

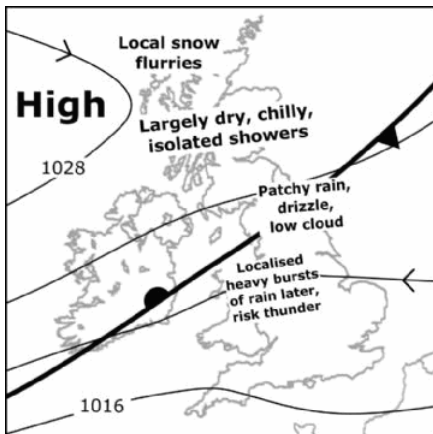
West Highlands

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 Saturday, 9 May, 2026



British Mountain Summary:

Based on forecast chart for noon 9 May, 2026

Chilly but largely dry with light winds for Highlands, broken cloud lifting above most tops, isolated showers / flurries. Greater chance of heavier showers south-central Highlands later. Grey and damp for the Pennines, fresh NE'ly winds. Localised heavy downpours near Peak District & mid-Wales later afternoon.

Headline for West Highlands

Around freezing all day high tops. Risk showers later south.

Detailed Forecast for Saturday, 9 May, 2026

How windy? (On the Munros)	Northerly 15 to 20mph, often less well inland and toward Loch Lomond. Local gusty 20-25mph on the islands Mull to Jura, later more widely on coastal tops.
Effect of wind on you?	Mostly small, but feeling breezier over coastal mountains, particularly on the islands, rather chilly.
How wet? (Precipitation and its impact)	Rare showers, mainly south late in day One or two brief light showers, mostly well inland by afternoon. Falling as a brief flurry of snow on the Munros. Late in day, risk of local heavier showers forming mainly around and east of Loch Lomond.
Cloud on the hills?	Lifting, clearing most summits Occasional patches of cloud on upper slopes in the morning, patches may come and go for a few hours in Lochaber, but tending to lift above most or all tops.
Chance of cloud free Munros?	80%
Sunshine? Air clarity (below cloud)	Patchwork of sun, best near to coast in afternoon. Some high cloud toward south. Visibility excellent.
How Cold? (at 900m)	-1C rising to +2 or 3C afternoon. Feeling like -5 to 8C if exposed to stronger wind, coldest in morning and near coast.
Freezing Level	800 to 1000m in morning, lowest in Lochaber, lifting toward 1200m, or above all tops in southern areas. Also frost in sheltered glens mainly Lochaber at dawn.

West Highlands - Looking Ahead

	Sunday 10 May	Monday 11 May
How windy? (On the Munros) Effect of wind on you?	Westerly - likely to strengthen into middle of day to 30mph, at least in Lochaber, perhaps widely with time, later NW'ly. Prepare for considerable wind chill. Likely to become more blustery, starting to affect comfortable walking in exposure.	North-northwesterly 15-20mph, occasionally less; turning westerly and tending to increase to 25-30mph later. Fairly small for several hours, but distinctly chilly over the mountains. Likely becoming more blustery during daytime.
How wet? (Precipitation and its impact)	Showers develop, becoming wetter NW Largely dry early in day, a few showers mostly coasts near Mull in the morning, snow flurries on high summits. With time, showers develop widely, extending inland, later more persistent rain west Lochaber, sleet then snow high tops.	Snow flurries then rain or drizzle A few showers mostly western areas, snow flurries over the hills, early in day. Becoming drizzly rain gradually up to higher slopes, some steadier rain develops with time from west, particularly Lochaber.
Cloud on the hills?	Lowering from northwest Many mountains start clear, just patches on some upper slopes in morning, but drifting onto tops near Mull more often. Cloud banks increasingly form onto many high tops, lowering west of Loch Linnhe.	Lowering over many hills Varied cloud banks over higher slopes, some breaks to tops inland and southward in the morning. Cloud tending to lower and fill in near coast, more extensive across more hills as rain develops afternoon.
Chance of cloud free Munros?	80% dropping to 30% later.	60% dropping to 30% afternoon west.
Sunshine? Air clarity (below cloud)	Frequent sun early in day, but cloud building, clouding over from northwest. Visibility excellent, then reducing in showers.	Patchy sun mostly south in morning, giving way to largely cloudy skies. Visibility very good, then reducing, locally poor in rain.
How Cold? (at 900m) Freezing Level	-1C rising to +2 or 3C, but from sunset likely to lower, at least in Lochaber to 0C. Feeling colder as wind increases. 800m plus frost inland glens at dawn. Up to 1200m afternoon, but from dusk may drop in Lochaber toward 800m.	-1 to -3C at first, rising to +3C afternoon, or slightly milder by evening into night. Feeling colder as wind increases. 600 to 800m from dawn, may be above 1000m near coast; gradually rising widely to 1200m, or above all tops by evening.

Planning Outlook

All mountain areas of Britain from Sunday, 10 May, 2026

A chilly outlook into mid-May, with higher Scottish mountains staying near or often below freezing point as northwesterly air prevails. Higher tops in England and Wales also dropping intermittently to freezing point. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery weather over the next 10-day period, plus some fronts bringing persistent rain mostly to northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

Forecast issued at 16:28 on Friday, 8 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.