

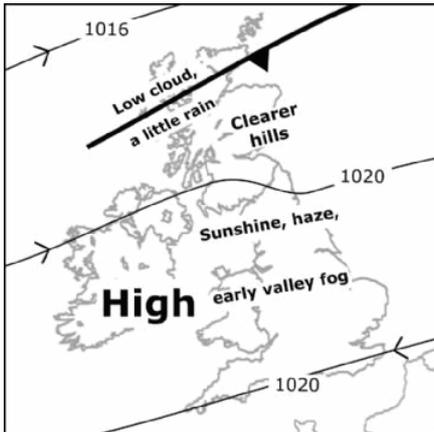
# West Highlands

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 Saturday, 21 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 21 March, 2026**

Cloud covering some western Scottish mountains much of day, a little rain or drizzle mostly Lochaber to Skye. Clearer hills east and southwards in the Highlands, and some breaks form in far northwest. Gusty winds toward north/west. Sunshine, haze and early low-level fog England & Wales, light winds.

### Headline for West Highlands

Wind fairly light during day. A little rain locally, varied cloud.

## Detailed Forecast for Saturday, 21 March, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 10 to 20mph, at times gustier, particularly Ben Nevis group. Increasing evening into night to 35-45mph, over 50mph for a time overnight Ben Nevis group.
<b>Effect of wind on you?</b>	<b>Fairly small during day, locally may feel more noticeably gusty higher areas in Lochaber.</b> <b>Deteriorating into night.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Local light rain, mostly west Lochaber</b> Mostly west of Loch Linnhe, occasional light rain or drizzle, a little at times into the western Ben Nevis group. Largely dry further south and well inland.
<b>Cloud on the hills?</b>	<b>Fairly extensive Lochaber, varied fog lifting in south</b> 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, then clearer afternoon.
<b>Chance of cloud free Munros?</b>	<b>20% north/west; 40% rising to 70% south.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Sun mostly weak through high cloud, cloudier in Lochaber, particularly west where misty over hills. Visibility better in south, some haze.
<b>How Cold? (at 900m)</b>	3 or 4C, slightly higher inland.
<b>Freezing Level</b>	Above the summits. Patchy frost some southern inland glens at first.

## West Highlands - Looking Ahead

	Sunday 22 March	Monday 23 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwest becoming mostly westerly, 25 to 35mph, stronger gusts for a time around rain, then squally in showers later. <b>Blustery, affecting comfortable walking and balance at times on exposed high terrain. Considerable wind chill.</b>	Southwesterly, strengthening during day, from 25-30mph early morning, to 50-60mph, later 70mph Ben Nevis area. <b>Deteriorating significantly as gales arrive, making walking increasingly difficult, risk becoming severe, especially Lochaber.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain for a time, then snow flurries</b> A brief band of rain moving southwards over an hour or so in morning, steady rain mixed with showery moments, turning to snow flurries above 900m. Into afternoon, local showers with snow flurries to 600m, mostly in Lochaber.	<b>Rain developing</b> Likely dry morning, then during afternoon patchy rain arriving from west, briefly snow may fall on high tops, then rain becoming more persistent, heavier into evening.
<b>Cloud on the hills?</b>	<b>Fairly extensive, then breaking</b>  Covering hills for a few hours at least, lowest around rain in morning, bases 600 to 800m. Then likely to lift and break from north, mostly above 900m, clearing toward higher tops for periods, varied patches.	<b>Very little, then lowering over hills</b>  Some patches starting to form over higher slopes in the afternoon, then quickly filling in and lowering as rain develops.
<b>Chance of cloud free Munros?</b>	<b>20% rising to 70% afternoon</b>	<b>90%, dropping to 20% later in day.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy for a few hours, then brighter skies and sunshine breaking through from the northwest. Visibility poor for a time, later very good.	Weak sun through high cloud, thickening to become overcast. Visibility very good, then poor later in rain.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	+2 or 3C in morning, dropping during day from north to -1C. Feeling like -8 to -12C directly in wind. Above the summits at first, but lowering during morning, to 1000m before noon in Lochaber, 700-800m widely later in day.	-2C rising to +2C by late afternoon. As wind increases, chill factor feeling like -12 to -15C in exposure. 700m plus frost inland glens around dawn. Tending to rise, by late afternoon likely lifting just above freezing to highest tops.

## Planning Outlook

### All mountain areas of Britain from Sunday, 22 March, 2026

A changeable mix during the week ahead, but feeling wintry with snow and hail showers widely into midweek. Fine conditions on Monday, but southwesterly winds increasing, later severe gales on Scottish mountains. A spell of rain by late Monday into the night with a brief rise of temperature, but the freezing level drops from the northwest again into Tuesday, falling sub-zero across all hills of Britain above 600-700m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow may continue to bring more changeable conditions to west and northwest Scotland.

### Forecast issued at 15:46 on Friday, 20 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.