

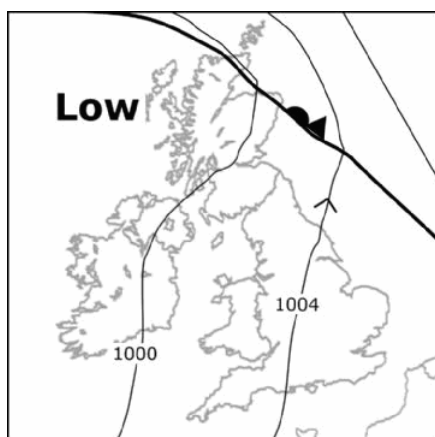
# West Highlands

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 Sunday, 8 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 8 February, 2026

Little change with rain or on higher areas in Scotland snow on and off - showery in character Wales; and the mountains extensively foggy. Fairly light wind - except in northern Scotland at first.

### Headline for West Highlands

Rain or snow on and off; extensive fog. Light wind.

## Detailed Forecast for Sunday, 8 February, 2026

<b>How windy? (On the Munros)</b>	Southeasterly typically 20mph, although sometimes 15mph or lower 15mph near the coast.
<b>Effect of wind on you?</b>	<b>Mostly small</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>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>Chance of cloud free Munros?</b>	<b>10%, but 50% 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.
<b>How Cold? (at 900m)</b>	0 or 1C
<b>Freezing Level</b>	800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.

## West Highlands - Looking Ahead

	Monday 9 February	Tuesday 10 February
<b>How windy? (On the Munros)</b>	South-easterly 20mphstall hills.	Southeasterly between 30 and 40mph
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Walking increasingly arduous with height: here and there sudden gusts reaching lower slopes northwest of major summits. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Very little, if any.</b> A few occasional spots of rain, or above 700 to 900m snow, mainly central Highlands.	<b>Rain and snow on and off</b> Rain, drizzle or above about 600m snow, although toward the coast in Lochaber, the precipitation infrequent and amounting to little.
<b>Cloud on the hills?</b>	<b>Extensive higher terrain, perhaps 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>Most mountains persistently foggy: base rising and breaking toward coast</b> Persistent fog above 300 to 450m, most of region. Better conditions Mull and Lochaber, especially near and west of Loch Line, cloud base typically 600 to 900m, but may break off some higher summits if only briefly.
<b>Chance of cloud free Munros?</b>	<b>10% central Highlands, 60% west coast.</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, but breaks in the cloud with intermittent sun toward west coast. Best visibility west coast, marked haze further inland, murky central Highlands.	Widely dull and murky. Toward the coast north from Mull mostly cloudy but often very good or excellent visibility, particularly west of Loch Line.
<b>How Cold? (at 900m)</b>	0 to 1C	0 or -1C Will feel near -12C directly in the wind.
<b>Freezing Level</b>	800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.	Between 800 to 1050m

## Planning Outlook

## All mountain areas of Britain from Monday, 9 February, 2026

Little change over the next few days with continued foggy conditions over most mountains, and rain, or on higher mainly Scottish areas snow. Intermittently southeasterly winds approaching gale force.  
Later in the week, progressively colder from the north with fresh snow on many mountains.

## Forecast issued at 12:07 on Saturday, 7 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.