

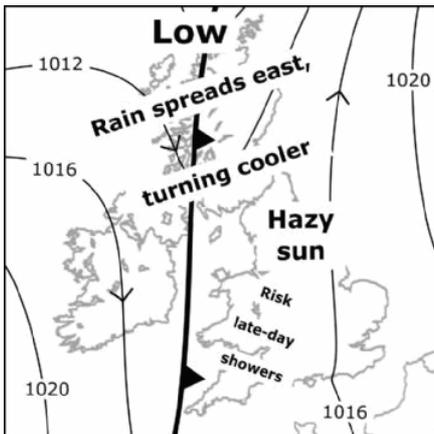
# West Highlands

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 Thursday, 5 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 5 March, 2026**

A slow-moving front from the west brings rain and low cloud to western Scotland, turning to snow on tops as colder air arrives; freezing level later below 800m. Patchy rain encroaching further into Cumbria with time. Some heavier thundery bursts possible in Wales. Strong southerlies ease and turn W-NW'ly.

### Headline for West Highlands

Rain and wind; easing, but turning colder

## Detailed Forecast for Thursday, 5 March, 2026

|  |   |
|--|---|
| <b>How windy? (On the Munros)</b>              | Gusty south-southwesterly 35-45mph. A sudden easing with a westerly shift along the coast in the morning, 25-35mph, settling northwesterly through afternoon; strongest wind south.   |
| <b>Effect of wind on you?</b>                  | <b>Arduous walking early in the day with significant wind chill; an easing trend, may be fairly small for a period, but wind remains a nuisance on high terrain.</b>  |
| <b>How wet? (Precipitation and its impact)</b> | <b>Often raining, turning to snow on high terrain; easing trend later</b><br>Rain soon widespread, perhaps just light drizzle in the south early. A heavier band will pass east, followed by just drizzle; rain turns to snow on the tops, the snowfall level lowering. A breaking trend from the west later. |
| <b>Cloud on the hills?</b>                     | <b>Extensive, may improve late in day</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 (remaining cloud banks below summits).                               |
| <b>Chance of cloud free Munros?</b>            | <b>10% rising to 40% west coast</b>   |
| <b>Sunshine? Air clarity (below cloud)</b>     | Sunshine unlikely until late in the day.<br>Substantially poor visibility.  |
| <b>How Cold? (at 900m)</b>                     | 3 or 4C from dawn, soon beginning to lower from west, -1 or -2C afternoon into evening.<br>Feeling like -7 to -10C in the wind.   |
| <b>Freezing Level</b>                          | Just touching the summits at dawn, lowering as rain passes, 600-700m evening, frosts forming in sheltered lower terrain overnight.  |

## West Highlands - Looking Ahead

|   | Friday 6 March  | Saturday 7 March   |
|---|---|--|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b>    | Variable 15mph, lower speeds south, perhaps a lull. Trending southwesterly 15-30mph, strongest west Loch Linnhe.<br><br><b>Small during daylight, though blustery in exposure west of Loch Linnhe later and feeling chilly.</b> | Southerly 15 to 25mph, but risk gusty 30mph in places around higher mountains, greater risk toward Mull.<br><br><b>Fairly small, but locally gusty spots may be more uncomfortable.</b>        |
| <b>How wet?</b><br>(Precipitation and its impact)                         | <b>Precipitation not expected</b>   | <b>Precipitation unlikely</b>  |
| <b>Cloud on the hills?</b><br><br><br><b>Chance of cloud free Munros?</b> | <b>Little or none</b><br><br>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.<br><br><b>90%</b>    | <b>Mostly little if any</b><br><br>Local patches around some south-facing slopes for a time, mostly lifting above 700-800m, may linger a for a time near Arran.<br><br><b>70%</b>              |
| <b>Sunshine?</b><br>Air clarity (below cloud)                             | Extensive sunshine, occasionally shrouded by low cloud near coasts.<br>Excellent visibility.  | Mostly sunny<br>Visibility excellent.  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                   | -2 or -1C from dawn, lifting to 0C, rising further overnight. Later, feeling as cold as -10C in the wind.<br><br>700-800m, though frosts to lower slopes and glens at dawn. Lifting, 900m by evening, above summits overnight.  | 4C, but some lower slopes colder in the morning; small change with added height.<br><br>Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops. |

## Planning Outlook

### All mountain areas of Britain from Friday, 6 March, 2026

Higher pressure extends back across the country to bring dry conditions on Saturday, feeling mild in sunshine by day after a chilly start. More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into western Scotland. Patchy rain likely in the west at least early in the new week, likely dropping back just below freezing on the Munros for a time with some snowfall on higher areas. Winds fairly light early week, then a risk of strengthening southwesterlies later in the week; changeable weather conditions with spells of rain coming in from the Atlantic. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only very patchy snow remains around highest tops in England and Wales.

### Forecast issued at 16:14 on Wednesday, 4 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.