

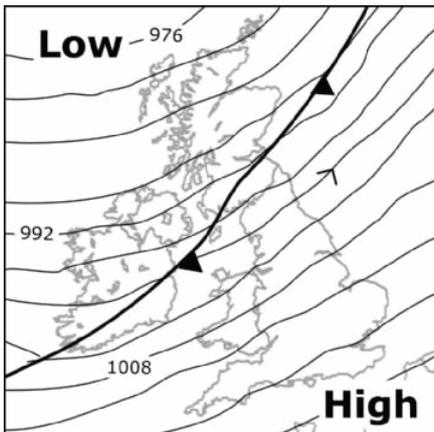
West Highlands

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, 12 March, 2026



British Mountain Summary:

Based on forecast chart for noon 12 March, 2026

Severe gale or storm force upland winds ahead of an active slowly southeastward moving front, which will bring widespread heavy rain and fog to almost all mountain areas. Across Scotland, behind the front, squally hail and snow showers.

Headline for West Highlands

Upland severe gales; frequent snow and hail - whiteout. Fog.

Detailed Forecast for Thursday, 12 March, 2026

How windy? (On the Munros)	Storm force winds overnight. After dawn, becoming southwesterly 50 to 60mph; very gusty near showers.
Effect of wind on you?	Difficult conditions, mobility challenging over exposed terrain particularly near precipitation. Severe wind chill.
How wet? (Precipitation and its impact)	Persistent rain clearing to frequent snow and hail showers Very wet underfoot after heavy rain, finishing as snow to 600m late morning or perhaps near central belt early afternoon. Then showers, sometimes the rain, hail and above 500m frequent - intermittent whiteout.
Cloud on the hills?	Always or almost always covering the mountains: quickly varying cloud base Rapidly varying cloud base: typically between 600 and 750m, or well inland 900m. Near precipitation, abruptly 450m, sometimes 300m (widely so post dawn).
Chance of cloud free Munros?	Less than 10%
Sunshine? Air clarity (below cloud)	Rare glimpses of sun. Visibility sometimes very good, but frequently abruptly appalling in precipitation.
How Cold? (at 900m)	Soon -1C. Will feel as cold as minus -18C directly in wind.
Freezing Level	Above 1000m post dawn, soon abruptly 750m.

West Highlands - Looking Ahead

	Friday 13 March	Saturday 14 March
How windy? (On the Munros) Effect of wind on you?	Westerly varying through day between 35 and 55mph. Challenging walking conditions over the mountains, sometimes general mobility may be a struggle. Significant wind chill.	Southwesterly, strengthening through day from around 40 to 55mph. By dusk may approach 65mph near coast. Arduous or on higher tops difficult walking all day. Later mobility becoming increasing difficult and wind chill perhaps severe.
How wet? (Precipitation and its impact)	Frequent hail and snow; risk thunder Showers with hail merging into periods of constant precipitation particularly more western mountains; snow falling toward lower elevations in morning, then mostly rain below 400m. Isolated lightning.	Frequent hail and snow. Precipitation frequent or falling much of the day as shower after shower (sometimes merging one into another and whiteout). Chance widespread precipitation by dusk.
Cloud on the hills? Chance of cloud free Munros?	Very extensive; rarely clearing to higher slopes Cloud base frequently changing: at times shafts of cloud to 600m or lower near coast and islands, often capping western mountains above 800m, but some breaks to 1000m, more often well inland. 10%	Almost constantly covering the mountains Varied cloud base: sometimes below 300-450m near precipitation but periods when most cloud above 600 to 900m. Lowest cloud base generally western mountains including near Clyde sea lochs and Loch Lomond. 10%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, most often well inland. Visibility varying between intermittently very good, and appalling when in snow/hail and cloud.	Glimpses of sun, mainly central highlands. Hazy, particularly near the coast; appalling visibility in snow
How Cold? (at 900m) Freezing Level	Around -2C. Will feel as cold as minus 16C directly in the wind. Typically 600-700m.	-2C. Will feel as cold as minus 14C directly in the wind. 600m

Planning Outlook**All mountain areas of Britain from Friday, 13 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains almost daily, focussed on western mountains. Freeze thaw cycles will occur: on the Scottish Highlands, thaw periods fairly brief and snow accumulating on many slopes. Further south, lying snow more intermittent as periods of thaw will be lengthier. Temperature levels will rise from about next Tuesday.

Forecast issued at 12:54 on Wednesday, 11 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.