

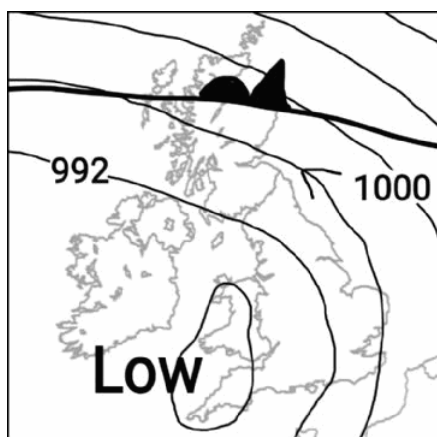
# West Highlands

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, 7 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 February, 2026

Continuing with the east to south-easterly airflow with hills shrouded in extensive low cloud with widely murky conditions. Patchy snow across the Highlands tending to ease, best breaks again toward the northwestern coasts of Scotland.

Showery rain extending north through Wales into northern England.

#### Headline for West Highlands

Strong, cold easterly winds. Mostly dry, hill fog, breaking toward west coast.

## Detailed Forecast for Saturday, 7 February, 2026

<b>How windy? (On the Munros)</b>	Easterly 25 to 35mph at first, tending to lower to 15 to 25mph and veer into south-east.
<b>Effect of wind on you?</b>	<b>Walking fairly arduous at first with significant wind chill and buffeting, but tending to ease down from the south.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy precipitation petering out</b> A few snow flurries from dawn, rain below 500m, perhaps fairly constant Ben Alder down to Loch Lomond NP. Likely to fizzle out during afternoon. Very little if any west coast.
<b>Cloud on the hills?</b>	<b>Covering upper terrain, clearer west coast.</b> Be prepared for extensive coverage across higher terrain above 800-1000m, more like 600m central Highlands. Best breaks in cloud, and chance of clear tops, hills west of Loch Linnhe.
<b>Chance of cloud free Munros?</b>	<b>10%, but 60% west of Loch Linnhe.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sun toward west coast in an otherwise overcast atmosphere. Hazy, best visibility west coast, poor in any rain and snow flurries.
<b>How Cold? (at 900m)</b>	Around -1C.
<b>Freezing Level</b>	Poorly defined: 600 to 900m, but locally 1100m westernmost summits: generally only slow temperature drop with height.

## West Highlands - Looking Ahead

	Sunday 8 February	Monday 9 February
<b>How windy? (On the Munros)</b>	Between southeast and south typically 15 to 25mph, although possibly below 15mph near the coast.	South-easterly 20 to 30mph, perhaps 35-40mph at times western coastal hills.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Blustery and gusty for periods, especially western coastal hills, where perhaps fairly arduous. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no precipitation</b> Rain, or above 600 to 900m snow here and there, mostly amounting to very little.	<b>Very little, if any.</b> A few occasional spots of rain, or above 700 to 900m snowflakes, mainly central Highlands. Dry once again hills near and west of Loch Linnhe.
<b>Cloud on the hills?</b>	<b>Most mountains persistently covered. May clear some western hills.</b> Persistent fog most of region, but by afternoon perhaps breaks to 600m and here and there higher slopes briefly clearing or between cloud layers. Again on westernmost areas, cloud may sometimes or fleetingly clear, revealing higher slopes or summits.	<b>Extensive higher terrain, clearer west coast.</b> Extensive cloud across higher terrain 700-900m, lowest bases to 500m central Highlands. More broken cloud near and west of Loch Linnhe, where best breaks.
<b>Chance of cloud free Munros?</b>	<b>10%, but 50% west coast.</b>	<b>10% central Highlands, 60% west coast.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sunshine here and there - possibly bright sun for an hour or two near coast. Widely misty or murky, possibly very good visibility westernmost hills.	Mostly cloudy, but breaks in the cloud with intermittent sun toward west coast. Best visibility west coast, marked haze further inland, murky central Highlands.
<b>How Cold? (at 900m)</b>	0 or 1C	0 to 1C
<b>Freezing Level</b>	800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.	800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.

## Planning Outlook

## All mountain areas of Britain from Sunday, 8 February, 2026

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (again concentrated on eastern Scotland and southern and eastern Wales ) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the return of low freezing level toward the middle of next week.

**Forecast issued at 15:01 on Friday, 6 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.