

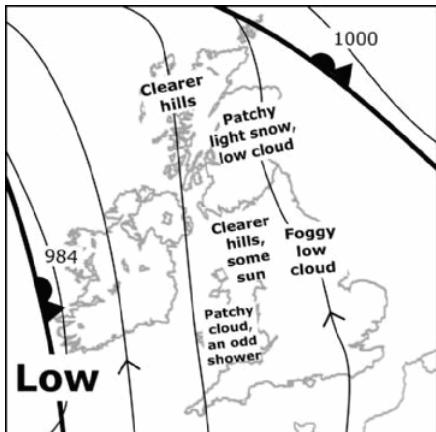
West Highlands

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, 28 January, 2026



British Mountain Summary:

Based on forecast chart for noon 28 January, 2026

A fairly quiet day with plenty of dry weather and some good cloud breaks toward the west and northwest of major hill groups. Some snow flurries and low cloud lingers over the Cairngorms to SE Highlands. Moderate S-SE wind, locally gusty.

Headline for West Highlands

Largely dry, patchy cloud mostly inland. Gusty toward coast.

Detailed Forecast for Wednesday, 28 January, 2026

How windy? (On the Munros)	South to southeasterly, gales ease prior to dawn, mostly 20-25mph or in places less inland during day, tending to increase afternoon near coast/islands from Mull to Arran to 30mph and gustier here.
Effect of wind on you?	Fairly small effect on walking many areas, some occasional gusty spots not necessarily on highest terrain may be noticeable; becoming more blustery on islands with marked wind chill.
How wet? (Precipitation and its impact)	Largely dry Local snow flurries possible mainly well inland early in the day, fading out.
Cloud on the hills?	Mostly central-south areas; little west Many western mountains often free of cloud, bar occasional patches drifting over upper slopes. Inland, varied cloud banks early in day, mostly near and south from Rannoch Moor, locally may linger.
Chance of cloud free Munros?	70%, to 40% toward central highlands.
Sunshine? Air clarity (below cloud)	Weak sun through high cloud mostly west. Slight haze south and near coast, very good visibility much of Lochaber.
How Cold? (at 900m)	0 or +1C. Feeling like -7C if exposed on tops mainly on or nearer the islands.
Freezing Level	800 to 1000m, highest toward coast and islands. Patchy frost some glens from dawn.

West Highlands - Looking Ahead

	Thursday 29 January	Friday 30 January
How windy? (On the Munros)	East to southeasterly 30 to 45mph, strongest toward coast, gusty downslope west of major summits.	Southeasterly 30 to 40mph, very gusty in places around Ben Nevis group and downslope NW of major tops elsewhere.
Effect of wind on you?	Challenging walking on exposed higher terrain, buffeting gusts locally lower down. Significant wind chill.	Affecting comfortable walking and balance in exposure, local frequent buffeting not just on tops. Significant wind chill.
How wet? (Precipitation and its impact)	Occasional light snow inland Small amounts of flurries most common toward the central highlands, very little if any reaching coast and west Lochaber.	Local snow mostly south Patchy flurries, small amounts, most common toward central highlands. Some showery rain or summit snow near Arran.
Cloud on the hills?	Varied higher tops, breaks west Cloud banks drifting over higher slopes above 800 to 1000m, higher and broken westwards, clearer west of Loch Linnhe.	Fairly extensive, breaks northwest Shrouding most hills in Loch Lomond NP, Arran and Kintyre, to some mid-slopes. Higher cloud base northwestward, mostly above 800-1000m, higher breaks near and west of Loch Linnhe.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Occasional sun mostly toward coast, visibility generally good out of cloud, perhaps slight haze. Navigation more difficult in fog over snow cover on tops.	Weak sun through high cloud mostly west Lochaber. Cloudy and misty around southern hills, whiteout if in fog over snow.
How Cold? (at 900m)	-1C inland areas, up to +1C locally over coastal mountains. Wind chill feeling like -12 to -15C.	-1 or -2C. Wind chill feeling like -10 to -15C.
Freezing Level	700m well inland, higher westwards and more variable, just above freezing to some upper slopes near coast and on islands.	600m inland, to nearer 800m or slightly higher near the coast and on islands, slight rise during daytime.

Planning Outlook

All mountain areas of Britain from Thursday, 29 January, 2026

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so. Scottish mountains generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead, much less 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. Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

Forecast issued at 16:30 on Tuesday, 27 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.