

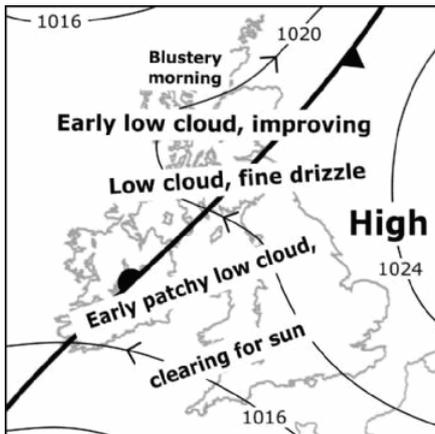
West Highlands

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 Wednesday, 18 March, 2026



British Mountain Summary:

Based on forecast chart for noon 18 March, 2026

Patchy low cloud across many hills early, lifting and fading, particularly away from west coasts; sun breaking out. A weak front lingers over south Scotland, maintaining low cloud and some light spotty drizzle. Light wind, though a blustery morning in the north Scottish highlands; breezy in south Wales too.

Headline for West Highlands

Some early low cloud, mostly clearing; a mild feel with time

Detailed Forecast for Wednesday, 18 March, 2026

How windy? (On the Munros)	West-southwesterly 15-25mph, stronger gusts in exposure; easing and shifting generally westerly, though some variability; 15mph north, less than 10mph south.
Effect of wind on you?	Inconvenient gusts and a chilly feeling to start the day, particularly in the north, gradually easing to mostly small effects.
How wet? (Precipitation and its impact)	Likely entirely dry Small risk of a few light spots of rain affecting coastal hills from Mull northward; falling as snow flurries above 800-900m. Later, a small risk of patchy rain from Islay to Loch Lomond.
Cloud on the hills?	Variable early, lifting to mostly high terrain and well-broken From dawn, banks of cloud at variable heights, including lower slopes; high summits likely above cloud layers. Cloud will lift at sunrise, largely above 1000-1000m, though at times lower near the coast; clear periods likely too. Late in the day, a risk of a sheet of cloud approaching Arran/Loch Lomond.
Chance of cloud free Munros?	Rising to 70%
Sunshine? Air clarity (below cloud)	Best sunshine well-inland, more of a patchwork near the coast, though high cloud weakening the sun. Very good visibility.
How Cold? (at 900m)	1C from dawn, lifting to 3C Lochaber, up to 4C most other areas. Arran and Munros around Loch Lomond up to 5C. Feeling like -8C where exposed to wind in the early morning.
Freezing Level	1000m from dawn, lifting to 1200m, off the summits south of Mull.

West Highlands - Looking Ahead

	Thursday 19 March	Friday 20 March
How windy? (On the Munros)	Variable 10mph or less.	Southerly 10 to 20mph, locally gusty around some western areas, mainly toward Mull.
Effect of wind on you?	Negligible.	Mostly small.
How wet? (Precipitation and its impact)	Precipitation unlikely Small chance of some light rain around Loch Lomond at and before dawn, though soon clear, and perhaps none at all.	Precipitation not expected
Cloud on the hills?	Scattered banks on high terrain in the south Some fog in sheltered glens at dawn, some banks upslope towards the north but below 700m. After sunrise, fog lifts and mostly dissipates, though banks come and go from Islay eastwards towards Loch Lomond and Bridge of Orchy, mostly 900m and above.	Mostly southern hills for a time Patchy fog in glens at first, lifting into patchy cloud on some slopes, may drift over hills Loch Lomond NP for a few hours before then largely dispersing afternoon.
Chance of cloud free Munros?	Rising to 70%	80%
Sunshine? Air clarity (below cloud)	Mostly sunny though some high cloud around. Excellent visibility.	Sunshine fairly widely, though southern areas may be cloudier for a time. Visibility very good, some haze lower down, particularly toward south.
How Cold? (at 900m)	3 to 5C, mildest south, most hills rising to at least 5C, perhaps to 7C near Clyde sea lochs.	Around 6C, some cooler spots at first, then some slightly warmer spots by afternoon.
Freezing Level	Likely above the summits, though may just touch high tops towards the north in the morning (including Ben Nevis).	Above the summits, but slight frost inland glens and some sheltered higher areas at dawn.

Planning Outlook**All mountain areas of Britain from Thursday, 19 March, 2026**

Fairly widely settled conditions across the country later this week. Some cloud and spotty light rain lingers in north England/south Scotland for a few days, elsewhere becoming mostly sunny; valley fog in many lowland areas early, lifting and dissipating after sunrise for clear hills. Generally milder temperatures and light wind but the occasional stronger gust. The weekend is anticipated to be settled as well, with a mix of cloud and sun, early low cloud lifting and clearing many mountains, only occasional spots of rain in the far northwest of Scotland. A spell of more unsettled weather expected next week, with stronger wind, precipitation, and colder temperatures.

Forecast issued at 15:05 on Tuesday, 17 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.