

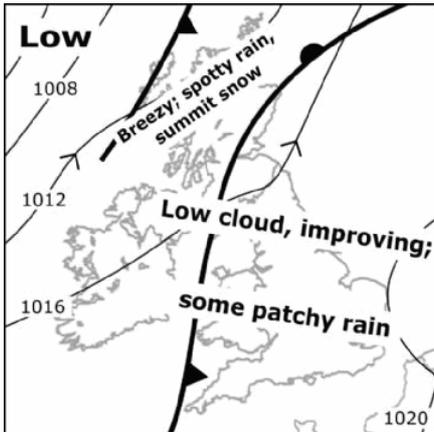
West Highlands

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 Monday, 9 March, 2026



British Mountain Summary:

Based on forecast chart for noon 9 March, 2026

Humid air will bring extensive low cloud and bursts of showery rain to the mountains. However, in places breaks in the low cloud will allow sunshine through, whilst the cloud base will be very varied - making detail difficult. Windy northern and western Scottish Highlands.

Headline for West Highlands

Windy; areas of low cloud and pockets of drizzly rain

Detailed Forecast for Monday, 9 March, 2026

How windy? (On the Munros)	South to southwesterly 30mph, but mostly 20 or 25mph Loch Lomond and Arran, least windy Arran.
Effect of wind on you?	Expect considerable buffeting and wind chill across higher areas, particularly Lochaber.
How wet? (Precipitation and its impact)	Patchy rain moving east, snow for tops. West of Loch Linnhe: A weakening front will bring a little rain and drizzle (snow above 900m), mainly morning. Elsewhere, patches of drizzle, mainly Loch Lomond NP and near Clyde sea lochs and an isolated burst of rain - but overall substantially dry.
Cloud on the hills?	Extensive particularly morning; may break off some higher summits afternoon Confidence in detail presently low: Almost blanket fog probable from dawn, the base very low near the coast. An improvement very likely, particularly north of Rannoch Moor, where some or perhaps many, higher areas clear in afternoon. The fog may well not clear elsewhere, particularly near Clyde sea lochs.
Chance of cloud free Munros?	10%; rising to 30% north of Rannoch Moor
Sunshine? Air clarity (below cloud)	Cloud will tend to break, perhaps substantially in some areas (most likely Lochaber and central highlands) afternoon. Visibility becoming very good or excellent.
How Cold? (at 900m)	3C.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 10 March	Wednesday 11 March
How windy? (On the Munros) Effect of wind on you?	South to southwesterly; increasing markedly with height to a gusty 40mph or by late afternoon 50mph. Markedly increasing buffeting and wind chill with height. Balance and general mobility increasingly difficult on higher slopes.	Westerly up to 60mph post dawn; through day dropping slowly, typically 35 to 45mph middle of day, strongest Lochaber. Expect significant wind chill and walking - sometimes any mobility - to be difficult across the hills, particularly near precipitation.
How wet? (Precipitation and its impact)	Rain now and again Rain and drizzle on and off, total rainfall fairly small - very little reaching central highlands. Sleet above 750m.	Frequent hail and snow Particularly morning, succession of sudden hail and above 600m snow showers. Sometimes whiteout will occur.
Cloud on the hills?	Persistent; lowest cloud base toward coast and Loch Lomond NP Generally persistent cloud above 450 to 600m, but near the coast and southern Loch Lomond NP, sometimes below 300m. Highest cloud base will be toward and north of Lochs Rannoch and Treig and Glen Spean, where typically 750-900m.	Persistently covering higher areas; rapid variation in cloud base. In precipitation, cloud forming below 300 to 500m (generally lowest morning near the coast). Otherwise, by midday (as average cloud base tends to rise) between 600 and 1000m, highest on easternmost areas.
Chance of cloud free Munros?	Less than 10%	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly or only lower slopes near and north of Lochs Rannoch and Treig and Glen Spean. Hazy, particularly near the coast.	Bursts of sunshine, mainly afternoon lower slopes well inland. Very varied visibility: general haze, but abruptly appalling in precipitation.
How Cold? (at 900m) Freezing Level	1C - little temperature drop above 900m. Will feel as cold as minus 10C directly in the wind. Above the summits - some terrain above 900m may be frozen.	-1C. Will feel like minus 15C directly in the wind. 750m

Planning Outlook**All mountain areas of Britain from Tuesday, 10 March, 2026**

Later this week - with the current mostly cloudy and hazy or murky conditions clearing on Tuesday night. Bouts of upland severe or storm force winds will reach the Scottish Highlands and gales periodically affecting other mountain areas. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

Forecast issued at 15:30 on Sunday, 8 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.