

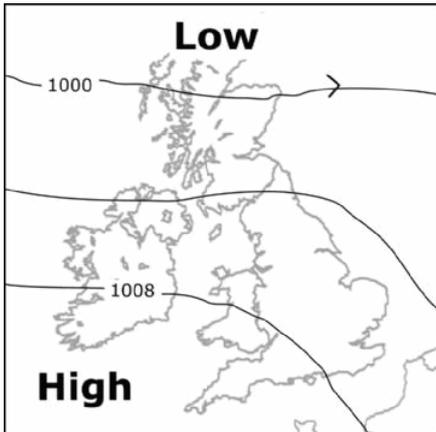
# West Highlands

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](https://www.petzl.com)**

## General Summary for Saturday, 14 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 14 March, 2026**

Very much less windy, especially England and Wales in afternoon. But still cold day with hail and snow showers, and particularly Wales away from western hills spells of sun. The snow will penetrate to lower slopes in Scotland but be confined above 600m elsewhere.

### Headline for West Highlands

Wind and snow showers easing & cloud base rising.

## Detailed Forecast for Saturday, 14 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Westerly, 30mph after dawn. Will during morning east to widely 20mph, although gusts to 30 or 35mph near showers.</p> <p><b>Becoming fairly small, although balance difficult and wind chill considerable in gusty winds in precipitation.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Frequent hail and snow showers.</b></p> <p>Precipitation frequent as shower after shower comes in. Snow and above 300, rising to 500m snow.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Almost constantly covering higher mountains, but cloud base rising</b></p> <p>Varied cloud base: sometimes patches below 450m near precipitation mainly morning western hills.</p> <p>Increasingly cloud becoming confined above 700 to 1050m, lowest within a few miles of the general lie of the west coast and highest central highlands.</p> <p><b>10%, later 30% toward central highlands</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Glimpses of sun, mainly central highlands.</p> <p>Hazy, mainly near the coast morning; very poor visibility in snow</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>-2C; varying by a degree or two as showers come and go. Will feel as cold as minus 14C directly in the wind.</p> <p>600m post dawn; mostly 800m by mid afternoon</p>

## West Highlands - Looking Ahead

	Sunday 15 March	Monday 16 March
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Westerly typically between 35 and 45mph. Risk strengthening further later afternoon onwards.  <b>Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.</b>	West backing southwesterly; near Clyde sea lochs 35mph. Elsewhere, 45mph morning before easing. <b>Significant wind chill and arduous or at difficult walking,. Balance may well be a struggle particularly morning.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent snow and hail</b> Widespread rain after dawn, snow higher tops. Soon snow as low as 600m. Through day, succession of sometimes heavy hail and snow showers (most rain only lowest slopes). Isolated thunder.	<b>Frequent hail and snow</b> Shower after shower; sometimes particularly morning the precipitation - often hail and above 300, later 600m snow - almost constant giving whiteout. Precipitation may set in toward dusk.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Persistently covering nearly all mountains</b> 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. <b>10%</b>	<b>Persistently covering nearly all higher areas; highest cloud base afternoon.</b> Cloud base will vary: near precipitation forming below 450m, sometimes 300m. Otherwise, cloud base 600m morning, and 800 to temporarily 1000m (most likely well inland) into the afternoon. <b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, mainly lower slopes well inland. Varied visibility; appalling in precipitation but otherwise good - although a haze.	Glimpses of sun only - mainly lower slopes well inland. Persistent haze - but appalling visibility in precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	Soon -2C. Will feel as cold as minus 15C where exposed to the wind. Soon between 400 and 600m.	-2C, rising toward 0C. Will feel as cold as minus 18C due to wind chill. 600m, rising toward 900m.

## Planning Outlook

### All mountain areas of Britain from Sunday, 15 March, 2026

Frequent upland gales until Tuesday - generally strongest Scottish Highlands. Precipitation will continue on most mountains, focussed in the west - lengthy periods of showery weather and occasional swathes of widespread rain. Freeze thaw cycles will continue: on the Scottish Highlands, thaw periods brief and snow widely accumulating. Further south, lying snow mostly confined to higher summits.

There is now high likelihood of an abrupt transition mid-week as pressure builds north of Britain: extensively fine; cloud often clearing, particularly western Britain and temperature levels more varied - fairly warm some afternoons but frost widely at night.

### Forecast issued at 12:32 on Friday, 13 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.