

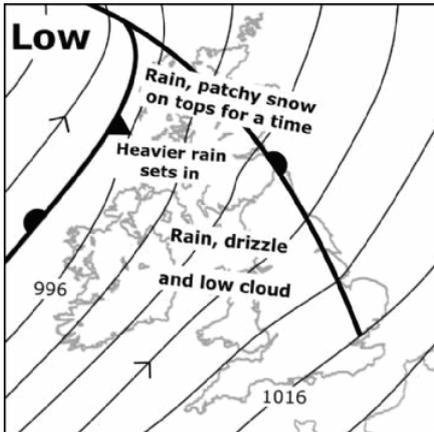
West Highlands

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, 1 March, 2026



British Mountain Summary:

Based on forecast chart for noon 1 March, 2026

South-southwesterly upland gales, strengthening further for Wales during the day, later extending northward. Early snow on hills in the Highlands, patchier northwards, turning increasingly to rain as temperature rises, heavier rain for West Highlands. Generally wet for western England & Wales with blanket low cloud.

Headline for West Highlands

Gales on mountains. Hill snow, increasingly rain, low cloud.

Detailed Forecast for Sunday, 1 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 35 to 50mph, very gusty in places downslope north of tops. A brief lessening of speed into early afternoon followed by rapidly increasing further later, 60-70mph evening-night.</p> <p>Strenuous walking with chaotic gusts all day, in places difficult at times. Significant wind chill. Deteriorating further later.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy rain/snow, heavier rain later</p> <p>Areas of rain and snow extending northward from dawn, snow falling mostly above 700m but briefly lower inland Lochaber. With time, turning increasingly to rain up to tops, often raining many areas all day, may ease for a time, but then later afternoon setting in for widely heavier rain from the southwest.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, some variability early inland Lochaber</p> <p>Covering many higher areas all day, becoming shrouded from 700-800m up as the day goes, bases often lower on southern aspects, notably Loch Lomond to Mull. More variable cloud early morning in Lochaber, bases higher with breaks to some tops, some patches in corries too.</p> <p>30% early, soon lowering, to below 10%.</p>
<p>Sunshine?</p> <p>Air clarity (below cloud)</p>	<p>Generally cloudy, rare if any brief glimpses of sun, mainly toward Glen Spean. Very good visibility away from fog/rain early in day, but increasingly widely poor.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-1C early morning, lifting to +4C afternoon onward. Feeling like -10 to -12C in direct wind.</p> <p>600-800m at dawn, lowest inland Lochaber. Soon rising around coast and southern areas, lifting with time to above all summits by afternoon.</p>

West Highlands - Looking Ahead

	Monday 2 March	Tuesday 3 March
How windy? (On the Munros) Effect of wind on you?	South turning southwest later westerly; speed likely to vary during day, in range 20 to 35mph, perhaps often lower speeds. Risk of blustery conditions affecting ease of walking at times in exposure, but may drop to be fairly small for periods.	Variable direction 10-15mph or less. Around Mull, may be southwesterly 20mph. Mostly small.
How wet? (Precipitation and its impact)	Rain at times, increasingly hill snow A few hours likely dry during day, but also bands of showery rain - one may be clearing eastward early morning, another arriving from west during daytime, turning to snow above 900m, later 700m.	Precipitation unlikely
Cloud on the hills? Chance of cloud free Munros?	Varied with local breaks Varying cloud, some banks at different heights from dawn, tending to thin and break, toward some upper slopes inland, best likely near Glen Spean. Further cloud may lower from west with time. 30%	Mostly little Thin patchy cloud may occasionally drift over tops above 900m in western Lochaber, otherwise the hills largely clear. Some lower mist / cloud fragments at first. 80%
Sunshine? Air clarity (below cloud)	Occasional sun breaking through, mostly inland Lochaber, then clouding over west. Visibility very good or excellent for a time, reducing to be poor in hill snow.	Good amounts of sunshine, patchy cloud mostly west of Loch Linnhe. Visibility excellent.
How Cold? (at 900m) Freezing Level	1C, dropping later to 0C or just below. If exposed to stronger wind, risk feeling like -10C. Above summits prior to dawn, but lowering, to around 1000m into daytime, by dusk onward likely 800m.	0C rising to +2C. 900m plus frost inland glens from dawn, rising to 1100-1200m afternoon.

Planning Outlook

All mountain areas of Britain from Monday, 2 March, 2026

A drop of freezing level onto higher mountains develops during Monday into Monday night; weakening fronts bringing some precipitation, but fading. Higher pressure expands across the British Isles into Tuesday and stays nearby with commonly drier conditions and periods of light winds during early March, though mixed with pushes of strengthening south-southwesterlies bringing some occasional rain in from the west. Often milder air during the next couple of weeks, possibly briefly colder again by the end of the coming week.

Forecast issued at 16:00 on Saturday, 28 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.