

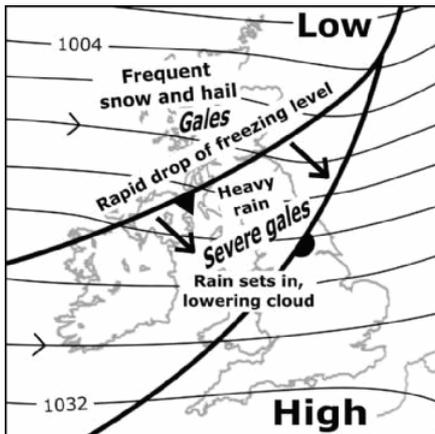
West Highlands

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 Sunday, 29 March, 2026



British Mountain Summary:

Based on forecast chart for noon 29 March, 2026

Widely difficult conditions - extensive gales across the hills, often severe on higher terrain; a few hours of storm-force winds moving southward accompanied by a swathe of heavy rain, some snow on high tops. Colder air follows across Scotland, with frequent showery hail and snow, periods of whiteout on mountains.

Headline for West Highlands

Gales, severe tops; early rain/snow, then squally hail & snow.

Detailed Forecast for Sunday, 29 March, 2026

How windy? (On the Munros)	Southwesterly at first, soon westerly, 70-80mph dawn-early morning, stronger gusts at first on high tops. Then near 50mph all day, often 60mph higher summits; sudden squally gusts toward 70mph.
Effect of wind on you?	Severe conditions at first, remaining difficult over the mountains all day, mobility often challenging, powerful gusts could knock you off your feet. Severe wind chill.
How wet? (Precipitation and its impact)	Heavy rain, snow, then showery hail A swathe of heavy rain from before dawn, snow on high tops, torrential bursts of rain moving through early morning. Then showery hail, and abruptly snow falling to mid-elevations, increasingly toward 500m afternoon. Chance of isolated thunder & lightning.
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.
Chance of cloud free Munros?	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.
How Cold? (at 900m)	+1 or 2C for a time, dropping to -1 or -2C by afternoon, (-5C on Ben Nevis summit). Wind chill feeling like -15C, nearer -20C on highest terrain.
Freezing Level	Briefly rising just above freezing to upper slopes early morning, but soon lowering again, to 700-800m afternoon, 600m in Lochaber later in day.

West Highlands - Looking Ahead

	Monday 30 March	Tuesday 31 March
How windy? (On the Munros) Effect of wind on you?	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.	West to southwesterly, 25 to 35mph, very gusty in places around exposed high tops and ridges. Blustery over high terrain, affecting comfortable walking and balance on some exposed ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	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. Rain and drizzle into night.	Drizzly rain Drizzly much of the day, most persistent westwards, some steadier light rain at times. Combined with some snow melt, rock surfaces will be very slippery. Smaller amounts of occasional drizzle well inland.
Cloud on the hills?	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.	Extensive, lowest toward coast Blanket low cloud across the mountains, from lower elevations upward near to coast and islands in the morning. Tending to rise a little during day, but likely to shroud hills all day above 600-800m, highest inland.
Chance of cloud free Munros?	30% rising to 60% well inland	Below 10%
Sunshine? Air clarity (below cloud)	Occasional sun, most common south. Visibility good out of showers, but some haze in west, briefly poor in snow.	Cloudy and misty, some brighter moments may emerge mainly well inland, where visibility good if below cloud, but generally poor over the hills.
How Cold? (at 900m) Freezing Level	-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.	3 to 5C. Feeling like -5 to -8C directly in the wind. Close to freezing only on higher Ben Nevis plateau, but generally above the tops.

Planning Outlook**All mountain areas of Britain from Monday, 30 March, 2026**

Milder air across all areas by Tuesday, with drizzly rain and low cloud particularly in the west. A drop of temperature returns to Scotland at least during Wednesday, with a belt of rain expected to move slowly southwards, followed by showers turning to snow again on higher areas, possible hail. Uncertain southward extent of rain and colder air beyond midweek - lower confidence in forecast detail toward Easter - high pressure toward the east and south brings some drier weather, but Atlantic weather systems may continue to move near to the northwest of Britain bringing further spells of strong wind and rain, plus fluctuating temperatures in Scotland, whilst further south likely stays milder.

Forecast issued at 16:00 on Saturday, 28 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.