

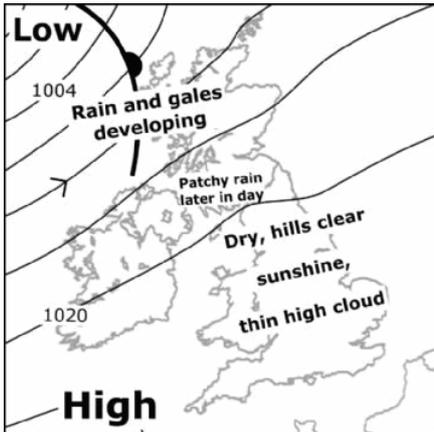
# West Highlands

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 Monday, 23 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 23 March, 2026**

Wind speed increasing significantly across Scotland, becoming severe-gale force over mountains into afternoon. Rain and briefly some snow on tops moving in from the west. England and Wales dry, with sun through a veil of high cloud, also increasingly windy - upland gales evening into night.

### Headline for West Highlands

Gales develop, later severe tops. Rain, lowering cloud moves in.

## Detailed Forecast for Monday, 23 March, 2026

<b>How windy? (On the Munros)</b>	Southwesterly, strengthening during day, from 20-30mph early morning, lowest speeds in south, rising to 50-60mph, and during afternoon reaching 70mph Ben Nevis area, later gusts over 80mph.
<b>Effect of wind on you?</b>	<b>Moderate conditions for a few hours from dawn, but deteriorating significantly as gales arrive, making walking increasingly difficult, later becoming severe, especially Lochaber. Powerful gusts develop downslope north of high tops.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain developing, becoming persistent afternoon</b> Dry most or all of the morning, then patchy rain arriving from west, briefly snow falling on high tops. Rain becoming persistent increasingly widely afternoon, heavier with time, soonest west of Loch Linnhe.
<b>Cloud on the hills?</b>	<b>Very little, then lowering over hills</b> Local patches in morning, but starting to form over higher slopes in the afternoon, then quickly filling in above 800m and lowering as rain develops, to 600m or in places lower on windward southwest coastal slopes.
<b>Chance of cloud free Munros?</b>	<b>90%, dropping to 20% later in day.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Weak sun through high cloud, thickening to become overcast. Visibility very good, then poor later in rain.
<b>How Cold? (at 900m)</b>	-2C rising to +2C by late afternoon. As wind increases, chill factor feeling like -12 to -15C in exposure.
<b>Freezing Level</b>	700m plus frost inland glens around dawn. Tending to rise, by late afternoon lifting just above freezing to highest tops. Starting to drop again overnight toward 1000m.

## West Highlands - Looking Ahead

	<b>Tuesday 24 March</b>	<b>Wednesday 25 March</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	West to southwesterly 45 to 60mph, up to 70mph Ben Nevis in morning, but powerful squally gusts all day.  <b>Difficult conditions across the mountains, any mobility very challenging on higher terrain in exposure. Severe wind chill.</b>	Northwesterly 35 to 50mph, varying speeds with squally gusts around showers.  <b>Challenging walking conditions, frequent buffeting, often arduous over higher exposed terrain. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Heavy snow and hail showers</b> Showery, increasingly heavy and frequent, clustering into more constant precipitation in western areas, falling as snow toward lowering elevations, also hail, risk isolated thunder & lightning.	<b>Frequent hail and snow</b> Showery snow and hail falling to lower slopes, frequent to at times near-constant over coastal areas, but extending inland across all the region. Risk of isolated thunder & lightning.
<b>Cloud on the hills?</b>	<b>Varied, but fairly extensive tops</b>  Shrouding higher mountains frequently, cloud base changing rapidly around showers, often capping hills above 700-900m.	<b>Varying over tops</b>  Cloud base constantly changing, will come and go all day above 900m, frequently capping high tops toward coasts, patches at times to 600m. Briefly clearing tops.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief glimpses of sun develop inland. Visibility very poor at times, appalling in snow and cloud; intermittently good.	Bursts of bright sun, mostly morning east from Loch Lomond. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	+1C at first, lowering to -2C afternoon. Feeling like -15 to -18C in the wind.  Dropping from northwest to 1000m early in day, 700-800m by noon, 500-600m later.	-3C, slight rise into afternoon. Wind chill feeling like -17 to -20C on tops.  400m from dawn, lifting to 600-700m, slightly higher away from showers.

**Planning Outlook****All mountain areas of Britain from Tuesday, 24 March, 2026**

Cold, wintry conditions across all mountains into midweek - significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling to increasingly lower elevations in the Highlands on Tuesday, whilst a band of heavy rain moves slowly southward over England & Wales. Hail and snow showers extend southwards into Wednesday, by then below freezing on all tops above 600-700m. Fewer showers by Thursday for many, though further snow then rain moves into western Scotland. Temperature and freezing level then varying as changeable westerlies prevail for Scotland through the weekend into early next week with periods of upland gales widely, accompanied by spells of rain, hill snow and hail showers; some windows of drier weather more often affect England & Wales.

**Forecast issued at 16:07 on Sunday, 22 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.