

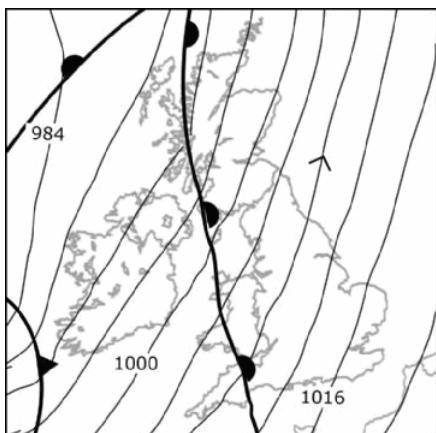
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at petzl.com

General Summary for Sunday, 11 January, 2026



British Mountain Summary:

Based on forecast chart for noon 11 January, 2026

Widely very difficult mountain conditions in severe or storm force upland winds. From west, rapid snow melt commencing and extensive fog - giving whiteout in some areas. Underfoot areas of ice, in some areas on lower slopes.

Headline for West Highlands

Storm force wind; rain and low cloud. Snow pack increasingly melting.

Detailed Forecast for Sunday, 11 January, 2026

How windy? (On the Munros)	Southerly, in range 60mph with powerful gusts. Marginal temporary easing afternoon.
Effect of wind on you?	Difficult conditions over the mountains; mobility widely challenging. Sometimes difficult to stand, in places sudden ferocious gusts reaching lower slopes, Severe wind chill.
How wet? (Precipitation and its impact)	Snow soon turning to heavy rain Snow and freezing rain starts overnight. Through morning from west all turning to rain. Heavy or torrential rain widely - though less heavy near and north of Glen Spean. Increasingly wet underfoot - augmented by snow melt.
Cloud on the hills?	Persistent fog on almost all summits Incessant fog from lowest slopes most or all Loch Lomond NP and near the coast elsewhere. Highest cloud base near/north of Glen Spean and Lochs Ossian and Treig, but few breaks above 700m.
Chance of cloud free Munros?	Almost nil
Sunshine? Air clarity (below cloud)	Sunshine not expected; widely dull and at best misty; appalling or near zero visibility in cloud above snow cover.
How Cold? (at 900m)	-1C but soon +1 to 3C, small variation of temperature with height. Will feel as cold as minus 15C directly in the wind.
Freezing Level	Soon above summits, but much terrain frozen and widely icy despite increasing snow melt.

West Highlands - Looking Ahead

	Monday 12 January	Tuesday 13 January
How windy? (On the Munros)	South to southwesterly 50 to perhaps in morning 70mph (most likely Lochaber).	Low confidence in forecast: Most likely southwest or westerly 20mph, although there could be a lull.
Effect of wind on you?	Walking widely challenging, frequent buffeting even lower elevations, particularly Lochaber. Severe wind chill.	Probably small.
How wet? (Precipitation and its impact)	Rain much of day, snow high tops Frequent to constant precipitation most of the region, often heavy near/west of Loch Linnhe; smaller amounts Loch Lomond to Arran. Falling as snow above around 900-1000m. Very wet underfoot where snow melts.	Intermittent rain; snow higher areas Unlikely to be dry at least near the coast north from Mull and Loch Etive where showery rain, or above 700m snow, may well be on and off. Fewer showers, with increasing chance of dry during daylight progressively eastwards.
Cloud on the hills?	Extensive, lowest coasts Covering the hills most or all day above 800m, often 500-600m coasts and islands. Some higher bases at times mainly north and east of Rannoch Moor.	Generally extensive Higher areas probably cloud covered, but in rain, particularly near the coast, cloud base may drop below 400m for periods. There may be breaks above 900m, particularly well inland.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Rare or no sun. A general haze; visibility very poor in precipitation.	Little or perhaps no sunshine. Visibility sometimes very good although in rain poor or in snow appalling.
How Cold? (at 900m)	1C. Wind chill feeling around -15C where directly exposed on tops.	0 or -1C
Freezing Level	1100m, chance of lowering further after dark.	800 to perhaps 950m.

Planning Outlook

All mountain areas of Britain from Monday, 12 January, 2026

High rainfall and intermittently windy across most mountain areas next week as a series of Atlantic lows cross Britain.

From Tuesday day to day confidence very low due to uncertainty in timing and tracking of lows.

Over England and Wales, temperatures on higher summits will intermittently be below freezing point: snow may accumulate on highest summits. Freeze thaw cycles will occur on the Scottish Highlands, although above 900m periods of thaw may well be brief, with progressive enhancement of the snowpack likely.

Forecast issued at 7:41 on Sunday, 11 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.