

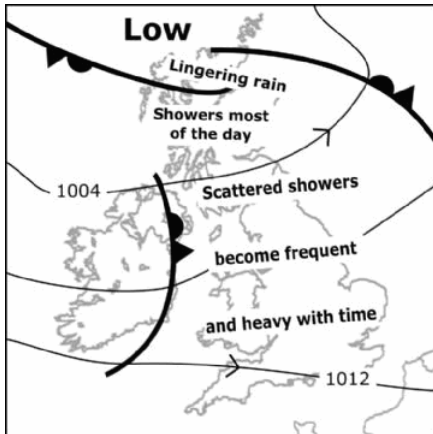
West Highlands

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, 17 May, 2026



British Mountain Summary:

Based on forecast chart for noon 17 May, 2026

Scattered showers for most through morning, early low cloud (lowest west) rises to and above many summits for several hours. Showers become frequent and heavy afternoon, risk of isolated lightning and hail; showers most of the day in Scotland. Breezy in exposure, strong gusts near showers, and quite chilly.

Headline for West Highlands

Showers all day, early snow tops; chilly and breezy, may ease

Detailed Forecast for Sunday, 17 May, 2026

How windy? (On the Munros)	Southwesterly 20-30mph, strongest in the south. Chance trending lighter later in the day and perhaps direction varying.
Effect of wind on you?	Making walking uncomfortable on exposed high terrain, particularly in the south early in the day with notable wind chill.
How wet? (Precipitation and its impact)	Showers all day, snow high tops Showers stream in from the west from dawn as overnight rain clears north from around dawn. Increasing risk of heavier showery bursts forming, becoming concentrated further inland as afternoon goes. Snow on highest tops and risk of hail & thunder.
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 capping tops above 1100m; always staying lowest towards the coast, breaks above 900m rare.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, a little sun breaking out in the south later. Visibility very good, but reduced in showers, and perhaps very poor or briefly whiteout on snow-capped high summits.
How Cold? (at 900m)	1C rising to 3 or 4C afternoon. Feeling as low as -5C in strongest direct wind.
Freezing Level	1000-1100m early morning, rising just above freezing to highest summits into afternoon; may stay near 1200m Lochaber coast.

West Highlands - Looking Ahead

	Monday 18 May	Tuesday 19 May
How windy? (On the Munros) Effect of wind on you?	South-southeasterly 10-15mph, 20mph at times along coast. Gusts to 25mph around showers, and strengthening overnight. Fairly small, but likely more noticeable on coastal tops, gusts may affect balance.	Southeasterly 35-50mph early with notable gusts. Trending southwesterly with time, easing to 25-35mph. Arduous walking with considerable buffeting and wind chill early; easing, but remaining strenuous well into the day.
How wet? (Precipitation and its impact)	Risk local showers Patchy rain in morning, an odd showery burst of rain forming, greater risk well inland during the afternoon, drifting northward with a risk of heavy bursts and thunder.	Rain most of the day Near-constant rain from before dawn breaks into frequent showers, these at times merging into broader areas of rain, most persistent south coastal areas. Slippery rock surfaces and risk of isolated hail and thunder.
Cloud on the hills?	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.	Fairly extensive Most hills shrouded to at least middle slopes in the morning, many areas to lower slopes. A lifting trend with time, bases finishing near 900m inland with some high breaks. Coastal hills will struggle to clear above 500-700m.
Chance of cloud free Munros?	30% rising to 60%	20%
Sunshine? Air clarity (below cloud)	Variable cloud, glimpses of sun, locally sunnier near coast later afternoon; high cloud builds from southwest later. Visibility very good.	Chance of some sunny bursts later in the day but otherwise cloudy. Visibility largely poor in cloud and rain.
How Cold? (at 900m) Freezing Level	2C rising to 5 or 6C; coolest near coast. If exposed to stronger wind, feeling near -5C on tops. 1100-1200m at dawn, plus slight frost inland glens. Rising above all tops.	4 or 5C, rising to 7 or 8C. Feeling like -5 to -10C in direct wind. May be near freezing just on the high tops at dawn, but soon lifting above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 18 May, 2026

A mixed but milder outlook. Showery bursts of rain Monday, passing eastwards; by later Monday, strengthening southerly winds and rain moving into Wales from the southwest. Damp south-southwesterlies then prevail for a few days as mid-week approaches with regular showers, most on western hills where drizzly rain may persist between showers. Expect increasingly wet conditions underfoot, slippery rock surfaces. Also, a risk of isolated hail and lightening in the showers. Indications of high pressure building over the continent later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. This trend may continue into the weekend, though detail currently uncertain.

Forecast issued at 16:04 on Saturday, 16 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.