

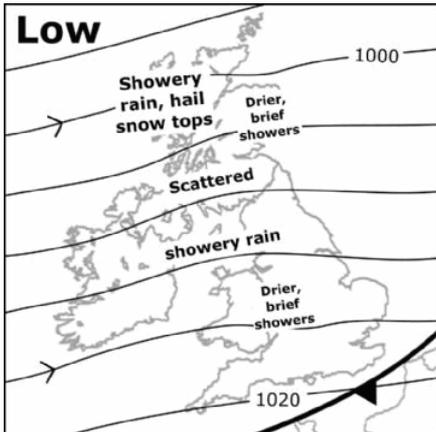
# West Highlands

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, 22 February, 2026



### British Mountain Summary:

**Based on forecast chart for noon 22 February, 2026**

Showery southwesterlies, extensively gale force over higher terrain with significant chill factor. Rain and hail, snow falling above 900m in Scotland, most frequent west coastal areas. Fewer showers eastward across Scotland and for England & Wales, with some cloud breaks toward tops.

### Headline for West Highlands

Upland gales. Showery, hail, snow on tops.

## Detailed Forecast for Sunday, 22 February, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 40 to 50mph, frequent squally gusts widely in showers, at times 60mph on higher tops.
<b>Effect of wind on you?</b>	<b>Challenging conditions over the mountains, frequent buffeting making walking arduous in exposure. Significant wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Frequent rain, hail, snow high tops</b> Generally showery, but merging into near-constant precipitation, particularly west Lochaber, heavy bursts with hail, snow falling above 900-1000m. Risk of isolated thunder, mainly toward coast. Prolonged heavy precipitation into night.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b> Covering the mountains much of the time above 800 to 1000m, but cloud bases will vary in and out of showers. Occasionally forming to 600m near coast. Some breaks higher up well inland.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Rare brief glimpses of sun. Visibility occasionally very good, but often reduced by showers, at times poor.
<b>How Cold? (at 900m)</b>	1 or 2C. Wind chill feeling like -12 to -15C on tops.
<b>Freezing Level</b>	1000 to 1200m, lowest inland Lochaber.

## West Highlands - Looking Ahead

	Monday 23 February	Tuesday 24 February
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	West to southwesterly, 50mph from dawn, easing to 30mph or less by late afternoon. Increasing again during evening.  <b>Arduous walking on high terrain in the morning, improving during daytime. Significant wind chill.</b>	Southwesterly 40 to 50mph, often 60mph higher mountains in Ben Nevis group.  <b>Arduous walking over the mountains, difficult in places higher up. Significant wind chill despite milder air.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Early showers fade, rain later</b> Frequent showery precipitation overnight and for an hour or so after dawn, heavy with hail, snow above 1000m. Fading into morning to lighter showers. Later in day, rain develops from southwest, widely heavy into night.	<b>Rain heaviest toward west</b> Persistent rain and drizzle, some heavier falls may set in near and west of Loch Linnhe. Very wet underfoot, particularly where snow melts upper-mid slopes.
<b>Cloud on the hills?</b>	<b>Varied over tops, some breaks form</b>  Cloud base varying early in day, often covering higher slopes, patches to 700m westernmost areas. Tending to lift and break toward upper slopes, but may often cap highest tops. Lowering into evening.	<b>Extensive, lowest south and coasts</b>  Shrouding the mountains widely, from lower slopes up coast & islands, 600-800m inland Lochaber, highest near Glen Spean.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun breaking through, but high cloud then thickens quickly afternoon. Some early haze, but visibility improving during day, very good where dry.	Generally cloudy, murky many areas, poor visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	2C, then rising slightly into night. Feeling like -15C directly in the wind.  1100 to 1200m marginal rise during day, then lifting above the summits into night.	3 to 5C. In exposure to wind, feeling like -8 to -10C.  Above all summits with thawing toward upper slopes.

## Planning Outlook

### All mountain areas of Britain from Monday, 23 February, 2026

West to southwesterly winds prevail during the week ahead as areas of low pressure move toward northwest Scotland whilst ridges of higher pressure occasionally nudge across southern Britain. Sustained gales over the mountains, only brief lulls. Temperatures will fluctuate above and below freezing on higher Scottish mountains, with periods of thaw and refreezing. England and Wales generally above freezing to tops with a substantial thaw of most upland snow. Frequent rainfall, often heavy over western mountains, at times showery with hail, some snow on Scottish Munros. The final days of February favour colder northwesterly air and a drop of freezing level.

### Forecast issued at 16:00 on Saturday, 21 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.