

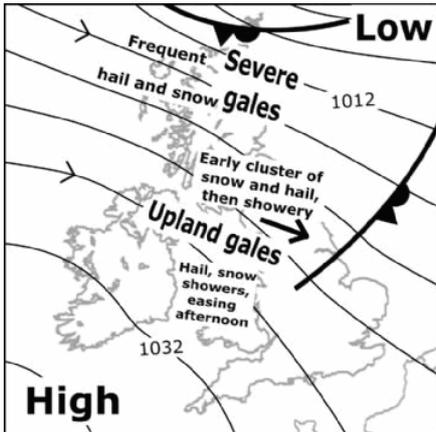
West Highlands

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 Saturday, 28 March, 2026



British Mountain Summary:

Based on forecast chart for noon 28 March, 2026

Feeling bitterly cold in gale-force west-northwesterly winds widely, severe gales on higher Scottish mountains. Extensive showers with hail, snow, chance of isolated thunder, locally grouping into more constant precipitation NW Highlands, also N England in morning; intensity of showers easing during afternoon.

Headline for West Highlands

Gales, severe on high tops. Hail, snow showers, frequent morning.

Detailed Forecast for Saturday, 28 March, 2026

How windy? (On the Munros)	Westerly 50 to 60mph, strongest on Ben Nevis group in morning, sudden squalls toward 70mph on higher terrain. Lessening during afternoon, to 30-40mph up to dusk. Gales strengthen again into night.
Effect of wind on you?	Challenging mobility on higher mountains, powerful gusts could knock you over; improving only gradually during afternoon. Significant-to-severe wind chill.
How wet? (Precipitation and its impact)	Hail and snow, fewer showers later Showery morning, frequent precipitation coastal areas, particularly west Lochaber, hail and snow falling to some lower elevations; chance isolated lightning. With time becoming fewer and less heavy showers and mostly rain below 700m.
Cloud on the hills?	Lifting and breaking higher during day Often covering higher slopes above 600-800m in the morning, lowest and most persistent toward coast. Base tending to rise, breaks to higher slopes for periods into afternoon.
Chance of cloud free Munros?	20% rising to 40%
Sunshine? Air clarity (below cloud)	Sun breaking through more often as the day progresses. Visibility very poor in showers, then more often becoming very good.
How Cold? (at 900m)	-2C rising to 0C. Wind chill feeling like -15 to -20C.
Freezing Level	600m in morning, rising to 900m afternoon.

West Highlands - Looking Ahead

	Sunday 29 March	Monday 30 March
How windy? (On the Munros) Effect of wind on you?	Southwest at first, soon westerly, 70-80mph dawn-early morning, then near 50mph all day, sudden squally gusts. Severe conditions at first, remaining difficult over the mountains all day, mobility often challenging. Severe wind chill.	West to northwesterly, 40 to 50mph, nearer 60mph with stronger gusts possible higher Ben Nevis range in the morning. Challenging conditions, difficult walking in exposure especially morning, gusts could knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Heavy rain, snow, then showery hail A swathe of heavy rain from before dawn, a more intense band moving through early morning, abruptly turning to snow to mid-elevations. Then showery hail, and snow falling increasingly toward 500m.	Snow showers mostly morning Showery snow, possible soft hail at first, frequent for a time in Lochaber. Tending to ease to lighter and more scattered showers afternoon, by then mostly rain below 600-700m.
Cloud on the hills?	Extensive, then varied over tops Shrouding hills widely in rain above 600-800m, lower for a time near coast, then rising and more variable, breaks to 900-1000m, but patches lowering in showers.	Often covering higher tops Likely to cover higher terrain widely in morning, bases 600-900m, lowest near coast, tending to rise. Some higher breaks forming above 1000m inland with time. Will then lower from southwest evening-night.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Brief bursts of sun develop. Visibility changing quickly, very poor in rain, appalling at least temporarily in snow, intermittently very good.	Occasional sun, most common south. Visibility good out of showers, but some haze in west, briefly poor in snow.
How Cold? (at 900m) Freezing Level	+1 or 2C for a time, dropping to -1C into middle of day. Wind chill feeling like -15C, nearer -20C on highest terrain. Briefly may rise just above freezing to upper slopes early morning, but soon lowering again, to 700-800m afternoon.	-2C rising to +1C afternoon, then higher after dark. Wind chill feeling like -15 to -18C. 700m from dawn, rising to 1000m afternoon, then lifting above the summits into night.

Planning Outlook

All mountain areas of Britain from Sunday, 29 March, 2026

Changeable westerlies prevail onward into early next week, continuing gales over most high terrain. Milder air lifts above freezing to all tops into Tuesday with low cloud, drizzle and rain, most persistent west-northwest Scotland. Likely colder again in Scotland by Wednesday with some further hill snow likely. Some windows of better weather mid-late in the week as higher pressure is nearby - temperatures vary above and just below freezing on Highland tops, more often above freezing England and Wales tops. Some chilly air possible during early April, but drier conditions likely developing with time with more spring sunshine.

Forecast issued at 16:21 on Friday, 27 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.