

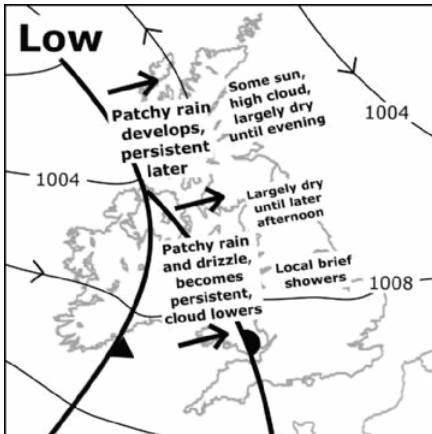
West Highlands

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, 16 May, 2026



British Mountain Summary:

Based on forecast chart for noon 16 May, 2026

Chilly but fine with light winds much of the day for the Highlands. Increasing wind, rain and lowering cloud encroaches onto western coasts later in daytime. Southwesterly breezes elsewhere, largely dry until late for northern England, but rain, drizzle and low cloud moves into Wales sooner, more blustery later.

Headline for West Highlands

Dry, clear hills; then increasing breeze, rain & low cloud later.

Detailed Forecast for Saturday, 16 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Variable below 10mph at first. Becoming south-southwesterly 15 to 25mph into afternoon, soonest coasts; by evening westerly 25mph, gusts for a time over 30mph high tops.</p> <p>Small early in day, becoming breezier, feeling noticeable and rather chilly on exposed higher terrain.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain develops from west afternoon, more widely persistent by evening</p> <p>Dry morning, or well into afternoon inland. Patchy rain pushes onto islands and coastal areas during afternoon, becoming more persistent later and gradually extending inland, heavier in places by evening; starting as sleet/snow flurries above 1100m inland. Showery rain in west into night.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Little if any, then arrives from west</p> <p>Patchy cloud around some slopes in morning, lifting and clearing. During afternoon, some cloud banks forming onto higher coastal slopes, extending inland and lowering over most hills further inland later to 800m.</p> <p>80%, dropping to 30% later coasts</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Early sun weakens as high cloud thickens, more overcast afternoon. Visibility excellent, reducing later near coast as rain develops.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-1C rising to +3C afternoon. Feeling nearer -5C if exposed to wind.</p> <p>700-800m plus frost inland glens at dawn. Rising toward 1300m or just above during afternoon.</p>

West Highlands - Looking Ahead

	Sunday 17 May	Monday 18 May
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 35mph, may reach 40mph at times higher tops, particularly toward southern coasts. Making walking uncomfortable on exposed high terrain, affecting balance at times. Considerable wind chill.	South-southeasterly 10-15mph inland, to often 20mph coast, risk increasing to gusty 30mph; likely stronger into night. Fairly small, but likely more noticeable on coastal tops, gusts may affect balance, risk becoming more blustery with time.
How wet? (Precipitation and its impact)	Rain, showery bursts, snow high tops Rain on and off all day, but well inland may be drier for a few hours in morning. Increasing risk of heavier showery bursts forming, becoming concentrated further inland later. Snow on highest tops. Risk of hail & thunder.	Risk local showers Patchy rain in morning, an odd showery burst of rain forming, greater risk well inland during the afternoon, may drift away north/east. Then later evening-night, rain likely moving in from southwest.
Cloud on the hills?	Lifting toward high tops, some breaks Often capping many hills above 600 to 900m in morning, lowest near coast. Bases tending to rise, then varying in and out of showers, some breaks to higher slopes, though often cap tops above 1100m.	Lifting to higher tops, some breaks Varied cloud banks in the morning, mostly lifting to upper slopes and clearing from many tops, though may come and go on highest summits, risk lowering locally in showers with ragged patches.
Chance of cloud free Munros?	30%	30% rising to 60%
Sunshine? Air clarity (below cloud)	Largely cloudy, a little sun well inland in morning. Visibility very good, but reduced in showers.	Variable cloud, glimpses of sun, locally sunnier near coast later afternoon; high cloud builds from southwest later. Visibility very good.
How Cold? (at 900m) Freezing Level	1C rising to 3 or 4C afternoon. Wind chill feeling near -10C on high tops. 1000-1100m early morning, rising just above freezing to highest summits into afternoon.	2C rising to 5 or 6C. If exposed to stronger wind, feeling near -5C on tops. 1100-1200m at dawn, plus slight frost inland glens. Rising above all tops.

Planning Outlook

All mountain areas of Britain from Sunday, 17 May, 2026

A mixed but milder outlook. Showery bursts of rain Sunday and Monday, passing eastwards during the daytimes, generally improving afternoons in western areas. By later Monday, strengthening southerly winds and rain moving into Wales from the southwest. Damp south-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday, most on western hills, particularly Scotland. A drier and much warmer theme later in the week as higher pressure builds.

Forecast issued at 16:29 on Friday, 15 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.