

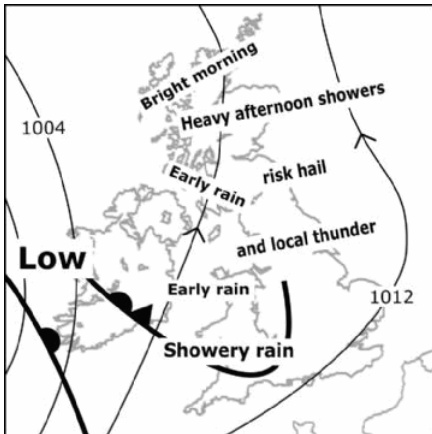
West Highlands

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, 18 May, 2026



British Mountain Summary:

Based on forecast chart for noon 18 May, 2026

Variable hill cloud at dawn, early rain in Wales into Lakeland and south/eastern Scotland; NW Scotland starts clear. Most cloud lifts to or above summits. Heavy afternoon showers build over the Pennines northward across most of Scotland; risk hail and local thunder. Risk lingering rain south Wales.

Headline for West Highlands

Cloud lifts to highest summits, heavy afternoon showers

Detailed Forecast for Monday, 18 May, 2026

How windy? (On the Munros)	Southerly 5-10mph at dawn, soon shifting southeasterly. Slowly rising towards 15-20mph around evening, though some strong gusts around showers, and may approach nearer 25mph southern islands. Deteriorating overnight.
Effect of wind on you?	Fairly small, but likely more noticeable on coastal tops, particularly towards the southern islands later in the day.
How wet? (Precipitation and its impact)	Heavy afternoon showers inland Odd spots of rain in the morning, mostly southern islands, but most Munros dry until around midday. Scattered showers form afternoon, suddenly increasing in strength and frequency from approximately Loch Lomond through Glencoe into Lochaber; generally dry west of here. Rising risk of hail and localised thunder.
Cloud on the hills? Chance of cloud free Munros?	Mostly clearing, lingering on highest terrain towards central highlands Varied cloud banks in the morning, mostly upper slopes of southern hills, some inland mist in glens too. Cloud lifts to largely clear most Munros, though clings to the high tops of Ben Nevis group and towards central highlands. Cloud returns above 900-1000m in later showers, again towards central highlands. 60% well inland, to 80% near the coast
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun most of the day, some periods of thicker cloud towards the central highlands, also cloudier in the morning south. Very good visibility, but poor periods where showers form.
How Cold? (at 900m) Freezing Level	2C rising to 6C, or perhaps milder to the north. 1100-1200m at dawn, plus slight frost in glens towards the north. Rising above all tops.

West Highlands - Looking Ahead

	Tuesday 19 May	Wednesday 20 May
How windy? (On the Munros) Effect of wind on you?	Southeasterly 40-50mph early with notable gusts. Shifting southerly afternoon and easing to 25-30mph, or lower later. Arduous walking with considerable buffeting and wind chill early; easing, but remaining a nuisance well into the day.	Westerly 15-25mph; strongest speeds Mull and southward. Fairly small, though may be blustery in exposure south of Mull.
How wet? (Precipitation and its impact)	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 to the south.	Often raining Several periods of rain are likely to affect all Munros, lasting for several hours at a time. Some breaks in the rain, but remaining drizzly on the high tops, particularly towards the coast from Mull southward; slippery rock surfaces.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Most hills shrouded to at least middle slopes in the morning, many areas to lower slopes. A lifting trend with time, near 900m inland with some high breaks; north/west slopes always clearest. South coastal hills will struggle to clear above 500-700m. 20%	Fairly extensive Cloud shrouds coastal slopes from 600-700m upward all day, and perhaps to the lowest slopes/coastal cliffs during heaviest rain. Cloud to low slopes inland at dawn as well, this lifting as high as 1000m during rain breaks, but returning lower too. 10%
Sunshine? Air clarity (below cloud)	Few weak glimpses of afternoon sun, otherwise overcast and dull. Visibility largely poor in cloud and rain.	Overcast and often dull. Visibility largely poor in cloud and rain.
How Cold? (at 900m) Freezing Level	4 or 5C, rising to 7 or 8C, mildest towards Creag Meagaidh. 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.	5C rising to 7 or 8C well inland; little change along the coast. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 19 May, 2026**

A mixed but milder outlook. Damp southwesterlies prevail for a few days as mid-week approaches with regular rain and showers, most on western hills where drizzly rain may persist between showers and persistent low cloud. Expect increasingly wet conditions underfoot and slippery rock surfaces. Also, a risk of isolated hail and lightning in the showers; showers may be enhanced in eastern Scotland in sea breezes. Indications of rising pressure 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. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will bring local periods of rain.

Forecast issued at 16:27 on Sunday, 17 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.