

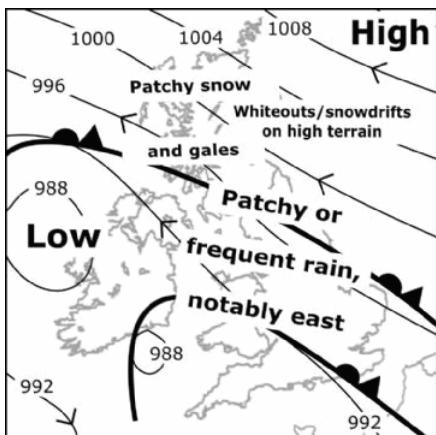
West Highlands

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 Sunday, 25 January, 2026



British Mountain Summary:

Based on forecast chart for noon 25 January, 2026

Blustery for most, gales in Scotland which will be severe on high tops early. Continued snow and local whiteout conditions on high terrain in east Scotland, snowdrifts build here. Often raining over the Pennines and south Wales, more intermittent in north Wales and Lakeland (sleet or snow on high summits).

Headline for West Highlands

Gales, severe early; most cloud and snow south/central hills

Detailed Forecast for Sunday, 25 January, 2026

How windy? (On the Munros)	East to southeasterly, 50-60mph over the high tops. An easing trend with time, speeds approaching 35-45mph by dusk, some gustiness.
Effect of wind on you?	Challenging walking conditions may persist over much higher terrain; conditions easing with time, but walking remains arduous with balance challenges during daylight. Significant wind chill
How wet? (Precipitation and its impact)	Patchy hill snow, most frequent central highlands Regularly snowing over hills from Loch Lomond NP into central highlands, sleet or rain up to 600m. Also regularly around the southern islands with rain to higher elevations. Snow more patchy around and west of Loch Linnhe, often dry.
Cloud on the hills?	Fairly extensive, breaks northwest Often covering many high tops, lowest cloud base Loch Lomond NP, also around Arran, to some mid-slopes, some mid-level banks drifting towards Mull too. Higher base and some breaks in Lochaber, particularly towards Knoydart.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly west of Loch Linnhe where visibility good. A general haze to the south, poor or very poor visibility in snow.
How Cold? (at 900m)	0 or -1C, but locally up to +1C some coastal high terrain and on islands; these areas will lower to 0C or cooler into nighttime. Feeling near -15C in the wind, colder early.
Freezing Level	700 to 900m, lowest well inland; above freezing to some upper slopes near coasts and on islands. Lowering more widely to 600-700m overnight, always highest west.

West Highlands - Looking Ahead

	Monday 26 January	Tuesday 27 January
How windy? (On the Munros)	Southeasterly 40-45mph, soon strengthening, reaching a sustained 55mph or stronger with powerful gusts by	East-southeasterly 55-70mph, strongest sustained speed in exposure to 75mph+ with powerful gusts.
Effect of wind on you?	Walking soon becomes challenging with buffeting making balance difficult in exposure. Severe wind chill.	Widely difficult conditions - mobility likely only by crawling in full force of wind and gusts. Severe wind chill.
How wet? (Precipitation and its impact)	Patchy snow central highlands Patchy snow affecting the hills near the central highlands from Loch Lomond to Creag Meagaidh. Most west hills will stay dry, some patchy sleet/rain onto the southern islands. Rain/snow arrives overnight.	Most precipitation south and inland Often snowing towards the central highlands, most frequent Loch Lomond to Rannoch Moor. Also wet around the southern islands, falling as sleet/rain to middle slopes. Only patchy snow towards Lochaber.
Cloud on the hills?	Most extensive south and inland 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 around/west of Loch Linnhe, an odd break to coastal tops possible.	Mostly southern/central mountains From the southern islands towards Loch Lomond and the central highlands, cloud shrouds high terrain, down to middle slopes in snow. More broken and on high terrain around Ben Nevis range/Lochaber, perhaps breaks to summits west of Loch Linnhe.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Morning patchy sun in Lochaber, but weakening with building high cloud. Very poor visibility in snow, better towards northwest coast but also a haze.	Mostly cloudy, some bright periods on low western terrain. Good visibility, though suddenly poor during snowfalls.
How Cold? (at 900m)	-2 or -3C. Feeling like -15 to -20C in direct wind.	-2C, locally a degree warmer on coastal slopes. Feeling like -18 to -23C in strongest wind.
Freezing Level	400-500m, locally up to 600m west of Loch Linnhe. Local frost in some inland glens in the morning as well.	400-500m. Highest freezing levels on slopes near the west coast.

Planning Outlook

All mountain areas of Britain from Monday, 26 January, 2026

An unsettled week ahead: a dominance of low pressure will bring periods of wet weather and gales (at times severe), to all areas. Winds will be predominantly east-southeasterly, particularly in Scotland, maintaining the cold air with freezing levels consistently to middle or lower slopes - wind chills will be severe. A near-term risk of flooding in the eastern highlands.

Wind direction will be more variable in England and Wales, at times shifting south-southwesterly and drawing in milder air, bringing freezing levels to upper slopes or even above the high summits.

Low cloud often covering many hills with only local sunny breaks here and there.

Forecast issued at 16:05 on Saturday, 24 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.