

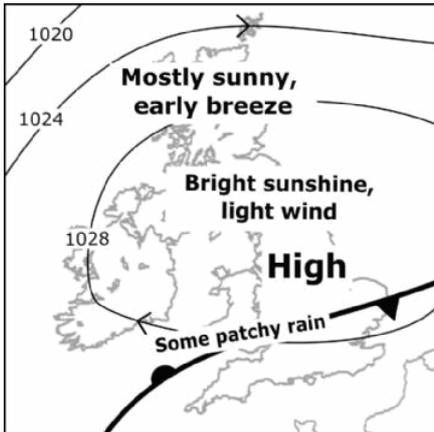
# West Highlands

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 Tuesday, 3 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 3 March, 2026**

A breezy start in Scotland, particularly in the north, the wind easing to fairly small effects; light wind England and Wales. Dry and sunny for most hills, chilly temperatures. Some light rain affecting south Wales through the day, the associated cloud drifting into north Wales and the south Pennines with time.

### Headline for West Highlands

An early breeze, easing; mostly sunny, particularly inland

## Detailed Forecast for Tuesday, 3 March, 2026

|  |   |
|--|---|
| <b>How windy? (On the Munros)</b>              | Westerly 20-25mph from dawn, lowest speeds towards southern coastal areas with a slight northwesterly shift here. Speed eases with time, 15-20mph or often less, particularly southern areas where a lull likely for several hours. |
| <b>Effect of wind on you?</b>                  | <b>Mostly small, though the breeze may impede walking on high terrain in the north early in the day.</b>  |
| <b>How wet? (Precipitation and its impact)</b> | <b>Any precipitation unlikely</b>   |
| <b>Cloud on the hills?</b>                     | <b>Mostly little</b><br>Thin patchy cloud may occasionally drift over tops above 900-1000m in western Lochaber, otherwise the hills largely clear. Some lower mist / cloud fragments at first.                                      |
| <b>Chance of cloud free Munros?</b>            | <b>80%</b>  |
| <b>Sunshine? Air clarity (below cloud)</b>     | Good amounts of sunshine, patchy cloud mostly west of Loch Linnhe, occasionally weakened by thin high cloud. Visibility excellent.  |
| <b>How Cold? (at 900m)</b>                     | 0 or -1C from dawn, rising to +2C.  |
| <b>Freezing Level</b>                          | 800-900m plus frost inland glens from dawn, rising to 1100-1200m afternoon.   |

## West Highlands - Looking Ahead

|  | Wednesday 4 March   | Thursday 5 March   |
|--|---|--|
| <b>How windy? (On the Munros)</b><br><b>Effect of wind on you?</b> | Southerly 30 to 40mph, strongest toward Mull but also very gusty around Ben Nevis range and downslope to north.<br><b>Strenuous walking and balance affected on exposed ridges, more challenging in places. Significant wind chill.</b>                               | South-southwesterly 35-45mph, gusty early, may be quite powerful. Easing with a generally westerly shift, 20-30mph.<br><b>Arduous walking early in the day with significant wind chill; an easing trend, may be fairly small for a period.</b> |
| <b>How wet?</b><br>(Precipitation and its impact)                  | <b>Rain moves northward, mostly light</b><br>A little drizzle on south-facing hills toward the Clyde sea lochs in the morning, then a band of rain moving northward across the region, often light and patchy in nature.  | <b>Often raining</b><br>Raining along west coast from before dawn, spreading widely well into the day; best chance of dry morning Loch Lomond to Loch Lyon. Turning to snow on high terrain with time.   |
| <b>Cloud on the hills?</b>   | <b>Soon extensive</b><br>Cloud soon spreads extensively across the region from at least 700-800m upward, some higher breaks to the north of major hills groups. Lowest bases on southern slopes, particularly Islay to Loch Lomond, bases persistently to mid-slopes. | <b>Extensive</b><br>Cloud soon shrouds nearly all terrain from at least the middle slopes upward. Some variability as rain comes and goes, and may begin to break somewhat along the west coast late in the day.                               |
| <b>Chance of cloud free Munros?</b>                                | <b>20%</b>  | <b>10%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)                      | Glimpses of sun most common toward Glen Spean, otherwise risk largely cloudy. Poor visibility due to cloud, rain, and haze.   | Sunshine unlikely.<br>Substantially poor visibility.   |
| <b>How Cold? (at 900m)</b><br><b>Freezing Level</b>                | 1 or 2C, rising a degree.<br>Directly in the wind feeling like -10C.<br><br>Patchy frost in glens and sheltered higher areas from dawn, thawing largely above the summits, locally freezing highest tops.   | 3C from dawn, lowering to near 0C, locally cooler to the northwest.<br>Feeling like -7 to -10C in the wind.<br><br>Above the summits, gradually lowering to touch high summits, to 800-1000m evening, locally lower Lochaber.                  |

**Planning Outlook****All mountain areas of Britain from Wednesday, 4 March, 2026**

Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards. Some dry and bright days with light winds mixed with periods of strengthening southerly winds bringing occasional rain coming in from the west - Thursday this week sees rain move increasingly onto northwestern hills. Temperatures will vary, often lifting just above freezing to higher tops, but occasionally dropping back below freezing - chillier air briefly later this week. Some frosts into valleys during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only patchy around highest tops in England and Wales with little impact on walking.

**Forecast issued at 15:57 on Monday, 2 March, 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.