

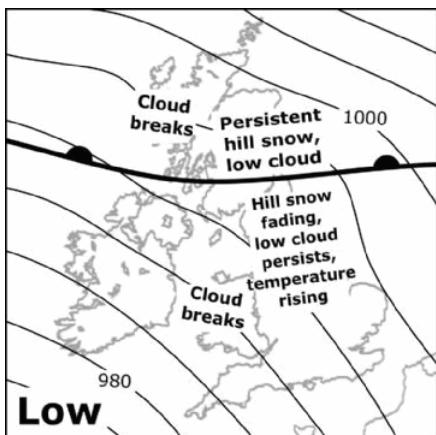
# West Highlands

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, 4 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 4 February, 2026

Easterly winds gale force across northern Scotland, easing further south. Ongoing snowfalls over E & SE Highlands, sleet or rain lower down; low cloud and whiteout over hills. Early sleet or snow over northern England fades, but low cloud lingers. Largely dry much of Wales, clearer hills west, but increasingly windy.

### Headline for West Highlands

Gales, strong gusts ease. Snow mostly inland, clearer hills west.

## Detailed Forecast for Wednesday, 4 February, 2026

<b>How windy? (On the Munros)</b>	Easterly 40mph in morning, possibly longer in Lochaber, gusty 50mph in places near and west of higher mountains; lessening with time from south to around 25mph, but will increase again into night.
<b>Effect of wind on you?</b>	<b>Challenging conditions with frequent buffeting gusts and significant wind chill early in day; some improvement during daytime, soonest in south.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow or sleet inland and south</b> Snow most frequent central highlands south of Rannoch Moor. Sleet up to tops southern areas from Arran to Loch Lomond, with time turning to rain increasingly higher up, though fading later in day. Patchier or very little west Lochaber.
<b>Cloud on the hills?</b>	<b>Fairly extensive tops, breaks west</b> Cloud covering most higher mountains, most persistent above 800 to 1000m inland and southern areas, locally lower Loch Lomond to Clyde and Arran. Higher bases and some breaks above to tops west of Loch Linnhe.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, dull and misty central highlands, whiteout if in fog and snow. Brighter westward, local glimpses of sun and good visibility below cloud.
<b>How Cold? (at 900m)</b>	-3C inland, up to -1C near coast, rising slightly during day, widely to 0C into night. Wind chill feeling like -12 to -17C.
<b>Freezing Level</b>	500 to 700m, locally higher near coast and on islands. Onward into night rising variably higher up, particularly in south, above 800m most areas.

## West Highlands - Looking Ahead

	Thursday 5 February	Friday 6 February
<b>How windy? (On the Munros)</b>	Easterly 45 to 60mph, strongest sustained speeds toward the south, powerful gusts in places 70mph around higher mountains.	Easterly 45 to 60mph, powerful gusts around higher mountains and downslope to the west.
<b>Effect of wind on you?</b>	<b>Difficult mobility, violent gusts may knock you over in places. Significant wind chill, severe over high terrain.</b>	<b>Difficult mobility on high terrain, buffeting gusts knocking you off balance some lower slopes. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow flurries inland tops</b> Snow flurries mostly higher areas inland south and east from Rannoch Moor, initially rain below 600-700m. Some sleet over hills on Arran. Largely dry much of west coast.	<b>Patchy snow inland and south</b> Snow flurries mostly inland areas, locally more frequent for periods southeast of Rannoch Moor, sleet or rain below 300m. Showers also around Arran, snow mostly above 600m here. Largely dry west Lochaber.
<b>Cloud on the hills?</b>	<b>Varied over inland tops, less west</b>  Cloud banks most persistent inland mountains across much of Loch Lomond NP to Arran, mostly above 800 to 1000m. Higher and more broken cloud westwards, frequently clearer hills west of Loch Linnhe.	<b>Most persistent inland, breaks west</b>  Covering many mountains above 900-1000m inland, or often 700m Loch Lomond and Arran. Higher bases and more broken cloud near/west of Loch Linnhe.
<b>Chance of cloud free Munros?</b>	<b>40%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunniest toward coast from Jura and Mull northward with very good visibility. More cloud well inland, hazier, locally poor visibility in precipitation.	Fairly cloudy, some glimpses of sun mainly west Lochaber where visibility good. Hazier south, risk whiteout in places on high terrain in cloud and snow.
<b>How Cold? (at 900m)</b>	-1 or -2C, dropping during day inland, but near coast just above 0C early in day. Wind chill feeling like -15 to -20C.	-3 or -4C well inland, to -1C on nearest coast, (but -6C Ben Nevis top). Wind chill feeling like -15 to -20C.
<b>Freezing Level</b>	800m, tending to drop to 600m later inland, but locally varied higher toward coast and on islands.	400 to 600m, lowest well inland, but variably higher up nearest to coast and on the islands.

## Planning Outlook

## All mountain areas of Britain from Thursday, 5 February, 2026

East or southeasterly winds prevail, persistent gales later this week, severe chill factor over the mountains. Freezing levels will vary, lowering widely again below 600m during Thursday, though staying higher in Wales; then less cold widely into the weekend, rising just above freezing point in Scotland toward 1000m or briefly higher. Colder air then likely returns from east next week. Further snowfalls mostly over eastern hills in Scotland, occasionally hills in England & Wales, mixed with rain here. Indications of less precipitation and lower wind speeds for periods during next week. Highest cloud breaks generally west & northwest Scotland.

## Forecast issued at 16:25 on Tuesday, 3 February, 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.