

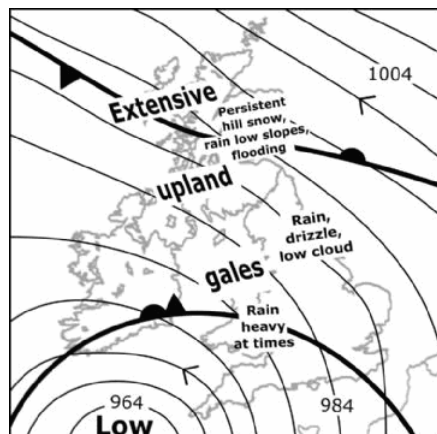
# West Highlands

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 Friday, 23 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 23 January, 2026

Gales widespread across all mountain areas, powerful turbulent gusts downslope toward the west in places. Prolonged upland snow southeastern Highlands into southern Cairngorms, increasingly rain to mid-heights. Further rain also spreads north across Wales then the Pennines. Low cloud widely.

### Headline for West Highlands

Gales, severe high tops. Snow/rain mostly central highlands.

## Detailed Forecast for Friday, 23 January, 2026

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Easterly 45 to 60mph; to 70mph over Ben Nevis early morning; notable downslope gusts, particularly west Lochaber. Slight moderating of speed for a few hours early afternoon.  <b>Challenging conditions, mobility limited and gusts may knock you over not just on highest terrain. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Upland snow southern inland areas, turning more to rain.</b> Frequent snow over hills from Loch Lomond to Rannoch Moor, sleet or rain up to 600-700m, turning wetter to 900m or above in afternoon; very wet underfoot lower terrain central highlands. Patchier west and northward, mostly dry north of Mull. Near coast around Clyde to Arran, sleet or mostly rain much of day to tops.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Varied cloud, more broken W Lochaber</b> Likely to cover many hills around Loch Lomond NP and northward, to Creag Meagaidh; cloud variably to some midslopes in south/southern islands. Higher cloud base northwestward, some breaks to tops mainly coastal Lochaber  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A little weak sun mostly near and west of Loch Linnhe where visibility locally good, otherwise cloudy and rather hazy.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0 to -2C, coldest inland Lochaber in morning, tending to rise gradually; typically 0 or +1C all day along the coast. Wind chill feels as cold as -15 to -20C.  Varied, 700 to 800m from dawn inland, locally may be lower briefly, but near or just above freezing on many coastal tops; tending to rise widely to 900-1000m.

## West Highlands - Looking Ahead

	Saturday 24 January	Sunday 25 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Easterly 45 to 60mph, powerful gusts downslope to the west.  <b>Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.</b>	East to southeasterly, speed may vary, possibly tending to lessen during day, in range 30 to 50mph, gusty downslope.  <b>Challenging walking conditions may persist over much higher terrain, buffeting gusts lower down. Significant wind chill</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow mostly hills east of Loch Lomond</b> Snow mostly toward central highlands, sleet or rain low-mid slopes. Some flurries spilling northwest to Ben Nevis & Creag Meagaidh, very little further west. Light rain or sleet on and off Arran & Kintyre.	<b>Patchy hill snow</b> Snow flurries over hills mostly Loch Lomond NP into central highlands, sleet or rain up to 600m, or higher near coast. Small amounts northwestwards into Lochaber, locally often dry.
<b>Cloud on the hills?</b>	<b>Lowest south, breaks northwest</b>  Shrouding most of Loch Lomond NP and nearby coastal hills toward Arran all day, to some mid-slopes on southern aspects. Higher base northwest, often capping high tops, but some breaks west of Ben Nevis.	<b>Fairly extensive, breaks northwest</b>  Often covering many high tops, lowest cloud base Loch Lomond NP, also around Arran, to some mid-slopes. Higher base and some breaks Lochaber, best in west.
<b>Chance of cloud free Munros?</b>	<b>20% south, to 40% west of Loch Linnhe.</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun west Lochaber, where visibility good below cloud, though some haze. Otherwise cloudy, sustained whiteout if in cloud and falling/blowing snow.	Glimpses of sun mostly west of Loch Linnhe where visibility good. Hazier south, poorer in snow.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C inland, up +1C tops nearest coasts and on the islands. Directly in the wind feeling like -15 to -18C. 600 to 800m inland, lowest in Creag Meagaidh to Loch Ossian area, but may be just above freezing some coastal tops.	0 or -1C, but locally up to +1C some coastal high terrain and on islands. Feeling like -10 to -15C in the wind. 700 to 900m, lowest well inland; further west above freezing to some upper slopes near coasts and on islands.

## Planning Outlook

## All mountain areas of Britain from Saturday, 24 January, 2026

East to southeasterlies continue through the weekend and onward into next week, frequently strong to gale-force over the mountains, giving severe chill factor. Below freezing across high terrain in Scotland, and into early next week a lowering freezing level over hills in England and Wales. Frequent or persistent snowfall over east and southern Scottish mountains, rain on lower slopes causing flooding in the short term. Patchier and small amounts reaching coastal regions in west-northwest Scotland. Areas of rain and increasingly hill snow push across England and Wales as low pressure remains dominant. Low cloud often covering many hills.

## Forecast issued at 16:01 on Thursday, 22 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.