

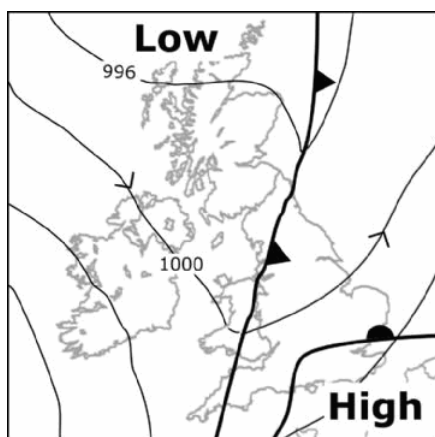
West Highlands

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 Tuesday, 13 January, 2026



British Mountain Summary:

Based on forecast chart for noon 13 January, 2026

A cold front will move southeastwards bringing a few hours of precipitation - although still some uncertainty in its exact shape and position. Snow and hail showers will affect W Scotland whilst most other areas will have a few hours of rain, in places finishing as snow, as the temperature drops.

Headline for West Highlands

Snow showers, mainly west. Wind tending to strengthen.

Detailed Forecast for Tuesday, 13 January, 2026

How windy? (On the Munros)	Westerly 20 to 30mph strongest afternoon. Possibly a lull to low speeds in the morning most likely Lochaber
Effect of wind on you?	Likely to increasingly impede ease of walking higher up and give notable wind chill.
How wet? (Precipitation and its impact)	Hail and snow showers Heavy showers of hail and except on lower coastal slopes snow. Frequently dry, with only a few showers toward central highlands, although here chance of steady but light snow for a couple of hours.
Cloud on the hills?	Generally extensive Higher areas extensively cloud covered, and particularly near the coast, cloud base may drop below 400m for periods in and after showers. Generally though breaks to 700m near the coast and 900m well inland.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Little or perhaps no sunshine. Visibility sometimes very good although in snow appalling.
How Cold? (at 900m)	-1C. Will feel as cold as minus 10C where exposed to the wind.
Freezing Level	700m. Frost some valleys after dawn.

West Highlands - Looking Ahead

	Wednesday 14 January	Thursday 15 January
How windy? (On the Munros) Effect of wind on you?	Westerly 30mph morning. Then backing southerly and strengthening to 40-50mph by mid or late afternoon. Fairly small particularly lower slopes morning. Walking then increasingly difficult and wind chill becoming significant.	Southwesterly 25 to perhaps 35mph Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.
How wet? (Precipitation and its impact)	Morning: snow and hail showers. Afternoon: Showers of hail and snow, mostly rain lower coastal slopes. Around midday snow (rain lower slopes) reaching Mull. Will spread across region early afternoon; whiteout.	Heavy hail and snow showers Succession of hail and snow showers (mostly rain lower coastal slopes). Small risk thunder.
Cloud on the hills? Chance of cloud free Munros?	Probably remaining extensive on most or all higher areas Near coast: Cloud sometimes below 450m, and forming lower slopes in rain afternoon. Elsewhere: cloud base generally rising to 600 to 750m for a few hours, perhaps breaks to 1000m before cloud fills in across the hills, particularly Loch Lomond NP. 10%	Unlikely to clear the Munros Higher areas almost always cloud covered. Cloud base typically 400 to 700m near the coast and 500 to 900m elsewhere. Highest cloud base bear and north of Glen Spean and lochs Treig and Ossian. 10%
Sunshine? Air clarity (below cloud)	Occasional sunshine morning, mainly well inland. Visibility often very good, but appalling in snow.	Glimpses of sunshine. Very varied visibility: sometimes excellent, but appalling in snow.
How Cold? (at 900m) Freezing Level	-1C. Directly in wind will feel as cold as minus 14C. 700m coastal hills, 500m elsewhere. Frost some valleys after dawn.	-1C 750m, marginally higher close to the coast.

Planning Outlook

All mountain areas of Britain from Wednesday, 14 January, 2026

Mostly cloudy with precipitation from time to time over the next few days - although total rainfall is now expected to be fairly small on most mountains, particularly N Scotland.

Temperature wise, it is highly likely to remain colder than recent January's with the snow pack across the Scottish Highlands being enhanced by further snowfall, whilst further south snow accumulates on higher areas, and occasional falls reaching lower slopes.

Forecast issued at 7:42 on Tuesday, 13 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.