

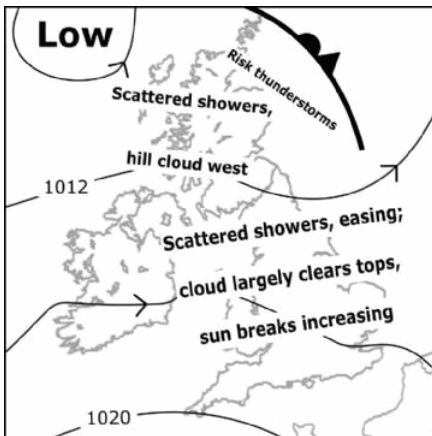
# West Highlands

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 Sunday, 31 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 31 May, 2026**

Showers in Scotland, most frequent west where hill cloud will linger; clearer east, cloud caps around showers. Early showers and hill cloud England and Wales, cloud lifts to just passing caps Scafell and Yr Wyddfa, sun bursts breaking out and showers largely fade. Moderate breeze, occasional stronger gusts high tops.

### Headline for West Highlands

Showers, an easing trend; hill cloud on high terrain, some breaks

## Detailed Forecast for Sunday, 31 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>West-southwesterly 20-25mph; starting more southwesterly near and north of Mull/Loch Linnhe, then a westerly trend afternoon widely. Strongest sustained speeds south, sometimes approaching 30mph highest tops.</p> <p><b>Fairly small in places, but ease of walking sometimes affected on high tops, greatest risk later afternoon when strongest wind may begin to affect stability.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Showers</b></p> <p>Showers drive in from the west in the morning, perhaps a brief period of more persistent rain, passing heavy bursts. With time, the showers ease but will not entirely cease, and becoming drizzly towards western hills.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Fairly extensive, some improvement</b></p> <p>Cloud shrouds most hills from 400-600m up from dawn, lowest west coast, a few breaks here and there. A lifting trend and rising chance of breaks with time, but bases will struggle to rise above 800m near the coast, to 1000m well inland, and may return more extensively for a few afternoon hours.</p> <p><b>30%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>A few bright or sunny glimpses but often cloudy. Mixed visibility, poor in rain (most often west), but intermittently very good.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>6 or 7C, mildest inland, where may reach 8C towards central highlands.</p> <p>Above the summits.</p>

## West Highlands - Looking Ahead

	Monday 1 June	Tuesday 2 June
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Soon south-southeasterly 10-20mph, some variability, strongest near coast where reaching 25mph at times, high tops  <b>Fairly small, but blustery periods along the coast as well as highest tops.</b>	Southwesterly 10 to 20mph, but may be variable low speeds at times.  <b>Mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain becomes frequent afternoon</b> Light patchy rain drifting from the southwest from dawn, this becoming more frequent through afternoon with some heavy bursts, only local breaks for more than an hour.	<b>Showers, locally heavy</b> Showery rain, some heavy bursts possible, likely becoming concentrated inland into the afternoon and evening, small chance isolated thunder.
<b>Cloud on the hills?</b>	<b>Some early breaks, becoming extensive from south</b> Terrain above 900-1000m mostly covered at dawn, variable lower banks, more extensive towards coast to 500m. Slight lift with breaks for a few hours best Creag Meagaidh, then a sheet of cloud arrives from the south, 500-700m up.	<b>Varied over tops, lifting higher</b> Banks of cloud at varied heights becoming confined above 800m during the morning, lifting higher into afternoon with some breaks toward upper slopes.
<b>Chance of cloud free Munros?</b>	<b>50%, lowering to 20% from the south</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some glimpses of sun for a few morning hours, trending mostly overcast. Very good visibility where out of rain.	Glimpses of sun, coastal areas becoming sunnier afternoon. Visibility very good, reduced in showers.
<b>How Cold? (at 900m)</b>	5 or 6C, rising to 9C.	8 or 9C, slightly higher inland afternoon.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Monday, 1 June, 2026**

An unsettled week ahead with low pressure facilitating periods of rain, showers, and a strengthening wind, as well as cooler temperatures. Rain spreads across most areas from the southwest on Monday, followed by showers on Tuesday, these showers perhaps turning into thunderstorms in central and east areas. The only settled window this week overnight into Wednesday, then more rain soon arrives from the west through Wednesday morning, spreading widely and with it gales likely over most hills as well except the far north of Scotland. Thursday and Friday remain showery and windy, nearly persistent rain and extensive low cloud northwest England and west Scotland, a few breaks in the east but showers always most widespread afternoon and even smaller hills seeing cloud over summits for periods.

**Forecast issued at 16:10 on Saturday, 30 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.