

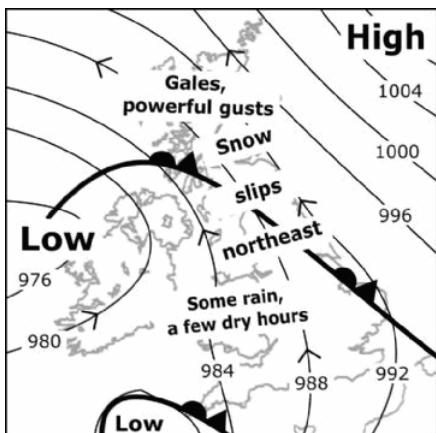
West Highlands

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 Friday, 30 January, 2026



British Mountain Summary:

Based on forecast chart for noon 30 January, 2026

Gales for northern England and Scotland all day with powerful gusts over tops and downslope to the northwest. Several hours of snow in these regions as well, passing from west-to-east with time, the snow level lifting to mid-slopes; northwest Scotland mostly dry and bright. Blustery in Wales, most of the rain south/east.

Headline for West Highlands

Gales, powerful gusts; snow mostly south, brighter northwest

Detailed Forecast for Friday, 30 January, 2026

How windy? (On the Munros)	Southeasterly, sustained speeds 45-55mph, powerful gusts in places downslope toward the north/northwest, strongest around high slopes of Glencoe and Lochaber, gusts up to 60mph.
Effect of wind on you?	Challenging conditions in exposure, stability difficult in powerful gusts, limiting mobility, not just on high tops. Severe wind chill.
How wet? (Precipitation and its impact)	Snow on southern Munros for a time, only patchy northward Patchy flurries (amounting to little) reaching the central highlands from the east in the morning. Rain and snow soon over the southern islands as well, merging into a broader area of precipitation across southern areas for several hours. Patchy snow to Creag Meagaidh and Ben Nevis, mostly dry west of Loch Linnhe.
Cloud on the hills?	Becoming extensive south and well-inland, clearest west Lochaber From dawn, cloud shrouds the high terrain towards central highlands, soon fairly extensive into Loch Lomond NP, Arran and Kintyre, to some mid-slopes. Higher cloud base northwestward, mostly above 700-900m, higher breaks near and west of Loch Linnhe where summits may clear. A risk of filling in towards Glencoe/Loch Linnhe later.
Chance of cloud free Munros?	20% central highlands, to 60% coastal Lochaber
Sunshine? Air clarity (below cloud)	Early sun western Lochaber, though high cloud will build. Cloudy and misty around southern hills and central highlands, whiteout if in fog over snow.
How Cold? (at 900m)	-3C at dawn, rising slightly, -2 or -1C, highest temperatures near the coast; approaching 0C Arran to Mull. Wind chill feeling like -10 to -15C.
Freezing Level	500-600m, to 400m Loch Lomond and southern islands. Rising slightly inland, higher on coastal slopes where reaching 800-900m, highest levels south.

West Highlands - Looking Ahead

	Saturday 31 January	Sunday 1 February
How windy? (On the Munros)	Easterly 30-35mph, at times gusting 40mph in exposure. Speed may vary, trending lighter with time, 25-30mph.	South-southeasterly 25-40mph, strong gusts probable. May ease with time though confidence in detail is low.
Effect of wind on you?	Walking strenuous in exposure with buffeting gusts and wind chill; trending lighter, but walking remains impeded.	Walking often strenuous in exposure with buffeting and significant wind chill; effects may ease with time.
How wet? (Precipitation and its impact)	Rain/snow south and central areas Snow most frequent on Munros around and south of Rannoch Moor, patches drifting to Glencoe/Ben Nevis range. Sleet and rain also affecting the southern islands for periods. West of Loch Linnhe mostly dry.	Patchy rain, snow on high terrain Spots of sleet/snow in well-inland areas early, mostly rain below 700m though higher up where near the coast. Rain arrives to the west coast with patches spreading inland.
Cloud on the hills?	Most extensive east, breaks near the coast Blanket cloud to the middle slopes from Rannoch Moor south to Loch Lomond. The cloud more patchy west of Loch Lomond, though with periods of more extensive coverage. Best breaks west of Loch Linnhe, often above 800m, with summit breaks.	Fairly extensive Cloud shrouds most high terrain, some higher and broken areas in Lochaber to start the day. Cloud often down to middle slopes from southern islands to Rannoch Moor, Creag Meagaidh often cloudy as well.
Chance of cloud free Munros?	40%	20%
Sunshine? Air clarity (below cloud)	Best of sunshine on northern coastal areas, often cloudy well-inland. Good visibility out of precipitation, though a light haze.	Some bright glimpses in coastal Lochaber but otherwise cloudy. Visibility variable, at times good but suddenly very poor in precipitation.
How Cold? (at 900m)	-1 to -3C, rising to -1 to +1C, highest temps always west coast slopes, notably south. Feeling like -10 to -15C in wind.	0C most hills, 1C Mull and nearby coastal hills. Feeling like -10 to -13C in the wind.
Freezing Level	600-700m, highest west coast, locally 800m; rising more widely to 700m or higher with time.	Around 800-900m most hills, though up to 1000m along the coast.

Planning Outlook

All mountain areas of Britain from Saturday, 31 January, 2026

Unsettled this weekend: often cloudy and patchy rain for most. Variable winds cause rapid local changes in cloud amounts, rain, and impact on walking. The freezing level may lift somewhat, isolating snowfalls to higher Scottish terrain. In the coming week, periods of precipitation and wind will affect most mountains at least every few days. Scottish Munros 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 (with continued flooding risk too); much less precipitation northwestward. Hills in England and Wales may see a period of freezing levels above the summits as a southerly flow brings slightly milder air to the country. An indication of colder easterlies in February, though detail is very uncertain.

Forecast issued at 15:56 on Thursday, 29 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.