

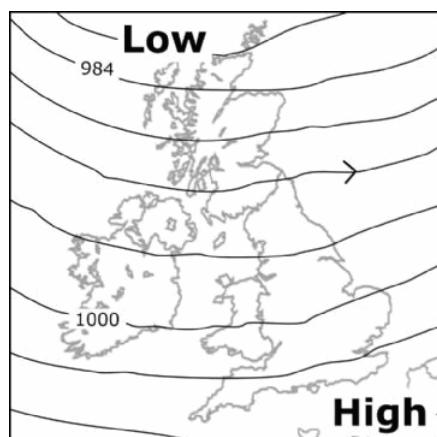
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at petzl.com

General Summary for Friday, 13 March, 2026



British Mountain Summary:

Based on forecast chart for noon 13 March, 2026

Cold widely gale force upland winds around a deep low north of Scotland, will bring a succession of snow and hail showers to the mountains. Cloud will extensively cover the mountains (the highest cloud base well inland afternoon). Much higher terrain will be below freezing point.

Headline for West Highlands

Upland gales; frequent squally hail and snow showers. Fog.

Detailed Forecast for Friday, 13 March, 2026

How windy? (On the Munros)	Westerly between 40 and at times on higher Munros 50mph; particularly gusty near precipitation.
Effect of wind on you?	Challenging walking conditions over the mountains, balance and sometimes general mobility a struggle. Significant wind chill.
How wet? (Precipitation and its impact)	Frequent hail and snow; risk thunder Shower after shower; hail and above 300, later 450m snow. Sometimes nearly constant precipitation over an hour or two; whiteout likely. Isolated lightning.
Cloud on the hills?	Very extensive; rarely clearing to higher slopes Cloud base changing quickly: near precipitation shafts of cloud to 450m (or lower near coast), and almost always covering areas above 600 to 800m - generally highest base toward central highlands.
Chance of cloud free Munros?	Less than 10%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, most often well inland. Visibility varying between intermittently very good, and appalling in snow/hail and cloud.
How Cold? (at 900m)	-3C; later -1C. Will feel as cold as minus 16C directly in the wind.
Freezing Level	500 rising to 750m.

West Highlands - Looking Ahead

	Saturday 14 March	Sunday 15 March
How windy? (On the Munros) Effect of wind on you?	West or southwesterly, in the range 35 to for a few hours after dawn 50mph. Arduous or on higher tops perhaps difficult walking. Considerable wind chill.	Westerly typically between 35 and 45mph. Risk strengthening further later afternoon onwards. Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.
How wet? (Precipitation and its impact)	Frequent hail and snow. Precipitation frequent or falling much of the day as shower after shower (sometimes merging one into another and whiteout).	Frequent snow and hail Overnight general rain, finishing as snow above about 600m, soon clearing. Through day, succession of sometimes heavy hail and snow showers (most rain only lowest slopes). Isolated thunder.
Cloud on the hills? Chance of cloud free Munros?	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%	Persistently covering nearly all mountains Typically, quickly varying cloud base between 450m (locally lower) and 600m near precipitation to otherwise 700 to perhaps 1000m. Generally lowest cloud base will be on more western mountains, highest central highlands. 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly central highlands. Hazy, particularly near the coast; appalling visibility in snow	Glimpses of sun, mainly lower slopes well inland. Varied visibility; appalling in precipitation but otherwise good - although a haze.
How Cold? (at 900m) Freezing Level	-2C. Will feel as cold as minus 14C directly in the wind. 600m	Soon -2C. Will feel as cold as minus 15C where exposed to the wind. Soon between 400 and 600m.

Planning Outlook**All mountain areas of Britain from Saturday, 14 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains daily, focussed on western hills. 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 and as pressure then builds, most or all mountain areas will then become largely fine.

Forecast issued at 13:06 on Thursday, 12 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.