

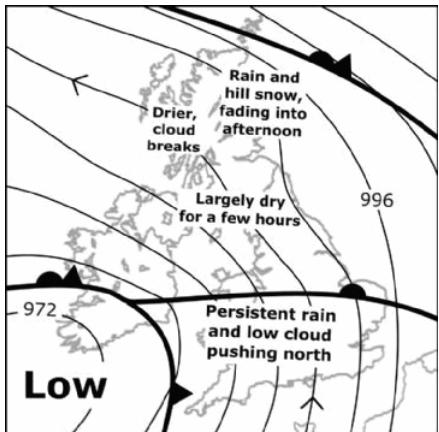
West Highlands

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, 21 January, 2026



British Mountain Summary:

Based on forecast chart for noon 21 January, 2026

Rain and hill snow in eastern Scotland in the morning tends to ease off; largely dry toward west. E-SE'ly gales in north, lower wind speeds S & W Highlands, but increasing again later.

In England & Wales, upland gales all day, rain and initially snow on tops extending north, becoming milder from the south.

Headline for West Highlands

Relative lull, gales later. Cloud lifts, clearer northwest.

Detailed Forecast for Wednesday, 21 January, 2026

How windy? (On the Munros)	East to southeasterly, up to dawn risk 40-50mph with stronger gusts Ben Nevis group, easing to 25-30mph or briefly less, but strengthening again from south, rapidly reaching 50-70mph up to dusk and into evening/night.
Effect of wind on you?	Moderate conditions for a few hours in morning, but some uncomfortable gusty spots. Generally deteriorating through afternoon to become increasingly difficult, significant wind chill.
How wet? (Precipitation and its impact)	Early rain and upland snow fades, returns into evening. Up to dawn or just beyond, snow falling above 800-900m, rain lower down, most frequent Loch Lomond NP into central highlands, patchy westward. Fading to be largely dry until after dark. Into evening, rain preceded by snow on high tops develops, heaviest south.
Cloud on the hills?	Varied cloud, lifting for a time, clearer west and northwestward. Covering hills in south above 600 to 800m from dawn. Higher cloud base northwestward, but often capping tops above 900-1000m in morning, breaks best toward west of Fort William. Base rising and breaking further middle of day into afternoon, but will fill in again from south from dusk.
Chance of cloud free Munros?	40% south/inland, rising to 80% toward and N/W of Loch Linnhe.
Sunshine? Air clarity (below cloud)	Glimpses of weak sun mostly toward west of Lochaber, where visibility very good, sunnier for a few hours toward Mull. Hasier southern areas.
How Cold? (at 900m)	0 to 2C, highest toward islands, rising slightly into night all areas. Wind chill feeling like -10C, to -15C where exposed to stronger wind on higher areas.
Freezing Level	900 to 1000m, but likely just above freezing to some higher slopes near coast and on islands. Into evening/night, rising above freezing to all tops for several hours.

West Highlands - Looking Ahead

	Thursday 22 January	Friday 23 January
How windy? (On the Munros)	East to southeasterly 45 to 60mph, in places 70mph around Ben Nevis; powerful gusts downslope toward west.	Southeasterly 40 to 50mph; up to 65mph over Ben Nevis early; powerful gusts downslope.
Effect of wind on you?	Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.	Challenging conditions, mobility limited and gusts may knock you over not just on highest terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Snow / rain mostly inland and south Snow most persistent over tops from Loch Lomond into central highlands, patchier west and northward, often dry west of Fort William. Near coast around Clyde to Arran, rain to some upper slopes.	Snow mostly inland and south Snow most persistent over hills from Loch Lomond into central highlands, patchier west and northward, often dry north of Mull. Near coast around Clyde to Arran, may fall as rain to some upper slopes.
Cloud on the hills?	Varied cloud, more broken W Lochaber Likely to cover many hills around Loch Lomond NP, to some midslopes in south. Higher cloud base northwestward, some breaks to tops mainly west of Loch Linnhe.	Varied cloud, more broken W Lochaber Likely to cover many hills around Loch Lomond NP and northward, to Creag Meagaidh; cloud to some midslopes in south/southern islands. Higher cloud base northwestward, some breaks to tops mainly coastal Lochaber
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	A little weak sun mostly near and west of Loch Linnhe where visibility locally good, otherwise cloudy and rather hazy.	A little weak sun mostly near and west of Loch Linnhe where visibility locally good, otherwise cloudy and rather hazy.
How Cold? (at 900m)	0C inland, later increasingly widely, but toward coast and islands up to +2C. Wind chill feels as cold as -15 to -20C.	-1 to -2C inland, dropping a degree afternoon. Nearer 0C along the coast. Wind chill feels as cold as -15 to -20C.
Freezing Level	Variable near coast, just above freezing to some tops, but dropping to 900m inland, may lower further by evening.	Variable in west, 900-1000m near coast, but 700-800m inland and east, may drop towards 600m later.

Planning Outlook

All mountain areas of Britain from Thursday, 22 January, 2026

Sustained gale force easterlies over most mountains later this week, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland Thursday-Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow; colder further south over the weekend. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

Forecast issued at 16:30 on Tuesday, 20 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.