

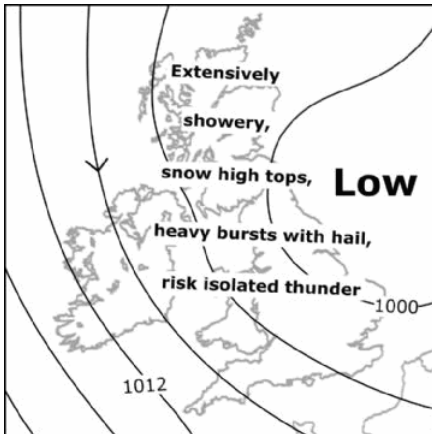
# West Highlands

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 Wednesday, 13 May, 2026



### British Mountain Summary: Based on forecast chart for noon 13 May, 2026

Cold for the time of year, with a cyclonic and unstable north-westerly bringing an increasingly widespread showery day across the hills. Showers heavy, with hail and risk of isolated thunder. Snow falling above around 700m. Gusty north-westerly winds, particularly strong and turbulent in and around the showers.

### Headline for West Highlands

Cold, windy and showery with hail and above 700m snow. Risk thunder.

## Detailed Forecast for Wednesday, 13 May, 2026

<b>How windy? (On the Munros)</b>	Northwesterly 25 to 30mph, strongest toward coast, risk increasing all western hills later toward 40mph.
<b>Effect of wind on you?</b>	<b>Significant wind chill, very blustery, may become more challenging in exposure over coastal and island mountains.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery, hail and hill snow</b> Showers mostly coastal mountains early morning, then developing increasingly widely inland, heavy bursts with hail, risk isolated thunder; snow often falling on the Munros, at times down to 700m.
<b>Cloud on the hills?</b>	<b>Varying quickly over high tops</b> Cloud frequently changing over the tops, around showers fairly extensive above 900-1000m, ragged patches to 600m, but periods where breaking to clear even highest slopes.
<b>Chance of cloud free Munros?</b>	<b>50%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Brief bursts of bright sun and intermittently excellent visibility, but suddenly appalling where in cloud, snow or hail.
<b>How Cold? (at 900m)</b>	0C rising to 3C. Wind chill feeling like -10C, nearer -15C as speeds increase.
<b>Freezing Level</b>	900m early morning, rising to 1200m or above into afternoon, but lowering again in showers.

## West Highlands - Looking Ahead

	Thursday 14 May	Friday 15 May
<b>How windy? (On the Munros)</b>	North-northwesterly 20 to 30mph, stronger squally gusts around showers.	Northwesterly 20 to 30mph at dawn, perhaps 35mph well inland, but easing to 10 to 20mph through day.
<b>Effect of wind on you?</b>	<b>Considerable wind chill for mid-May. Ease of walking and sometimes balance affected on exposed high terrain.</b>	<b>Very blustery start with significant wind chill and buffeting, but hour by hour easing down, to become mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers, increasingly widespread.</b> Initially mostly dry inland, but showers will develop widely through day, containing hail with snow above 700-900m.	<b>Isolated snow and hail showers</b> May be mostly dry, but isolated snow and hail showers, mainly central highlands. Snow falling above 500m initially, rising to 900-1000m.
<b>Cloud on the hills?</b>	<b>Bases varied, often banked across tops.</b> Cloud bases varying through day, particularly in and out of showers, but banks may be fairly persistent on tops above 800-1000m. Best breaks in south.	<b>Patchy coverage coming and going tops.</b> Bases will vary through the day, but patches tending to come and go. Perhaps fairly persistent over the tops of the Ben Nevis Range, but may clear.
<b>Chance of cloud free Munros?</b>	<b>50%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Skies often filled in with cloud limiting the sun to glimpses. Visibility very good, but lowering to become poor or very poor in showers.	Patchy sun, best early morning and west coast afternoon. Visibility very good, but lowering in showers.
<b>How Cold? (at 900m)</b>	0 or 1C. Feeling like -10C directly in wind.	-1 or -2C at dawn, but lifting to +1 to 3C into afternoon. Feeling like -10C in early wind.
<b>Freezing Level</b>	900-1000m	700-800m at dawn, will lift to 1000-1200m.

**Planning Outlook****All mountain areas of Britain from Thursday, 14 May, 2026**

Staying notably chilly for mid-May through this week as air from the north-northwest prevails, with showers heavy at times and containing hail with snow over the tops, but over the weekend a front will edge in and bring a change to westerly winds.

Next week may see ridging across England and Wales giving drier conditions, but occasional rain and blustery south-westerly winds for Scotland.

**Forecast issued at 7:00 on Wednesday, 13 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.