

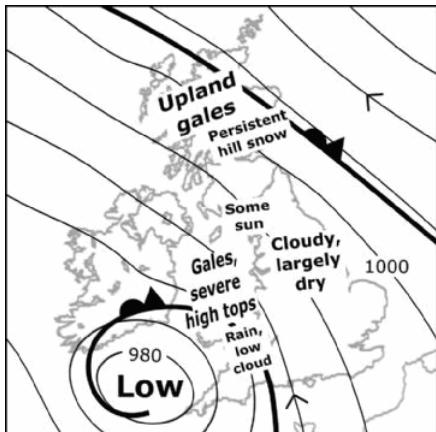
# West Highlands

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 Saturday, 24 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 24 January, 2026

Gales widely across high terrain, strongest sustained speeds over Wales. Snowfall continues over east and southeast Scottish Highlands mountains, whiteout on higher terrain; rain lower down. Largely dry and clearer further northwest. Clearer also for the Lake District. Rain frequent in south Wales.

### Headline for West Highlands

Gales, very gusty. Snow central highlands, clearer northwest.

## Detailed Forecast for Saturday, 24 January, 2026

<b>How windy? (On the Munros)</b>	Easterly 40 to 55mph, powerful gusts downslope to the west.
<b>Effect of wind on you?</b>	<b>Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe 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. Occasional light rain or sleet Arran & Kintyre.
<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>Chance of cloud free Munros?</b>	<b>20% south, to 40% west of Loch Linnhe.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun west Lochaber and near coasts further south, where visibility good below cloud, though some haze. Cloudy toward central highlands, sustained whiteout if in cloud and falling/blowing snow.
<b>How Cold? (at 900m)</b>	0 or -1C inland, up +1C tops nearest coasts and on the islands. Directly in the wind feeling like -15 to -18C.
<b>Freezing Level</b>	600 to 800m inland, lowest in Creag Meagaidh to Loch Ossian area, but locally varied and may drift just above freezing to some higher elevations, particularly coasts.

## West Highlands - Looking Ahead

	Sunday 25 January	Monday 26 January
<b>How windy? (On the Munros)</b>	East to southeasterly, speed tending to lessen during day, in range 30 to 50mph, gusty downslope.	Southeasterly 30-35mph, soon strengthening, reaching a sustained 55mph or stronger with powerful gusts by dusk.
<b>Effect of wind on you?</b>	<b>Challenging walking conditions may persist over much higher terrain, buffeting gusts lower down. Significant wind chill</b>	<b>Walking soon becomes challenging with buffeting making balance difficult in exposure. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Patchy snow central highlands</b>  Patchy snow affecting the hills near the central highlands from Loch Lomond to Creag Meagaiddh. Most west hills will stay dry, some patchy sleet/rain onto the southern islands. Rain/snow arrives overnight.
<b>Cloud on the hills?</b>	<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>Most extensive south and inland</b>  Cloud shrouds high terrain south of Lochaber, with lowest bases around the southern islands and Loch Lomond, down to 600m on east slopes or lower in snow. Higher bases and more broken towards coastal Lochaber, an odd break to tops possible.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mostly west of Loch Linnhe where visibility good. Hazier south, poorer in snow.	Some morning sun possible in Lochaber, but soon weakening with high cloud. Very poor visibility in snow, better towards northwest coast but also a haze.
<b>How Cold? (at 900m)</b>	0 or -1C, but locally up to +1C some coastal high terrain and on islands. Feeling like -10 to -15C in the wind.	-3C. Feeling like -15 to -20C in direct wind.
<b>Freezing Level</b>	700 to 900m, lowest well inland; further west above freezing to some upper slopes near coasts and on islands.	400-500m. Frost in inland glens in the morning as well.

## Planning Outlook

## All mountain areas of Britain from Sunday, 25 January, 2026

East to southeasterlies continue 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. 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 15:35 on Friday, 23 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.