

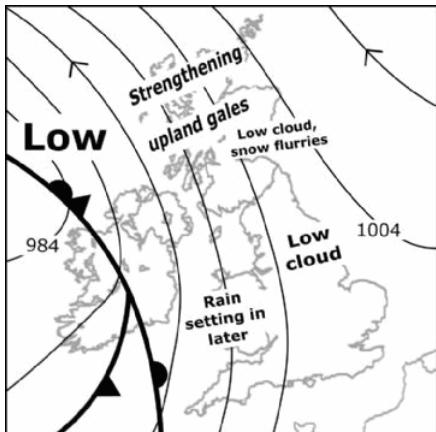
West Highlands

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 Monday, 26 January, 2026



British Mountain Summary:

Based on forecast chart for noon 26 January, 2026

Gale-force and very gusty southeasterly winds Scottish mountains, tending to strengthen. Patchy snow and low cloud affects the eastern Highlands; largely dry and clearer toward west/northwest. Some cloud breaks for the Lakes. Rain and upland gales moves into Wales from the west in the afternoon.

Headline for West Highlands

Upland gales, gusty. Local light snow and low cloud.

Detailed Forecast for Monday, 26 January, 2026

How windy? (On the Munros)	East-southeasterly 40-45mph early morning, powerful gusts downslope to some lower ground in west; generally strengthening, sustained 55mph by afternoon, 60-65mph from dusk.
Effect of wind on you?	Walking challenging with buffeting gusts making balance difficult in exposure. Any mobility increasingly difficult on high terrain afternoon. Severe wind chill.
How wet? (Precipitation and its impact)	Patchy snow central highlands Light snow flurries 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 from dusk from southwest, mostly rain to higher slopes on islands.
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.
Chance of cloud free Munros?	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; difficult navigation if in fog over snow cover.
How Cold? (at 900m)	-2 or -3C. Feeling like -15 to -20C in direct wind.
Freezing Level	400-500m, up to 600m or slightly higher on coastal slopes and west of Loch Linnhe. Local frost in some inland glens in the morning as well.

West Highlands - Looking Ahead

	Tuesday 27 January	Wednesday 28 January
How windy? (On the Munros)	East-southeasterly 55-70mph, reaching sustained 80mph on higher tops, with powerful gusts downslope.	Southeasterly 40 to 60mph - some uncertainty, peak speeds varying, generally strongest toward coast.
Effect of wind on you?	Widely difficult conditions - mobility likely only by crawling in full force of wind and gusts. Severe wind chill.	Difficult conditions with powerful gusts to some lower slopes. Significant wind chill. Chance of local improvements.
How wet? (Precipitation and its impact)	Most hill snow south and inland Snow setting in central highlands, becoming heavy Loch Lomond to Rannoch Moor. Falling as rain or sleet below 400m inland, or to some upper slopes near coast/islands. Patchier amounts northwest across Lochaber.	Patchy rain, snow tops Rain may be frequent for a few hours, snow on high tops mainly inland, locally risk more persistent.
Cloud on the hills?	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.	Fairly extensive, higher northwest Covering many mountains all day, to mid-slopes southern areas. Higher bases and some breaks northwest across Lochaber.
Chance of cloud free Munros?	10% south, to 30% northwest.	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some brighter periods west of Loch Linnhe where good visibility, though widely poor during snowfalls; whiteout southern mountains.	Little or no sun. Hazy near coast, better visibility lower terrain in Lochaber.
How Cold? (at 900m)	-2C, locally up to 0C on coastal slopes. Feeling like -18 to -23C in strongest wind.	0 or +1C. Wind chill feeling like -10 to -15C.
Freezing Level	400-500m. Locally much more variable near coast and on islands, above freezing point to some higher elevations.	800 to 1000m, highest toward coast and islands.

Planning Outlook

All mountain areas of Britain from Tuesday, 27 January, 2026

Powerful southeasterlies prevail across Scotland this week and many indications favour strong east or southeasterly winds onward into the first half of February. Scottish mountains are expected to stay below freezing in the extended range, fresh heavy snowfalls giving substantial depths and drifts across south and eastern areas, much less snow northwestward. Hills in England and Wales will see varying freezing levels, sub-zero for periods to 600m or lower, but intermittently lifting just above the tops - a mix of rain and upland snowfall. A generally unsettled pattern with Atlantic lows continuing to frequently circulate over Britain on a southerly track, whilst high pressure resides away to the north.

Forecast issued at 16:16 on Sunday, 25 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.