

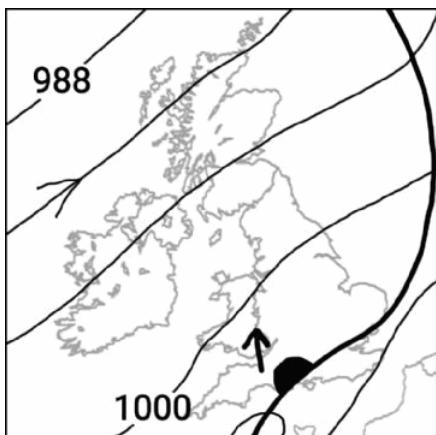
West Highlands

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 Thursday, 15 January, 2026



British Mountain Summary:

Based on forecast chart for noon 15 January, 2026

Blustery and chilly south-westerly winds bringing occasional snow and hail showers, most prevalent across the west Highlands. Rain falling below 500m. Drier for England and Wales, but risk of marked deterioration later for southern and eastern Wales as rain and summit snow edges in from the south.

Headline for West Highlands

Snow or hail showers and blustery south-westerly winds. Hill fog extensive.

Detailed Forecast for Thursday, 15 January, 2026

How windy? (On the Munros)	Southwesterly 25 to perhaps 35mph. May ease a little later.
Effect of wind on you?	Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.
How wet? (Precipitation and its impact)	Heavy hail and snow showers Succession of hail and snow showers (mostly rain lower coastal slopes). Small risk thunder.
Cloud on the hills?	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 .
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine. Very varied visibility: sometimes excellent, but appalling in snow.
How Cold? (at 900m)	-1C, but feeling more like -10C in direct exposure to the strongest winds.
Freezing Level	750m, marginally higher close to the coast.

West Highlands - Looking Ahead

	Friday 16 January	Saturday 17 January
How windy? (On the Munros)	Variable or south-easterly in direction. 10-15mph or less. Perhaps 20mph up the west coast.	South-easterly 10 to 20mph, perhaps 25mph through some cols, passes and summits.
Effect of wind on you?	Mostly small	Mostly small, but wind chill still significant where exposed to the strongest breeze.
How wet? (Precipitation and its impact)	Mostly dry, bar coastal showers. Mostly dry, but risk of precipitation in the form of showers for the west coast and Isles. Snow above 500-600m	Mostly dry Local fine spots of drizzle or snow grains possible across southern and eastern hills. Otherwise dry.
Cloud on the hills?	Banks of low cloud, focused in the south. Risk of stubborn patches of banks of low cloud, mostly across southern areas and central Highlands. Also ribbons of fog in some glens. Some hills often clear.	Varying banks, fog patches some glens. Variable amounts on hills. Banks or patches at varying heights mid to upper slopes; ribbons of fog some glens. Some hills often clear, mainly west coast.
Chance of cloud free Munros?	50%	30%, but 60% west coast.
Sunshine? Air clarity (below cloud)	Mostly cloudy, best of the sun coming through in the north. Visibility very good, away from any fog or showers.	Glimpses of sun toward west coast and far north. Otherwise dull. Rather misty and murky southern areas into central Highlands. Good elsewhere.
How Cold? (at 900m)	-1C	-1 to plus 1C, but feeling closer to -8C in the strongest breeze.
Freezing Level	700-800m, frost into the glens at first light.	Varied across the area, 600-1000m, highest towards west coast/north Lochaber. Also sub-zero with frost into glens at dawn.

Planning Outlook

All mountain areas of Britain from Friday, 16 January, 2026

A small scale low will pull away early on Friday morning to the North Sea to leave drier and chilly conditions into the weekend with a south to south-easterly airflow developing. Looking further ahead, a colder continental influence may be drawn in on south to east winds, but the extent of this is uncertain. The snow pack across the Scottish Highlands will be enhanced by further spells of snowfall where fronts edge in from the west, whilst for England and Wales snow accumulating on the hills at times, perhaps in the form of showers from the east.

Forecast issued at 16:46 on Wednesday, 14 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.