

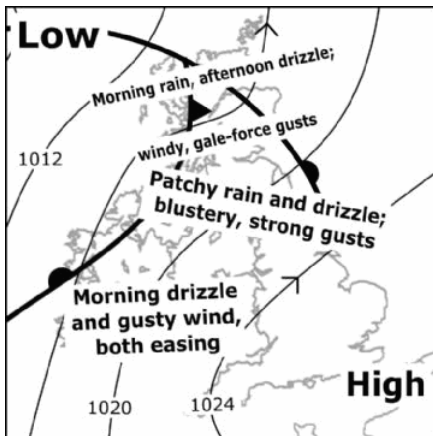
# West Highlands

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 Thursday, 21 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 21 May, 2026**

Morning rain in Scotland passes north, afternoon drizzle, rain returns in evening to central/west Munros; slick rock surfaces. Early rain soon clears English hills, afternoon drizzle in Lakeland. Morning drizzle in Wales fades, hills increasingly clear. Strong gusty wind too, local gale-force gusts. Warm Pennines and Wales.

### Headline for West Highlands

Rain and drizzle, poor visibility; very windy early, powerful gusts

## Detailed Forecast for Thursday, 21 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southwesterly, soon strengthening after dawn to a gusty 35-40mph, strongest gusts approaching 50mph briefly. Easing from midday, settling near 25-30mph as afternoon goes.</p> <p><b>Through morning, arduous walking with considerable buffeting and wind chill; notable effort required to maintain stability. Effects ease afternoon but walking stays impeded.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Morning rain and evening rain, drizzle between</b></p> <p>Rain sets in from the south around dawn, for several hours, largely clearing north by early afternoon. A persistent drizzle after the rain above 800-1000m in cloud, likely lower south of Mull towards Loch Lomond. Patchy rain returns later afternoon and may set in again near the coast.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Extensive</b></p> <p>Fog from 300-600m upward in the morning, lowest towards the coast, to low trailheads southern islands. A lifting trend through afternoon, locally to 700-900m Glen Spean. Loch Lomond to Mull will struggle to clear above 600m, and likely lowering again in evening rain.</p> <p><b>10%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Overcast and dull. Mostly poor visibility.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>7 to 9C, warming from south to 10C, 11C well inland. Little change with height and staying elevated well into nighttime. Feeling near or below freezing in strongest wind.</p> <p>Above the summits.</p>

## West Highlands - Looking Ahead

	Friday 22 May	Saturday 23 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	South-southwesterly 30-40mph dawn, strongest south; gusty, downslope too. Easing to 20-30mph, strongest west. <b>Strenuous walking, notably south early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.</b>	Southwesterly 20-30mph, often gusting 35mph over high terrain, sustained speeds approaching 35mph Lochaber coast later. <b>Locally fairly small, though nuisance gusts over most high terrain. Walking strenuous north and west with time, feeling chilly.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain, some drizzle, 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, though a lingering drizzle on the summits.	<b>Substantially dry</b> Some fine drizzle around high Lochaber summits and perhaps Ben Nevis range too. A small chance of an odd spot of light rain here too, but most hills entirely dry.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</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, 800-900m Glen Spean. Southern Islands to Loch Lomond unlikely clearing above 600-700m, though some chance of breaks. <b>20%</b>	<b>Fairly extensive, lifting to high terrain with breaks</b> Fairly extensive above 700m at dawn, lowest Mull to south islands, banks to 500m. Lifting with a breaking trend, to banks above 900-1000m afternoon, summit breaks likely inland. Some thin banks linger near 800m Mull and south islands. <b>Rising to 50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, rare glimpses of weak sunshine. Very good visibility where out of cloud.	A patchwork of cloud and sun (weakened by a thin layer of high cloud). Visibility increasingly very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8C rising to 10 or 11C, mildest inland and north; least rise Lochaber coast. Feeling near freezing in early wind. Above the summits.	5 to 7C, mildest southern islands where may rise to 10C; only to 8C north of Mull. Feeling near freezing in direct wind later. Above the summits.

**Planning Outlook****All mountain areas of Britain from Friday, 22 May, 2026**

Pressure rises into the weekend, facilitating south-southwesterly flow; much milder temperatures arriving, likely warm in England and Wales with wind easing. Staying blustery in north Scotland, gusty too, including to lower slopes early; still feeling chilly on high Scottish tops. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Becoming dry and sunny England and Wales, some early low fog possible, particularly on aspects near the Irish Sea, but this dissipating soon after sunrise.

Higher pressure is indicated into next week as well with hot temperatures: valleys approaching the mid-to-high 20s. Some hill cloud, mostly north and west, but most hills seeing plenty of sunshine. Only rare spots of light rain if any.

**Forecast issued at 15:59 on Wednesday, 20 May, 2026**

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