

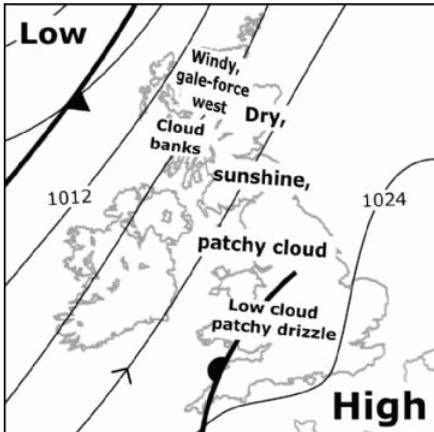
# West Highlands

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 Saturday, 7 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 March, 2026**

Another dry and mostly sunny day across the Scottish mountains, but patchy cloud capping some western tops at times; strong southerly wind for northwest Highlands, gale force gusts Skye. England and Wales: Sunny for Lakes and N Pennines, but low cloud much of Wales, and capping Peak District, a little light rain.

### Headline for West Highlands

Dry and fine with sunshine, patchy cloud some tops. Stronger wind west coast.

## Detailed Forecast for Saturday, 7 March, 2026

<b>How windy? (On the Munros)</b>	Southerly 20 to 35mph, strongest across hills west of Loch Linnhe where risk on Mull and Ardnamurchan of 40mph.
<b>Effect of wind on you?</b>	<b>Gusty and blustery south-westerly winds may impede walking, especially west of Loch Linnhe.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Dry</b>
<b>Cloud on the hills?</b>	<b>Mostly little if any</b> Local patches around some south-facing slopes for a time across the hills of Lochaber and Argyll, mostly lifting and dispersing.
<b>Chance of cloud free Munros?</b>	<b>90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Mostly sunny, but some high cloud, may thicken further west coast later. Visibility excellent.
<b>How Cold? (at 900m)</b>	4C, but some lower slopes colder in the morning; small change with added height.
<b>Freezing Level</b>	Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops.

## West Highlands - Looking Ahead

	Sunday 8 March	Monday 9 March
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southerly 20 to 30mph, perhaps up to 40mph at times; mainly western coastal hills and the Isles.  <b>Blustery and rather gusty at times across higher terrain. May well be fairly arduous at times towards the west coast.</b>	Southwesterly 15 to 25mph  <b>Mostly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain may move in from south</b> Patches of rain and drizzle will develop from the south.	<b>Patchy rain moving east, snow for tops.</b> A front by lie near the west coast at first, and drift inland through the day, bringing patches of rain, which may be persistent for a time, with snow increasingly tops.
<b>Cloud on the hills?</b>	<b>Increasingly extensive</b>  Be prepared for low cloud to become extensive with general bases around 400 to 700m across southern areas. More confined above 800m N Lochaber with breaks.	<b>Extensive</b>  Hill fog will very likely be extensive across the hills, but some local variability where some slopes clear, perhaps between cloud layers.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Early patchy sun, giving way to extensive cloud. Rather hazy.	Little or no sun.  Visibility poor at times due to patchy precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	2 to 4C, chilliest on southern hills.  Above the summits, but some frost for inland glens at dawn.	3C, later 1 or 2C.  Above summits at first, but lowering to 1000-1200m in afternoon.

**Planning Outlook****All mountain areas of Britain from Sunday, 8 March, 2026**

More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into mainly western parts, hazy elsewhere; dense across southern areas. 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 southwesterly 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 16:33 on Friday, 6 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.