

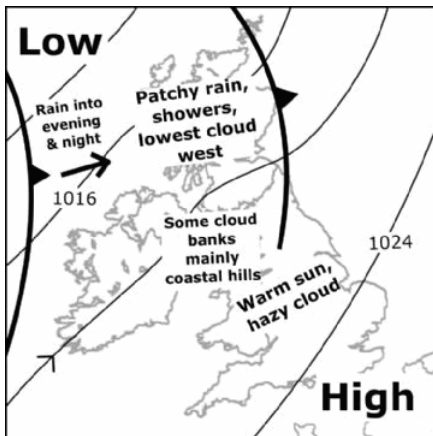
# West Highlands

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 Friday, 22 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 22 May, 2026**

Scotland; Strong, gusty south-westerly with extensive low cloud and patchy rain and drizzle. Tending to ease off for many hills, with rising cloud bases.

England and Wales: South-west winds, but mostly dry with warm sunshine, some cloud banks, mostly coastal hills.

### Headline for West Highlands

Blustery with hill fog and patchy rain and drizzle, most extensive in the morning.

## Detailed Forecast for Friday, 22 May, 2026

<b>How windy? (On the Munros)</b>	South-southwesterly 30-40mph dawn, strongest south; gusty, downslope too. Easing to 20-30mph, strongest west.
<b>Effect of wind on you?</b>	<b>Strenuous walking, notably south early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain and drizzle</b> Patchy rain and drizzle drifts in from the southwest, most widespread in the morning and evening near and north of Mull and Ben Nevis. Best chance of dry windows of weather early in the afternoon, but a lingering drizzle over summits. Heavier rain returning into evening.
<b>Cloud on the hills?</b>	<b>Extensive</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, highest well inland to 800-900m Glen Spean. Arran to Loch Lomond and up west coast unlikely clearing above 600-700m, though some chance of breaks.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Overcast, rare glimpses of weak sunshine. Very misty and murky with poor visibility in rain and drizzle. May become very good at times well inland.
<b>How Cold? (at 900m)</b>	8C rising to 10 or 11C, mildest inland and north; least rise Lochaber coast. Feeling near freezing in early wind.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	<b>Saturday 23 May</b>	<b>Sunday 24 May</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</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>	South to south-westerly 25 to 35mph, in excess of 40mph for a time west coast, and some cols and summits elsewhere. <b>Be prepared for widely blustery conditions, perhaps arduous at times, especially for the west coast, with considerable buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Drizzly rain, little in the south</b> The humid south-westerly will continue to feed in drizzly rain in across hills, mainly near and west of Loch Linnhe. Very little if any south of Glencoe.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</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>Extensive, clearer to the south</b>  An extensive feed of low cloud will feed in to the hills, mainly near and north of Oban and Mull. Higher bases toward Loch Treig. Arran to Loch Lomond may be clearer. <b>20% north, 60% south.</b>
<b>Sunshine?</b> Air clarity (below cloud)	A patchwork of cloud and sun (weakened by a thin layer of high cloud). Visibility increasingly very good.	Mostly overcast, but some sunny breaks, mainly in the south. Visibility poor in drizzly rain, but away from this, mostly very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	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.	8 to 10C, lowest west coast.  Above the summits

**Planning Outlook****All mountain areas of Britain from Saturday, 23 May, 2026**

Pressure builds this weekend, centred over England and Wales where it will be warm and sunny. To the north of the high, a blustery and gusty south-westerly will persist across the Highlands with patchy rain and hill fog, mainly in the west and northwest. Very warm by Sunday and Monday valleys of Wales and England, mid to high 20s. Low 20s glens into southern and eastern Scotland. Next week, high pressure extends over Scotland, cutting of the low cloud and drizzle from northwest Scotland by midweek. Warm sunshine with light winds, still very warm into the valleys of England and Wales, although cooling down later in the week when a gusty easterly may develop for Wales and Pennines.

**Forecast issued at 16:04 on Thursday, 21 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.