

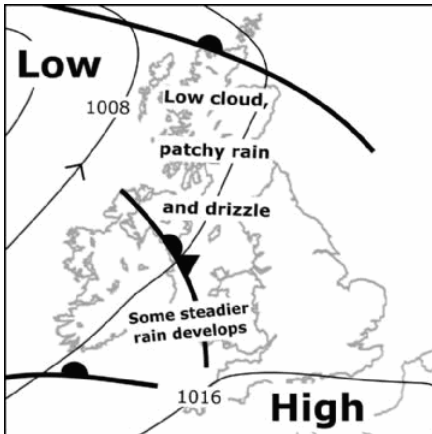
# West Highlands

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 Tuesday, 16 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 16 June, 2026**

Damp southerly air will cloak many hills in low cloud, plus drizzle or a little rain. Highest cloud bases and best chance for breaks further northward. Moderate winds, more blustery near west coasts, strengthening for Wales where frequent rain arriving.

### Headline for West Highlands

Increasing breeze. Low cloud, damp, rain mainly later.

## Detailed Forecast for Tuesday, 16 June, 2026

|  |  |
|--|--|
| <b>How windy? (On the Munros)</b>              | South to southeasterly 15 to 25mph, strongest along the coast and at times gusts 30mph afternoon.  |
| <b>Effect of wind on you?</b>                  | Fairly small some inland slopes, but becoming blustery coastal tops, affecting comfortable walking; notable wind chill.  |
| <b>How wet? (Precipitation and its impact)</b> | <b>Drizzle, some rain, wetter later</b><br>Patchy light rain from dawn, most in central highlands. Often drizzly around coasts and islands. Several drier hours Lochaber. Rain becomes more frequent from southwest afternoon, soonest near coasts, then more extensive inland into evening, some heavier. |
| <b>Cloud on the hills?</b>                     | <b>Fairly extensive, some breaks north</b><br>Shrouding most Munros to middle slopes early in day, lowest in south. Some improvement for a few afternoon hours, best Glen Spean where approaching 800m, some higher breaks, but returning extensively later in the day from south.                         |
| <b>Chance of cloud free Munros?</b>            | <b>10%</b>   |
| <b>Sunshine? Air clarity (below cloud)</b>     | Largely overcast, a few brighter moments possible north Lochaber. Poor visibility on high terrain due to fog, better under cloud.  |
| <b>How Cold? (at 900m)</b>                     | 7 to 9C, some variability, warmest where out of cloud inland. Feeling just above 0C in strongest wind.   |
| <b>Freezing Level</b>                          | Above the summits.   |

## West Highlands - Looking Ahead

|   | Wednesday 17 June   | Thursday 18 June  |
|---|---|---|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b>    | South-southwesterly 25 to 35mph, tending to rise; strongest Ben Nevis group and coastal tops, gusts 40mph in exposure.<br><br><b>Strenuous walking over high terrain, in places more frequent buffeting affecting balance on ridges.</b>                      | South-southwesterly 20 to 30mph, occasional stronger gusts around tops. Risk strengthening into night.<br><br><b>Starting to affect comfortable walking over higher exposed tops and ridges.</b>    |
| <b>How wet?</b><br>(Precipitation and its impact)                         | <b>Rain on and off</b><br>Drizzle mixed with showery rain, more frequent rain for periods toward coast and islands, typically patchier further inland Lochaber toward Creag Meagaidh. May ease off at times more widely afternoon.                            | <b>Frequent drizzle, patchy rain</b><br>Generally damp across many hills, particularly southern areas and coasts. Pulses of steadier rain extend across the region, odd bursts of rain possible.    |
| <b>Cloud on the hills?</b><br><br><br><b>Chance of cloud free Munros?</b> | <b>Extensive, lowest coastal areas</b><br><br>Covering many hills much of the day, to lower slopes in coastal areas for a time in rain, widely above 600-800m inland. Tending to rise afternoon, some breaks above 900m mostly well inland.<br><br><b>20%</b> | <b>Extensive</b><br><br>Shrouding the mountains throughout the day, to mid-slopes near coasts, lower at times. Higher cloud base north from Rannoch Moor, some breaks above 800m.<br><br><b>10%</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                             | Rare brief sun, mostly inland Lochaber. Visibility good where dry and below cloud, mistier for periods western hills.   | Widely cloudy, brief brighter moments northeast Lochaber. Misty around many hills, especially coasts, better visibility below cloud well inland.  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                   | 7C rising to 10C out of cloud in afternoon. Feeling just below freezing directly in wind.<br><br>Above the summits.   | 7 or 8C, little change all day, locally rising to 10C out of cloud inland Lochaber. Feeling near 0C in stronger wind.<br><br>Above the summits.   |

## Planning Outlook

### All mountain areas of Britain from Wednesday, 17 June, 2026

Humid southwesterly winds continue to prevail later this week, likely reaching gale-force over hills for a period Thursday into Friday, soonest in Wales. Periods of rain, some heavy, mixed with drizzle and low cloud most persistent in the west. More uncertainty of day-to-day detail in the extended range, but in general a variable southwesterly pattern continues; rain and low cloud common in western Scotland into next week. Some warmer days, drier more often England and Wales.

### Forecast issued at 16:28 on Monday, 15 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.