

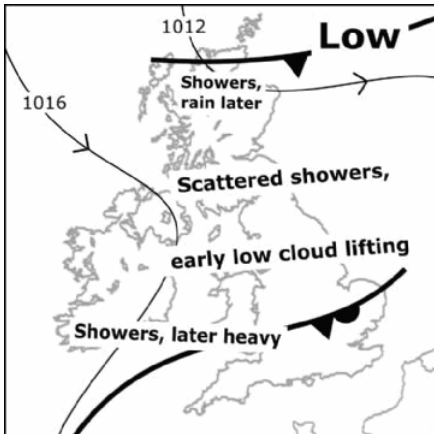
West Highlands

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, 4 May, 2026



British Mountain Summary:

Based on forecast chart for noon 4 May, 2026

Showers soon drifting into northwest Scotland, cloud spreading onto western high terrain, and rain later more widespread across northern Scotland. Scattered showers in southern Scotland and afternoon in England, early low cloud but many summits clearing. Some showers in Wales, mostly south with heavy bursts afternoon.

Headline for West Highlands

Many clear summits early; afternoon showers Lochaber

Detailed Forecast for Monday, 4 May, 2026

How windy? (On the Munros)	Northwesterly 15mph, to 20mph highest tops.
Effect of wind on you?	Fairly small, but nuisance breezes on highest tops.
How wet? (Precipitation and its impact)	Scattered showers Lochaber, elsewhere substantially dry Well-scattered showers drift into Lochaber in the morning, a few rare showers further south within a few miles of the coast too. Showers become more frequent in Lochaber later in the day. Likely staying dry near Loch Lomond, small risk of an odd drizzly shower here late in the day.
Cloud on the hills?	Increasingly over high terrain, lowest northwest Patchy cloud on high summits in Lochaber and nearby in the morning; mostly clear south of Ben Nevis. Cloud caps begin spreading more widely, bases lowering, particularly afternoon; variable between 700-1000m, lowest near the coast, to middle slopes in later showers. Breaks to well-inland tops into the afternoon.
Chance of cloud free Munros?	70% lowering to 30%
Sunshine? Air clarity (below cloud)	A mostly sunny morning gives way to a patchwork of cloud and sun, more often cloudy Lochaber later in the day. Excellent visibility.
How Cold? (at 900m)	0 to +2C at dawn, mildest towards Loch Lomond and Arran. Rising to 3 or 4C, mildest well-inland.
Freezing Level	1100-1200m most of the day, lowest in Lochaber where may be closer to 900m in the morning with patchy frosts in glens.

West Highlands - Looking Ahead

	Tuesday 5 May	Wednesday 6 May
How windy? (On the Munros) Effect of wind on you?	Northerly 10-15mph, risk stronger wind for a time high northern tops and coastal Lochaber, to 30mph high summits. Small most of the day, though a risk of a period of stronger wind over summits which will affect stability.	Variable becoming south or southeasterly, 10 to 20mph, may become gustier 25mph in places during day. Fairly small, but feeling noticeably chillier if exposed to wind on higher tops.
How wet? (Precipitation and its impact)	Few snow showers 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 south, more showers here later too.	Scattered showers, of snow on tops Local showers mostly near coast at first, then inland by afternoon, snow flurries above 800-900m, possible soft hail; risk of a local cluster in Lochaber over an hour or so, but some locations staying fully dry.
Cloud on the hills? Chance of cloud free Munros?	Banks on high inland terrain Scattered fog banks to middle slopes in the morning, most extensive well-inland. Fog lifts and breaks through morning, mostly just high inland terrain by afternoon. A few summits breaks, variably lower in showers, and returning to coastal summits with time too. 60%	Mostly little, lifting above tops Some patchy cloud forming on mid to upper slopes in the morning, but rising to higher tops then most cloud above the hills by midday onward. Odd ragged patches may return around showers. 80%
Sunshine? Air clarity (below cloud)	Bursts of sunshine, more extensive along the coast for a few hours. Largely excellent visibility.	Patchwork of sun, thin high cloud; tending to cloud over especially inland afternoon. Visibility excellent.
How Cold? (at 900m) Freezing Level	-2C rising to 0C. Southern islands always at least a degree milder. 500m Creag Meagaidh, patchy frosts in glens. 600-700m for most, lifting to 1000m (nearer 900m south early).	-1C at first, rising to +3C afternoon. 700-800m from dawn, plus patchy frost inland glens if skies are clear. Rising to 1300m or just above during afternoon.

Planning Outlook**All mountain areas of Britain from Tuesday, 5 May, 2026**

Chilly most or all week, particularly across the Scottish Highlands where fresh snow in some areas and morning freezing level sometimes below 700m; patchy frosts developing in the glens and corries, though always thawing soon after sunrise. Wednesday is likely the chilliest day. 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 high terrain, often above summits though regions for best breaks are uncertain; often cloud with just glimpses of sun for most. Next weekend is indicated to be wet in Wales and England; detail remains uncertain in Scotland.

Forecast issued at 16:26 on Sunday, 3 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.