

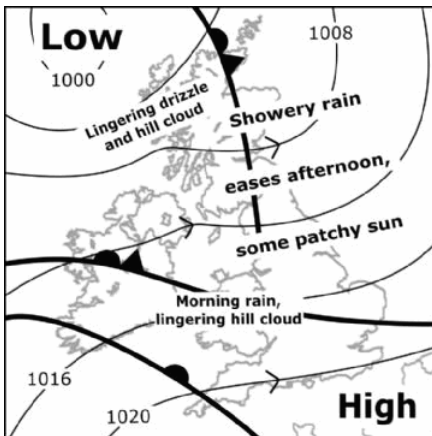
# West Highlands

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, 20 May, 2026



**British Mountain Summary:  
Based on forecast chart for noon 20 May, 2026**

Windy with strong gusts, briefly lighter early in Scottish Highlands. Morning showery rain and low cloud; improving afternoon as patchy sun breaks out, cloud lifting to high terrain with summit breaks, and most areas substantially dry by later afternoon. Low cloud lingers in Wales and NW Scotland.

**Headline for West Highlands**

Increasingly blustery, gale-force gusts later; showery rain

## Detailed Forecast for Wednesday, 20 May, 2026

<b>How windy? (On the Munros)</b>	South-southwesterly 15-25mph early, soon southwesterly and strengthening, to 30-35mph afternoon, sometimes up to 40mph over Ben Nevis summit and northern Lochaber summits too.
<b>Effect of wind on you?</b>	<b>Walking impeded from dawn southern areas, increasingly strenuous widely by afternoon; strongest gusts will challenge balance with a marked wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Frequent showery rain, easing late</b> Several periods of showery rain from the west 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. Trending drier late afternoon into evening, but staying drizzly in Lochaber for longer.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Cloud shrouds coastal slopes from 600-700m upward well into the 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. Into evening, cloud starts to break from the south.
<b>Chance of cloud free Munros?</b>	<b>10%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Overcast and often dull. A few glimpses of weak sun afternoon, and perhaps some sunset views in the south. Visibility largely poor in cloud and rain.
<b>How Cold? (at 900m)</b>	5C rising to 7C well inland and south islands; little change along the coast, particularly Lochaber, and perhaps more widely back to 5 or 6C north of Loch Lomond later. Feeling as cold as -5C in direct wind later.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	Thursday 21 May	Friday 22 May
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 25-35mph. Strong gusts over tops and elevated passes, also downslope to the north; lightest early.  <b>Strenuous walking by afternoon with buffeting gusts challenging stability, including downslope early. Feeling cool.</b>	South-southwesterly 30-40mph dawn, strongest south; gusty, downslope too. Easing to 20-30mph, staying gusty on tops.  <b>Strenuous walking, notably south early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Morning rain, persistent drizzle</b> Several hours of rain from around dawn. Rain passes north, leaving behind a persistent drizzle above 800-1000m in cloud, likely lower south of Mull towards Loch Lomond. Towards dusk, more rain arrives, mostly towards coast.	<b>Patchy rain, dry windows</b> Patchy rain drifts from the southwest, greatest risk in the morning and evening near and north of Mull and Ben Nevis. Dry windows are probable midday and afternoon.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Extensive</b>  Fog from 300-600m upward in the morning, lowest towards the coast, to coastal cliffs southern islands. A lifting trend through afternoon, locally to 700-900m Glen Spean. Loch Lomond to Mull will struggle to clear above 600m.  <b>10%</b>	<b>Extensive early, most improvement inland north</b>  Extensive at dawn west coast to 400-600m, higher inland at first but soon lowering as cloud moves in. As midday approaches, bases lift, towards 800-900m Glen Spean. Southern Islands to Loch Lomond unlikely clearing above 600-700m, though some chance of breaks.  <b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and dull. Generally poor visibility.	Mostly cloudy, rare glimpses of weak sunshine. Very good visibility where out of cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 to 9C, warming from south to 10C, 11C well inland. Little change with height. Feeling near freezing in strongest wind.  Above the summits.	8C rising to 10 or 11C, mildest inland and north. Feeling near freezing in early wind.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Thursday, 21 May, 2026

Pressure rises as the weekend approaches, facilitating south-southwesterly wind; much milder temperatures arriving, likely warm in England and Wales by the weekend. Blustery wind for a few days, quite gusty too, including to lower slopes early; still feeling chilly on high Scottish tops, and strongest gusts will challenge stability. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Increasingly dry and sunny England and Wales, but always with a risk of cloud and some rain, including early valley mist in sheltered areas.

Higher pressure is indicated into next week as well. Precise detail of the high pressure core remains uncertain - the risk of strong wind and spells of rain possible for most areas, but also extended bright and warm periods too.

### Forecast issued at 16:11 on Tuesday, 19 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.