

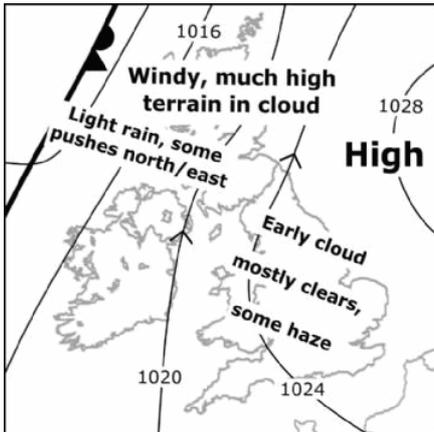
West Highlands

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 Wednesday, 4 March, 2026



British Mountain Summary:

Based on forecast chart for noon 4 March, 2026

Windy in Scotland with gale-force gusts over high terrain. Much upper Highlands terrain in cloud, some rain and drizzle (most in the west); best breaks north of major hill groups. Varied cloud early in England and Wales, mostly clearing with increasing sun, though visibility limited by haze. Cool to mild England and Wales.

Headline for West Highlands

Windy, strong gusts; often raining, though mostly light

Detailed Forecast for Wednesday, 4 March, 2026

How windy? (On the Munros)	Southerly 30 to 40mph, strongest near the coast from Mull northward but also very gusty around Ben Nevis range and downslope to north, risk up to 50mph.
Effect of wind on you?	Strenuous walking and balance affected with significant wind chill. More challenging in places, particularly in exposure and northern aspects with buffeting downslope gusts.
How wet? (Precipitation and its impact)	Rain moves northward, mostly light 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. The rain may linger for longer periods around Mull and Loch Linnhe.
Cloud on the hills?	Soon extensive Cloud soon spreads extensively across the region from at least 700-800m upward, higher bases to the north of major hill groups. Lowest bases to the south, particularly Islay to Loch Lomond, where persistently to middle slopes and as low as 400m at times.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun most common toward Glen Spean, otherwise risk largely cloudy. Poor visibility due to cloud, rain, and haze.
How Cold? (at 900m)	1 or 2C, gradually rising, to 3 or 4C by evening, staying mild on upper slopes overnight. Directly in the wind feeling like -10C.
Freezing Level	Patchy frost inland glens and sheltered higher areas from dawn, thawing largely above the summits, locally freezing highest tops.

West Highlands - Looking Ahead

	Thursday 5 March	Friday 6 March
How windy? (On the Munros) Effect of wind on you?	South-southwesterly 35-45mph, gusty early, may be quite powerful. Easing with a generally NW'ly shift, 20-30mph. Arduous walking early in the day with significant wind chill; an easing trend, may be fairly small for a period.	Variable 15mph, lower speeds south, perhaps a lull. Trending southwesterly 15-30mph, strongest west Loch Linnhe. Small during daylight, though blustery in exposure west of Loch Linnhe later and feeling chilly.
How wet? (Precipitation and its impact)	Often raining, easing trend later Rain soon widespread, perhaps just light drizzle in the south early. A heavier band will pass east, followed by just drizzle, a breaking trend from the west with time.	Precipitation not expected
Cloud on the hills?	Extensive, may improve late in day 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 (cloud banks below summits).	Thin layers near coasts, if any Some ragged cloud at various elevations lingering from before dawn, including mist in sheltered glens and corries. Cloud lifts and dissipates after daybreak for clear hills. Occasional thin layers of cloud may form between 1000-1200m.
Chance of cloud free Munros?	10% rising to 40% west coast	80%;
Sunshine? Air clarity (below cloud)	Sunshine unlikely until late in the day. Substantially poor visibility.	Extensive sunshine, occasionally shrouded by low cloud near coasts. Excellent visibility, a distant haze to the west.
How Cold? (at 900m) Freezing Level	3C from dawn, lowering from the northwest, to -1C by evening. Feeling like -7 to -10C in the wind. Just touching the summits at dawn, lowering as rain passes, 600-800m evening.	-2 or -1C from dawn, lifting to 0C, rising further overnight. Later, feeling like -10C in the wind. 700-800m, though frosts in sheltered low slopes and glens too. Lifting, 900m by evening, further rising overnight.

Planning Outlook**All mountain areas of Britain from Thursday, 5 March, 2026**

Thursday into Friday sees a band of rain pass east across most mountains, then a relatively settled weekend for England and Wales, and perhaps east Scotland too. Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards: dry and bright days with light winds mixed with periods of strengthening south/westerly winds bringing occasional rain from the west. Temperatures will vary, at times lifting just above freezing to high Munro tops, but typically lowering again to high terrain and briefly mid-slopes. Freezing levels will only briefly touch high England and Wales summits, but some frosts into valleys during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, any remaining snow in England and Wales will thaw.

Forecast issued at 16:09 on Tuesday, 3 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.