

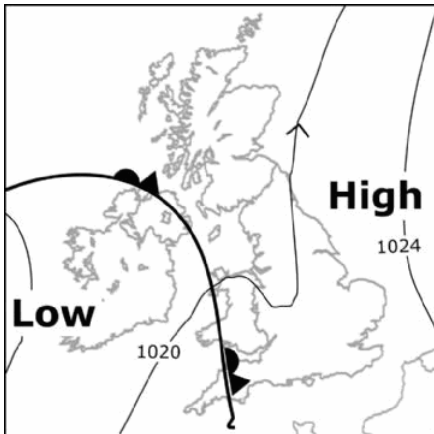
# West Highlands

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 Friday, 1 May, 2026



**British Mountain Summary:  
Based on forecast chart for noon 1 May, 2026**

As pressure falls slowly, so extensive high level cloud and bursts of rain (perhaps thundery in places later in day) will spread east - although the precise locations of the showery rain remains uncertain. Patches of low cloud, mainly near Irish Sea coasts will accompany the rain.

**Headline for West Highlands**

A few bursts of rain; fairly light wind.

## Detailed Forecast for Friday, 1 May, 2026

<b>How windy? (On the Munros)</b>	Southerly, 15mph or on coastal hills 20-25mph.
<b>Effect of wind on you?</b>	Fairly small
<b>How wet? (Precipitation and its impact)</b>	<b>Risk a burst of rain; small chance lightning</b> Some, perhaps most areas dry all day, but scattered bursts of rain will spread east during morning. Very low risk isolated thunder.
<b>Cloud on the hills?</b>	<b>Little if any until evening - may then form particularly on the islands</b> The mountains substantially clear of cloud, but in evening, patches will form at various heights, mainly Mull to Arran, but possibly also Loch Lomond NP.
<b>Chance of cloud free Munros?</b>	<b>80%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Extensively cloudy but bright as weak sun intermittently comes through high cloud layers. Visibility very good, slight haze develops.
<b>How Cold? (at 900m)</b>	8C coastal hills. Elsewhere rising to a very warm 13C by afternoon.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	Saturday 2 May	Sunday 3 May
<b>How windy? (On the Munros)</b>	(Low confidence in this forecast) Direction varied; widely 10mph or less.	Direction varied widely 10mph or less. May be or become north to northeasterly up to 25mph Arran & S Loch Lomond NP.
<b>Effect of wind on you?</b>	<b>Negligible</b>	<b>Mostly negligible.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain becoming more widespread</b> After overnight rain, the morning probably largely dry. Increasingly bursts of rain, in places setting in and there may also be heavy thundery bursts.	<b>Little or no rain</b> Risk of the odd light shower. Low risk of a broad band of rain approaching Scotland from the south affecting Arran and southern Loch Lomond NP - highest risk afternoon.
<b>Cloud on the hills?</b>	<b>Probably very extensive.</b>  Particularly toward the coast, cloud may for periods form below 300m. Even well inland in rain, fragments may form upward from forest canopies, although most cloud above 600m, and perhaps clearing to higher tops at times.	<b>May persist higher tops</b>  Cloud may be extensive on higher slopes morning, but by midday should be above about 1000m, possibly 1200m. In rain later cloud likely to descend onto higher slopes.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sunshine. The air very clear, but visibility poor in rain.	Little or no sunshine. Excellent or superb visibility - though turning misty in rain.
<b>How Cold? (at 900m)</b>	Between 5C near the coast and 8C, perhaps 10C well inland.	3C, rising to 5 to possibly 7C inland Lochaber.
<b>Freezing Level</b>	Above the summits.	Just above highest summits. Frost some valleys at first.

**Planning Outlook****All mountain areas of Britain from Saturday, 2 May, 2026**

Less settled from the weekend onwards. Rain will be more frequent although apart from on Saturday night and Sunday (when a band of rain will move north about as far as central Scotland - the detail presently very uncertain) total rainfall will remain fairly small.

Temperature levels will drop markedly, particularly on the Scottish Highlands, where overnight and mornings higher slopes will be below freezing point on Scottish Highlands - with hail and snow flurries. Overnight frosts may extend as far south as Wales again.

**Forecast issued at 7:25 on Friday, 1 May, 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.