

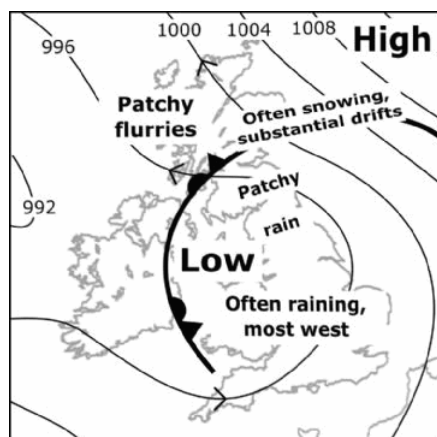
West Highlands

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 Saturday, 31 January, 2026



British Mountain Summary:

Based on forecast chart for noon 31 January, 2026

Winter conditions on most high mountains; deep snow and large drifts in central/east Scotland, whiteout conditions in fog. Mostly dry NW Scotland. Morning rain in south Scotland and England trends patchy, often dry south Pennines. Often raining in Wales, most on western slopes. Freezing levels rise towards upper slopes.

Headline for West Highlands

Snow flurries/rain south and inland; windy, easing somewhat

Detailed Forecast for Saturday, 31 January, 2026

How windy? (On the Munros)	East-southeasterly 30-40mph, at times gusting 50mph in exposure near the west coast. Speed may vary, trending lighter with time, approaching 25-30mph late in the day.
Effect of wind on you?	Walking strenuous in exposure with buffeting gusts and wind chill, the strongest gusts challenging stability. Trending lighter, but walking remains impeded.
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, increasingly frequent late in the day. West of Loch Linnhe mostly dry, only odd spots here with the snowfall elevation rising to high terrain.
Cloud on the hills? Chance of cloud free Munros?	Most extensive east, breaks near the coast Blanket cloud on high terrain from Rannoch Moor south to Loch Lomond, often to middle slopes where in precipitation. The cloud more patchy west of Loch Lomond, though with periods of more extensive coverage. Best breaks west of Loch Linnhe, often above 800-900m, with summit breaks, though a greater chance of cloud here with 20%, starting nearer 50% west of Loch Linnhe.
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.
How Cold? (at 900m) Freezing Level	-1 to -2C, rising to 0 to +1C, highest temps always west coast slopes, notably from Mull to Arran. Feeling like -10 to -15C in wind. 600-700m, highest west coast, locally 800m; rising more widely to 900m by late in the day, variability around this height overnight.

West Highlands - Looking Ahead

	Sunday 1 February	Monday 2 February
How windy? (On the Munros)	South-southeasterly 20-30mph, strong gusts probable. Easing with time, largely to 15mph or lower and variable direction.	Southeasterly 20-30mph, gusty. Rising afternoon, tops speeds to 45mph central highlands around dusk.
Effect of wind on you?	Walking strenuous in exposure with buffeting and significant wind chill, easing to small effects with time.	Fairly small early, deteriorating, becoming strenuous-to-arduous with significant wind chill.
How wet? (Precipitation and its impact)	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, most widely south	Precipitation mostly south Patchy rain affecting the southern islands much of the day, snow flurries come and go from Loch Lomond to Creag Meagaidh too. Mostly dry to the northwest, though a greater chance of patchy precipitation here later.
Cloud on the hills?	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. More widely cloudy late in the day.	Mostly south and inland Cloud cover most high terrain from Loch Lomond to Creag Meagaidh, bases to mid-slopes during precipitation, also often cloudy on the high southern island hills. Well broken west of Loch Linnhe for several hours, some clear summits, but an increasing risk of high terrain cloud here
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Some bright glimpses for a time in coastal Lochaber but otherwise cloudy. Visibility variable, at times good but suddenly very poor in precipitation.	Regularly sunny west coast, some lower western inland slopes too. Very good visibility out of precipitation , but rapidly turning poor during snow/sleet.
How Cold? (at 900m)	0C most hills, 1C along coastal slopes. Feeling like -10 to -13C in the wind.	-1C, locally -2 to -3C early in the day. Coastal slopes may rise towards 0 or +1C. Feeling like -10 to -13C in the wind.
Freezing Level	Around 800-900m most hills, though up to 1000m along the coast. May lower late in the day.	Poorly defined - 500-600m, locally lower, then a rising tendency, to 800m or higher west coast.

Planning Outlook

All mountain areas of Britain from Sunday, 1 February, 2026

Unsettled weather persists through the late weekend and into next week: a southerly flow is dominant through Monday, lifting freezing levels and brining precipitation to most mountain groups through the early week. The Munros will likely stay below freezing; precipitation will continue to fall as snow on high terrain: snowdrifts from the Cairngorms to central and southern Highlands with a continued risk of flooding here. Gales are likely as well.

Southeasterly winds will tend to re-establish later in the week, lowering freezing levels and drawing cloud and precipitation into the Pennines and eastern Scotland, the snow level dropping to middle elevations with time. Cloud and precipitation more patchy in the west with the brightest skies northwest of high summits.

Forecast issued at 16:30 on Friday, 30 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.