

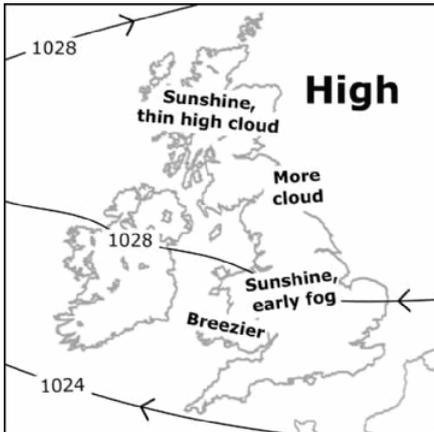
# West Highlands

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, 19 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 19 March, 2026**

Dry overall, clear hills and sunny, thin high cloud for Scotland. A zone of cloudier skies and some varied fog from the Borders to northeast Pennines. Warmer further southwards, sunny but hazy views, some early valley fog in Wales & Peak District. Light winds for most places, breezier in south Wales.

### Headline for West Highlands

Dry, sunshine, local early fog, cloud patches. Light winds.

## Detailed Forecast for Thursday, 19 March, 2026

|   |  |
|---|--|
| <p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p> | <p>Variable 10mph or less morning and middle of day. During afternoon becoming mainly south to southwesterly, increasing a little up to dusk 10-15mph.</p> <p><b>Negligible.</b></p>   |
| <p><b>How wet?</b><br/>(Precipitation and its impact)</p>                     | <p><b>No precipitation expected during day</b></p> <p>Small chance an odd spot from high cloud near Loch Lomond around dawn, otherwise dry.</p>  |
| <p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>  | <p><b>Mostly little; scattered banks on high terrain in the south</b></p> <p>Patchy fog in sheltered glens at dawn, some cloud fragments may drift upslope early morning, but fog lifts and mostly dissipates. In afternoon, local patches may drift over tops from Loch Lomond to Bridge of Orchy, but many hills clear.</p> <p><b>80% south, to above 90% north/west</b></p> |
| <p><b>Sunshine?</b><br/>Air clarity (below cloud)</p>                         | <p>Mostly sunny though some high cloud around. A little patchy cloud south. Excellent visibility.</p>  |
| <p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>                | <p>3 to 5C, mildest south, most hills rising to at least 5C, locally to 7C near Clyde sea lochs.</p> <p>Pockets of frost some glens and sheltered higher areas from dawn, particularly Lochaber, otherwise above freezing to the tops.</p>   |

## West Highlands - Looking Ahead

|  | Friday 20 March   | Saturday 21 March  |
|--|---|--|
| <b>How windy? (On the Munros)</b><br><b>Effect of wind on you?</b> | South to southwesterly 15 to 25mph, locally gusty around some western areas, mainly near and west of Loch Linnhe.<br><b>Fairly small, but locally feeling more noticeable in exposure Ben Nevis to Mull.</b>  | Southwesterly 10 to 20mph, may vary a little during day, at times gustier, particularly Ben Nevis group.<br><b>Fairly small, locally may feel more noticeably gusty higher areas in Lochaber.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact)                  | <b>Precipitation not expected</b>   | <b>Local light rain</b><br>Mostly west of Loch Linnhe, occasional light rain or drizzle.<br>Largely dry further south and well inland.   |
| <b>Cloud on the hills?</b>   | <b>Mostly southern and west coast hills</b><br><br>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. Some cloud banks also coastal hills. | <b>Fairly extensive, varied fog south</b><br><br>Covering many mountains above 700 to 900m in Lochaber to Mull and Glen Etive areas, lowest near coast. Further south more varied with fog lower down in morning, patchy cloud drifting over tops. |
| <b>Chance of cloud free Munros?</b>                                | <b>70%</b>  | <b>30%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)                      | Sunshine fairly widely, though southern and coastal areas cloudier for a time. Visibility very good, some haze lower down, particularly toward south.   | Sun mostly weak through high cloud, becoming cloudier in northwest for a time, some haze.  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>            | Around 5C, some cooler spots at first, then some slightly warmer spots by afternoon.<br><br>Above the summits, but slight frost inland glens and some sheltered higher areas at dawn.   | 2 to 4C, may rise slightly higher inland.<br><br>Above the summits, but may be close to freezing on Ben Nevis top for a time. Patchy frost some inland glens at first.   |

## Planning Outlook

### All mountain areas of Britain from Friday, 20 March, 2026

High pressure stays nearby toward the weekend, although retreats to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south may rebuild to settle things again.

### Forecast issued at 16:15 on Wednesday, 18 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.