

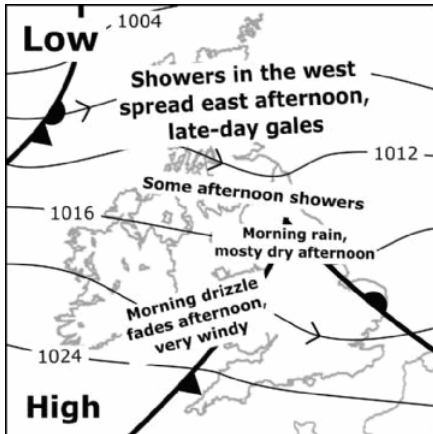
West Highlands

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, 12 June, 2026



British Mountain Summary:

Based on forecast chart for noon 12 June, 2026

Strong wind for all. Showers and fog in west Scotland all day, passing east afternoon, persistent for a few later hours. Gales into Scotland from the west late afternoon into evening. Morning rain, drizzle, and fog in England, easing afternoon, driest S Pennines. Drizzle in Wales fades afternoon, sun glimpses break out.

Headline for West Highlands

Showery rain; windy, gales later, risk severe over tops

Detailed Forecast for Friday, 12 June, 2026

How windy? (On the Munros)	West or southwesterly, 25 to 35mph, strongest south, strengthening through afternoon, then a sudden swathe of strong wind later afternoon with sustained speeds of 50-55mph over most hills, briefly 60mph+ highest tops.
Effect of wind on you?	Strenuous walking where exposed over high terrain, deteriorating to widely difficult conditions by later afternoon; forward progress will be limited with significant wind chill.
How wet? (Precipitation and its impact)	Showers from the west Frequently damp over many hills, with showers and drizzle on and off much of the day. Showers increasingly heavy and spreading further inland through afternoon, quite frequent with extended falls for several late afternoon/evening hours.
Cloud on the hills? Chance of cloud free Munros?	Extensive, lowest coasts Foggy from lower elevations up near coast and islands, variable but cloud base rarely above 500-600m, only briefly higher afternoon. Further inland, typically 600-800m, some higher bases at times northeast of Ben Nevis group afternoon, but then more widely extensive late afternoon/evening. 10%
Sunshine? Air clarity (below cloud)	Largely cloudy, a few brief glimpses of sun for a few afternoon hours. Coastal haze, visibility often reduced in rain and fog, sometimes poor.
How Cold? (at 900m) Freezing Level	5C, rising slightly inland and south, locally to 7C. Likely returning widely back to 5C as evening approaches. Feeling like -5C where exposed to wind on higher tops. Above the summits.

West Highlands - Looking Ahead

	Saturday 13 June	Sunday 14 June
How windy? (On the Munros) Effect of wind on you?	Westerly 40-50mph at dawn, shifting northwesterly and gradually easing to 25-40mph, lightest along the coast. Difficult conditions and significant wind chill well into the day; an easing trend, but walking remains arduous over high tops.	Northwesterly 15-20mph early, shifting northerly and easing towards 10-15mph, later more northeasterly and light wind. Mostly small.
How wet? (Precipitation and its impact)	Patchy rain, most in the north, and easing Patchy rain drifting from the northwest for much of the day, and likely several hours of persistent rain from the north, slipping south through the midday hours. Rain largely eases later, a lingering drizzle high northern Munros.	A little early drizzle A fine drizzle drifting around the high tops in the morning, this dissipating for dry Munros.
Cloud on the hills?	Fairly extensive, variable Most terrain above 700-800m stays in cloud most or all day; lower bases common coastal Munros. Occasional higher breaks possible at times, but also periods of more extensive cloud.	Clearing most summits Patchy banks from middle slopes upward at dawn, most high terrain covered, but perhaps more scattered near Loch Lomond. Lifting and breaking with time, cloud largely above summits through afternoon, but some caps pass over Ben Nevis.
Chance of cloud free Munros?	20%	Rising to 70%
Sunshine? Air clarity (below cloud)	A few glimpses of weak sun. Visibility often poor in fog and rain, may improve south, though a coastal haze too.	Sunshine breaking out but weakened by high cloud. Very good visibility.
How Cold? (at 900m) Freezing Level	5C, rising to 6C inland. Feeling as cold as -7C in early wind. Above the summits.	5C rising to 10C; a degree cooler coastal Munros. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 13 June, 2026**

Higher pressure to the southwest this weekend, bringing warmer and drier conditions to Wales. Showery rain affecting Scotland on Saturday, some patches reaching northwest England; staying very windy and cool in Scotland and northern England on Saturday too. Sunday will be a clearing day for most: early rain in Scottish Highlands easing and most cloud lifting off summits, sunshine but weakened by high cloud. Temperature more widely mild, warm in Wales.

Into next week, a mixed southwesterly pattern remains, windy at times with periods of rain, drizzle and low cloud most persistent in the west. Warmest in England and Wales, but cooler westerly air likely returns at times mid-late week.

Pressure generally trending higher, but extensively settled weather may remain elusive in the near-term.

Forecast issued at 16:07 on Thursday, 11 June, 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.