

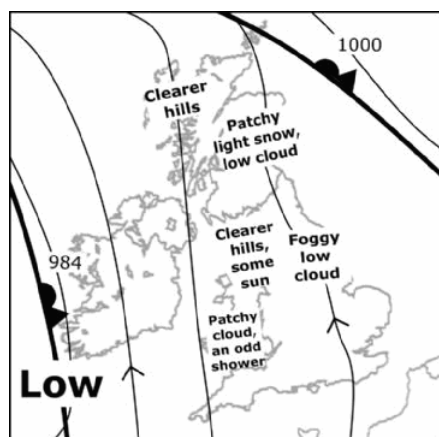
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

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.

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.