

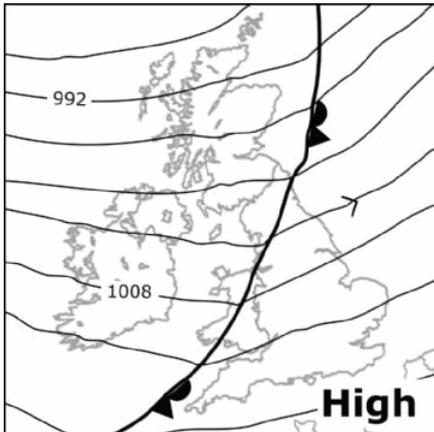
West Highlands

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 Sunday, 15 March, 2026



British Mountain Summary:

Based on forecast chart for noon 15 March, 2026

Widespread rain - snow higher areas Scotland and finishing as snow higher summits elsewhere, will from the west clear (as temperatures drop) to squally hail and snow showers. Upland winds will be close to gale force, and although improving, still extensive low cloud.

Headline for West Highlands

Upland gales; frequent snow and fog - whiteout.

Detailed Forecast for Sunday, 15 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Westerly 40mph or near Clyde sea lochs and Loch Lomond 35mph; very gusty near precipitation. At dawn temporarily 60mph.</p> <p>Arduous or difficult walking and significant wind chill where exposed.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Frequent snow and hail; whiteout temporarily confined to higher tops, soon above 450m. By mid or late morning, succession of sometimes heavy and very frequent hail and snow showers (most rain only lowest slopes). Intermittent whiteout; isolated thunder.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Very extensive across the mountains; sudden drops in cloud base Extensive fog - covering even many lower hills - for a few hours from dawn. Then quickly varying cloud base: between 450m (locally lower) and 600m near precipitation and otherwise 700 to perhaps briefly 1000m toward central highlands.</p> <p>Less than 10%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun from late morning, mainly lower slopes well inland. Varied visibility; appalling in precipitation but otherwise good - although a haze.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>Soon -2C, but- temporarily near 0C post dawn. Will feel as cold as minus 15C where exposed to the wind.</p> <p>Soon between 400 and 600m; briefly up to 1100m at and post dawn..</p>

West Highlands - Looking Ahead

	Monday 16 March	Tuesday 17 March
How windy? (On the Munros) Effect of wind on you?	West backing southwesterly; near Clyde sea lochs 35mph most or all day. Elsewhere, 45mph morning before easing. Significant wind chill and arduous or at difficult walking. Balance may well be a struggle particularly morning.	Southerly 50 to sometimes 70mph. Very gusty; powerful gusts some lower slopes. Significant wind chill and in severe gales, mobility widely difficult. Balance a struggle; you could be blown over, in places on lower slopes.
How wet? (Precipitation and its impact)	Frequent hail and snow Shower after shower; sometimes particularly morning the precipitation - often hail and above 300, later 600m snow - almost constant giving whiteout. Precipitation will gradually set in from the west through the afternoon.	Rain and drizzle most or all day Frequent or incessant rain and drizzle much of region. Areas east of Loch Linnhe and north of Rannoch Moor will be frequently dry, or just a little drizzle in wind.
Cloud on the hills? Chance of cloud free Munros?	Persistently covering nearly all higher areas; highest cloud base afternoon. 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. 10%	Blanket of fog; highest cloud base central highlands Loch Lomond NP and Arran: Persistent fog, covering some south facing coastal cliffs, to widely 100-400m. Elsewhere: In rain, patches of fog from lower slopes up. But most cloud above 600, but 750 to perhaps sometimes 1000m near and north of Glen Spean. Almost nil
Sunshine? Air clarity (below cloud)	Glimpses of sun only - mainly lower slopes well inland. Persistent haze at best; appalling visibility in precipitation.	Extensively dull and murky. Pockets of sun here and there north toward Glen Spean, and lochs Treig and Ossian, where visibility good or sometimes excellent.
How Cold? (at 900m) Freezing Level	-2C, rising toward 0C. Will feel as cold as minus 18C due to wind chill. 600m, rising toward 900m.	5C - small risk dropping to 2C from west. Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 16 March, 2026**

An abrupt transition will take place on Tuesday and Wednesday. Areas of low cloud, drizzly rain and strong winds will continue to affect mainly western mountains until Wednesday. But then as pressure builds north of Britain it will become 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 12:29 on Saturday, 14 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.