

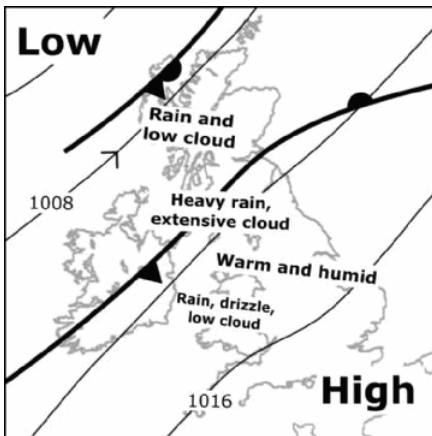
West Highlands

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 Thursday, 18 June, 2026



British Mountain Summary:

Based on forecast chart for noon 18 June, 2026

Rain and low cloud affects many mountains, most persistent in the west, patchier and lighter for the Highlands by afternoon. A band of heavier rain for northern England and southwest Scotland, risk some thundery bursts. Blustery southwesterly winds. Feeling humid particularly for England and Wales.

Headline for West Highlands

Breezy. Rain and showery bursts, low cloud.

Detailed Forecast for Thursday, 18 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly 25 to 30mph, occasional stronger gusts 35-40mph high tops. Then strengthening overnight from south, rising to gales 40-50mph near Arran before dawn on Friday.</p> <p>Starting to affect comfortable walking over higher exposed tops and ridges, some buffeting at times. Feeling cool.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain frequent or persistent, wetter morning</p> <p>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. Tending to ease during afternoon.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive</p> <p>Shrouding the mountains throughout the day, to mid-slopes near coasts, lower at times in rain. Higher cloud base north from Rannoch Moor, some breaks above 800m mainly during afternoon.</p> <p>10%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Widely cloudy, brief brighter moments northeast Lochaber. Poor visibility widely in rain; misty around many hills, especially coasts, better visibility below cloud well inland.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7C, little change all day, locally rising to 9 or 10C out of cloud inland Lochaber. Feeling near 0C in stronger wind.</p> <p>Above the summits.</p>

West Highlands - Looking Ahead

	Friday 19 June	Saturday 20 June
How windy? (On the Munros) Effect of wind on you?	South-southwesterly, rising from before dawn to 40-50mph, gusts 60-70mph high tops; tending to lessen afternoon. Challenging walking, sudden buffeting on downslopes to north, gusts may knock you over on tops. Considerable wind chill.	Southwesterly 25 to 30mph, some gusts 40mph high tops in Ben Nevis range, more likely later in day. Blustery over higher terrain, affecting comfortable walking in exposure, likely increasingly. Marked wind chill on tops.
How wet? (Precipitation and its impact)	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 lighter showers.	Showers easing Showery rain most frequent over western mountains early morning, but extending inland, brief bursts of rain, tending to clear away eastwards to leave fewer lighter showers in afternoon.
Cloud on the hills?	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.	Lowest and most extensive in morning Covering the hills fairly widely in morning, to lower slopes toward coasts and lochs. Bases rising, tending to thin and break, but patches still cover slopes at varied heights above 800m. Clearing higher in afternoon.
Chance of cloud free Munros?	20%	10% rising to 50%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Misty coasts; widely hazy, murky around rain, may then improve to be very good later.	Misty and largely cloudy start, improving with some sun breaking through and visibility becoming very good below cloud.
How Cold? (at 900m) Freezing Level	Humid 10 to 13C, then later in the day, dropping rapidly to 6C. Feeling below freezing in wind all day. Above the summits.	5 or 6C, little change all day toward coast, up to 7C inland areas afternoon. Feeling near -5C in the wind high tops. Above the summits.

Planning Outlook**All mountain areas of Britain from Friday, 19 June, 2026**

Humid southwesterly winds, gales across many mountains on Friday, plus heavy rain, thundery bursts mixed in. 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 a drier day with clearer hills, light winds and feeling warmer. Into next week, a mixed west-southwesterly pattern for Scotland, rain and low cloud most common in the west, drier with higher cloud eastwards and more often dry. Warm and humid for England & Wales - often dry, but possible thunderstorms forming at times - detail more uncertain.

Forecast issued at 16:06 on Wednesday, 17 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.