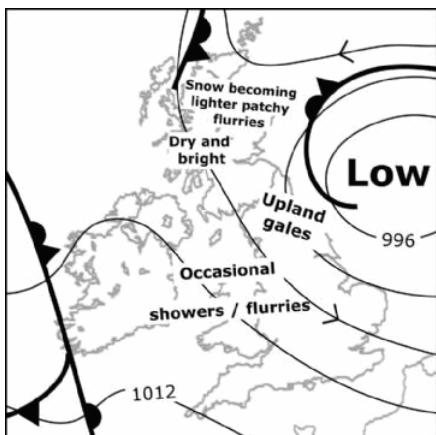
West Highlands

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 Wednesday, 7 January, 2026



British Mountain Summary:

Based on forecast chart for noon 7 January, 2026

Gale-force NW'ly winds England, Wales and S Scotland, slowly lessen from west. Areas of snow falling over N & E Scotland tends to ease and become patchy. A few showers or flurries elsewhere, but largely dry SW Highlands. Much terrain remains frozen, substantial snow depths much of Highlands.

Headline for West Highlands

Strong winds easing. Local flurries, brighter south.

Detailed Forecast for Wednesday, 7 January, 2026

| | |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the Munros) | North or northwesterly, locally becoming variable, before dawn 40mph with stronger gusts, easing through sunrise, to 15-25mph in morning, strongest speeds persist near coast, some lulls inland. |
| Effect of wind on you? | Blustery start, considerable wind chill in exposure, lessening to become fairly small, but still feeling breezy over coastal hills. |
| How wet? (Precipitation and its impact) | Mostly dry south; local flurries north inland Snow flurries mostly Lochaber, mainly Ben Nevis to Creag Meagaidh areas in the morning, tending to fade, but local light flurries may linger. Likely dry most west and southern areas all day. Into night, some light sleet/rain near coast, local flurries on hills inland. |
| Cloud on the hills? | Patchy cloud breaking, best south Varied cloud banks in the morning, mainly higher slopes, but some lower patches, particularly Lochaber, here may linger on tops. Tending to break up and may largely clear many southern areas around Loch Lomond NP. |
| Chance of cloud free Munros? | 50% Lochaber, to 80% south. |
| Sunshine? Air clarity (below cloud) | Fairly cloudy, though bright with some sun through high cloud, best in south/west. Visibility very good, but beware locally challenging navigation if within cloud/fog over snow cover. |
| How Cold? (at 900m) | -3C, up to -1C near west coast. Feeling like -10C, or -15C in the stronger wind early in day. |
| Freezing Level | Near/below freezing glens upward inland; 500m coast & islands, highest on Arran to Islay. |

West Highlands - Looking Ahead

| | Thursday 8 January | Friday 9 January |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the Munros) | Direction and speed likely to vary: mostly south or southwesterly, 10 to 20mph. | Variable direction, mostly below 15-20mph, in places often little wind. |
| Effect of wind on you? | Mostly small. | Likely small. |
| How wet? (Precipitation and its impact) | Patchy light snow Occasional snow flurries, sleet or rain lower coastal slopes. | Coastal showers Showers mostly around the islands, falling as snow on tops, possibly hail at times; mostly rain on low-mid slopes. |
| Cloud on the hills? | Varied perhaps fairly extensive Cloud banks around upper slopes and corries, in places persistent to mid-slopes. Some mist lower down inland. | Varied patches Patchy cloud clinging to some upper slopes and corries, but expect clearer spells over many mountains. Larger cloud banks near coast if showers occur. |
| Chance of cloud free Munros? | 30% | 60% |
| Sunshine? Air clarity (below cloud) | Mostly cloudy, some glimpses of sun. Visibility very good where dry, reducing in showers. Beware difficult navigation if in fog over snow cover on tops. | Any sun weak due to a veil of high cloud. Visibility very good over many hills, some haze or mist inland glens. |
| How Cold? (at 900m) | -3C, up to -1C nearest coast / on islands. | -2 or -3C. |
| Freezing Level | Most terrain frozen and snow covered, some glens stay sub-zero. Just above freezing to 600-700m coasts & islands. | Terrain frozen into the glens, some slopes around 300-500m inland just above freezing point, or up to 700m coasts. |

Planning Outlook

All mountain areas of Britain from Thursday, 8 January, 2026

Terrain remaining widely frozen into the weekend, extensive deep snow cover for Highlands, less nearer the central belt. An additional substantial snowfall for Wales & Peak District on Thursday night, accompanied by gales. A fairly benign end to the week for Scotland, showers near some west coasts. By late Saturday into Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely, before at least a temporary rise of freezing level - some thawing develops on lower terrain, most pronounced in Wales toward higher slopes. Chilly patterns next week with some further hill snow, many mountains often sub-zero, but overall less cold.

Forecast issued at 16:20 on Tuesday, 6 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.