

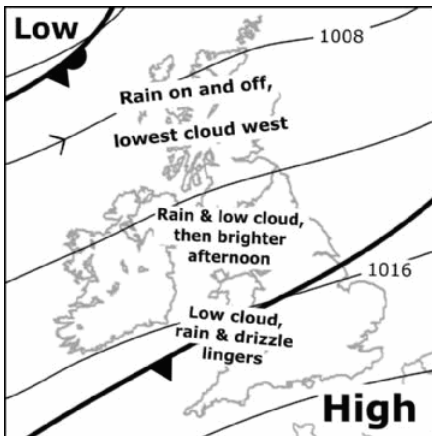
West Highlands

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 Wednesday, 17 June, 2026



British Mountain Summary:

Based on forecast chart for noon 17 June, 2026

Southwesterly winds will be fresh to strong over the mountains. Rain widely fairly persistent in the morning, more showery for Scotland into afternoon, fading for northern England and Wales, but patchy rain lingers in south Wales. Cloud shrouding most high terrain, lowest in west, some breaks afternoon.

Headline for West Highlands

Increasingly windy. Rain then showers, cloud base rising.

Detailed Forecast for Wednesday, 17 June, 2026

How windy? (On the Munros)	South-southwesterly 20-25mph in morning, briefly less inland, tending to rise, to 25-35mph afternoon, strongest Ben Nevis group and coastal tops toward Mull, gusts 40mph in exposure.
Effect of wind on you?	Fairly small early in day inland, but increasingly strenuous walking over high terrain, in places more frequent buffeting by afternoon affecting balance on ridges. Feeling cool in exposure.
How wet? (Precipitation and its impact)	Wettest early morning, then showers. Rain persistent and fairly widely heavy from dawn into early morning, easing and becoming patchier. Then showery rain on and off into middle of day and afternoon-evening, more often damp in west, odd heavier showers drifting inland.
Cloud on the hills?	Extensive, lowest coastal areas, rising Covering many hills much of the day, to lower slopes in coastal areas for a time in morning rain, widely above 600-800m inland. Tending to rise afternoon, some breaks above 900m mostly well inland, locally higher toward Creag Meagaidh.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Rare brief sun, mostly inland Lochaber. Visibility poor at first in rain and cloud, mistier lower down coastal hills, improving to be good away from showers.
How Cold? (at 900m)	7C, rising to 10C out of cloud inland in afternoon. Feeling just below freezing directly in wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 18 June	Friday 19 June
How windy? (On the Munros) Effect of wind on you?	South-southwesterly 20 to 30mph, occasional stronger gusts around tops. Then strengthening overnight from south. Starting to affect comfortable walking over higher exposed tops and ridges.	South-southwesterly, rising from before dawn to 40-50mph, gusts 60-70mph high tops; tending to lessen later in day. Challenging walking, sudden buffeting on downslopes to north, gusts may knock you over on tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain frequent or persistent Generally damp all day, rain setting in steadier at times southern areas and coasts, but pulses of rain extend across the region, some heavier bursts mixed in.	Heavy rain for several hours Bursts of rain extending northwards from overnight into morning, some more prolonged heavy or torrential falls possible. Chance of thunder. Breaking up in afternoon, later scattered showers.
Cloud on the hills?	Extensive 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.	Varied, some very low cloud Very low cloud likely to lower slopes near coasts, islands and sea lochs. Covering many higher slopes inland, varied, but widely low ragged patches in rain. Brief breaks higher up. May improve late in day.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Widely cloudy, brief brighter moments northeast Lochaber. Misty around many hills, especially coasts, better visibility below cloud well inland.	Any sun weak through high cloud, largely overcast. Misty coasts; widely hazy, murky around rain, may then improve to be very good later.
How Cold? (at 900m) Freezing Level	7C, little change all day, locally rising to 9 or 10C out of cloud inland Lochaber. Feeling near 0C in stronger wind. Above the summits.	Humid 10 to 13C, then later in the day likely to drop rapidly to 6C. Feeling below freezing in wind all day. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 18 June, 2026

Humid southwesterly winds persist late this week, reaching gale-force over hills - affecting northern England and Wales on Thursday, then Scotland by Friday. Periods of rain, some heavy falls with possible thundery bursts mixed in. Low cloud most persistent in the west. Less windy, but still breezy into Saturday in Scotland, feeling less humid for most, but western Scottish hills at least stay cloud capped and with showery rain. Sunday is more uncertain, but a risk of some further rain pushing in from the southwest - warmer again over England and Wales. A mixed west-southwesterly pattern into next week, rain and low cloud most common in western Scotland, drier with higher cloud eastwards and more often dry for England & Wales. Near average temperatures, may rise late week in south.

Forecast issued at 16:31 on Tuesday, 16 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.