

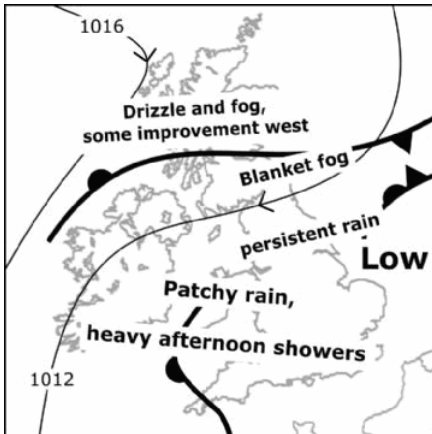
# West Highlands

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, 3 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 3 May, 2026**

Fog and patchy drizzle in Scotland, cloud most persistent east highlands. Rain over southeast Scotland and English mountains most or all day, extensive low fog over the Pennines; becoming wet underfoot with fast-flowing streams. Patchy rain and fog in Wales too, a risk of heavy afternoon showers.

### Headline for West Highlands

Extensive hill fog, drizzle on high terrain; some improvement

## Detailed Forecast for Sunday, 3 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Variable 10mph and often less most of the day. Early, easterly direction, 10-20mph south of Glen Coe, strongest near the Central Belt. Later, orienting generally northerly, speeds to 15mph along the coast.</p> <p><b>Mostly negligible. A nuisance breeze on high terrain in the south for a few early hours.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Some spotty drizzle</b></p> <p>Some drizzle in cloud on the high summits, a few scattered light showers; most Munros substantially dry, but a damp feel. At dawn, perhaps more drizzly near Loch Lomond and Arran.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Extensive for several hours, lifting to higher terrain</b></p> <p>Extensive from at least the middle slopes upward, to the lower slopes of the central highlands, or glen level near the Central Belt. A slow lifting trend, bases approaching 1000-1100m, staying near 700-800m Loch Lomond to Glen Coe. A few higher breaks possible late in the day.</p> <p><b>20%, only later rising to 40%</b></p>
<p><b>Sunshine?</b></p> <p>Air clarity (below cloud)</p>	<p>Overcast with poor visibility will into morning due to fog. Visibility improving to excellent where fog lifts, some glimpses of sun breaking out late in the day.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>3 or 4C, mildest near the coast, rising to 5C or a degree warmer well-inland.</p> <p>Above the summits.</p>

## West Highlands - Looking Ahead

	Monday 4 May	Tuesday 5 May
<b>How windy? (On the Munros)</b>	West-northwesterly 10-20mph	Northwesterly 5-15mph, lightest wind well-inland where more variable.
<b>Effect of wind on you?</b>	<b>Fairly small</b>	<b>Small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional rain</b> Frequently dry although a rising risk of showers pushing into Lochaber, remaining well-scattered for most. Likely staying dry near Loch Lomond.	<b>Few snow showers</b> A few snow showers will drift from the north, though many hills remains substantially dry. Falling as rain below 500-600m with time, highest level in the south.
<b>Cloud on the hills?</b>	<b>Increasingly over high terrain, lowest northwest</b> Patchy cloud on high summits in the morning, soon more extensive across high Lochaber terrain, lowering and spreading towards the south and east with time. Bases variable, 700-1000m, lowest near the coast, where may reach middle slopes in later showers.	<b>Lifting to mostly just high summits</b> A blanket of fog well-inland from Ben Nevis south in the morning, to at least middle slopes. Patchier north and towards the coast. Fog lifts and breaks through morning, mostly just high summits by afternoon, breaks too, but variably lower in showers.
<b>Chance of cloud free Munros?</b>	<b>60% lowering to 30%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A mostly sunny morning gives way to a patchwork of cloud and sun. Excellent visibility.	Bursts of sunshine. Largely excellent visibility.
<b>How Cold? (at 900m)</b>	2C within a few miles of the coast. Inland, rising by mid afternoon to 3 6C, mildest central highlands.	-2C rising to 0C. Southern islands always at least a degree milder.
<b>Freezing Level</b>	Mostly above 1200m, though may be locally lower in Lochaber around dawn.	400-500m Creag Meagaidh, patchy frosts in glens. 600-700m for most, lifting to 900m (southern hills nearer 900m early).

**Planning Outlook****All mountain areas of Britain from Monday, 4 May, 2026**

Chilly temperatures on the mountains most or all week, particularly across the Scottish Highlands where fresh snow in some areas and freezing level sometimes below 750m; some overnight frosts developing in the glens and corries, though always thawing soon after sunrise. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards or above many summits; a mix of high cloud and sun for most.

Detail uncertain into next weekend, but lowering pressure brings an increased risk of wind and rain.

**Forecast issued at 16:19 on Saturday, 2 May, 2026**

The Production of the Scottish forecasts is fully funded by 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.