

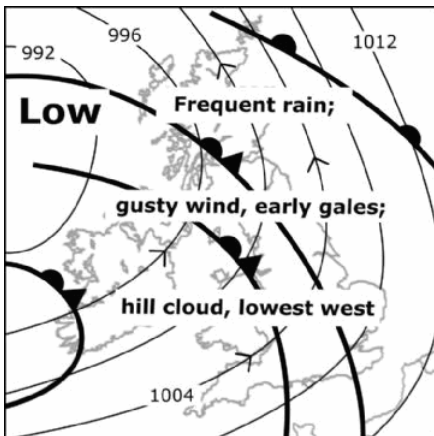
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

General Summary for Tuesday, 19 May, 2026



British Mountain Summary:

Based on forecast chart for noon 19 May, 2026

Frequent rain nearly everywhere all day, the rain most persistent west where hill-cloud fills in to low slopes with little improvement. A risk of localised hail and thunder in afternoon showery rain, increasingly wet underfoot, and with slippery rock surfaces. Very windy, gusty gales early including downslope.

Headline for West Highlands

Rain most of the day; windy and gusty, early gales

Detailed Forecast for Tuesday, 19 May, 2026

How windy? (On the Munros)	Southeasterly 40-50mph early with notable gusts, risk up to 60mph downslope early morning. Shifting southerly and easing from midday, towards 25-30mph by later in the day.
Effect of wind on you?	Arduous walking with considerable buffeting and wind chill through morning, strongest gusts significantly challenge balance. Effects easing, but walking likely remains strenuous on high exposed tops.
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. A few drier windows Lochaber to Glen Spean but these brief. Wet underfoot with slippery rock surfaces and risk of isolated hail to the south.
Cloud on the hills?	Extensive Most hills shrouded to at least middle slopes in the morning, many areas to lower slopes. A lifting trend with time, locally to 800m northern inland slopes; always lowest bases south slopes, unlikely clearing above 600-700m, and even lower coastal areas Mull to Loch Lomond.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Few weak glimpses of afternoon sun, otherwise overcast and dull. Visibility largely poor in cloud and rain.
How Cold? (at 900m)	4 or 5C at dawn, perhaps a degree milder southern islands; also, minimal change with added height. Rising to 7 or 8C, mildest towards Creag Meagaidh. Feeling like -5C, to as cold as -10C in early wind.
Freezing Level	May be near freezing just on the high tops at dawn, but soon lifting well above the summits.

West Highlands - Looking Ahead

	Wednesday 20 May	Thursday 21 May
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 15-30mph early, trending westerly and speeds rising to largely 30-35mph. Walking impeded from dawn southern areas, more widely strenuous afternoon and feeling chilly.	Southwesterly 30-35mph. Strong gusts over tops and elevated passes, also downslope to the north early, to 45mph. Strenuous walking with buffeting gusts often challenging stability, including downslope early. Feeling cool.
How wet? (Precipitation and its impact)	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. May trend drier from the south late in the day.	Morning rain, persistent drizzle Several hours of rain from around dawn, heaviest western parts near Glen Coe and Lochaber. Rain passes north, leaving behind a persistent drizzle above 1000-1100m in cloud, likely lower south of Mull towards Loch Lomond.
Cloud on the hills?	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.	Extensive Fog from 300-600m upward in the morning, lowest towards the coast, to coastal cliffs southern islands. A lifting trend through afternoon, locally to 800-900m Glen Spean. Loch Lomond to Mull will struggle to clear above 600m.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Overcast and often dull. Some improvement from south later. Visibility largely poor in cloud and rain.	Overcast and dull. Generally poor visibility.
How Cold? (at 900m) Freezing Level	5C rising to 7 or 8C well inland; little change along the coast. Feeling below freezing in strongest wind. Above the summits.	7 to 9C at dawn, soon warming from the south towards 10C most hills. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 20 May, 2026**

Damp southwesterlies establish by mid-week; regular periods of rain with only glimpses of sunshine. Wettest on western hills where drizzle may persist between rain and low cloud clings to the hills. Expect slippery exposed rock surfaces and rare (if any) exposed tops in Scotland before the weekend.

Indications of rising pressure later in the week, bringing milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, outbreaks of rain as well, but rising chances of clear hills. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will continue to bring cloud and rain here and there.

Forecast issued at 15:56 on Monday, 18 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.