

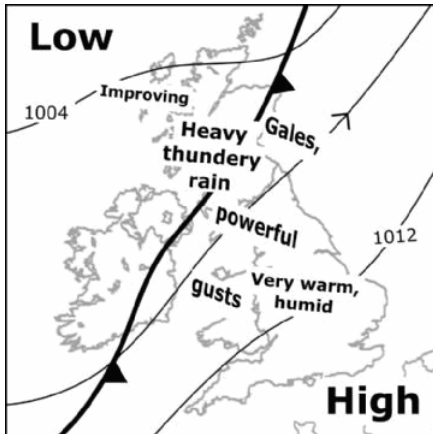
West Highlands

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, 19 June, 2026



British Mountain Summary:

Based on forecast chart for noon 19 June, 2026

A swathe of heavy rain extends across the Highlands, southern Scotland then into Cumbria and west Wales, some torrential bursts, thunder and lightning possible. A belt of gale-force upland winds just ahead of the rain. Warm and humid. Winds ease in western Scotland, rain fades, cloud lifts, dropping cooler.

Headline for West Highlands

Heavy rain, may fade. Low cloud. Risk gales for a time.

Detailed Forecast for Friday, 19 June, 2026

How windy? (On the Munros)	South-southwesterly, some marked variations, in morning 30 to 45mph, risk briefly gusts 60mph high tops mainly inland and in south. Dropping from west to 20-25mph or at times less.
Effect of wind on you?	For a few hours in morning at least, risk challenging walking, sudden buffeting on some downslopes. Likely to improve to smaller effects. Feeling cool in exposure.
How wet? (Precipitation and its impact)	Heavy thundery rain for several hours Bursts of rain extending northwards from overnight into morning, some more prolonged heavy or torrential falls. Risk of thunder. Breaking up in afternoon, later scattered lighter showers, but chance further pulses of rain moving up from south into evening.
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. Some improvement in afternoon, but most tops remain shrouded.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Misty coasts; widely hazy, murky around rain, some local improvements afternoon mainly inland Lochaber.
How Cold? (at 900m)	9 to 12C, warmest well inland, quite humid, then later in the day dropping to 6C. Feeling close to freezing if exposed to stronger wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Saturday 20 June	Sunday 21 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20 to 25mph, may increase a little later, some gusts 35mph high tops in Ben Nevis range by evening. Fairly small, some more noticeable gusty spots mainly in Lochaber later. Feeling cool in exposure on high tops.	Southwesterly 10 to 15mph in morning, possible 20mph briefly Lochaber, dropping widely below 10mph. Small.
How wet? (Precipitation and its impact)	Showers easing Showery rain most frequent over western mountains early morning, a scattering of brief showers extend inland, tending to widely fade to lighter showers and often dry afternoon.	Rain not expected
Cloud on the hills?	Lowest and most extensive in morning Covering the hills fairly widely early morning above 600-800m, lowest near coast. Bases rising, tending to thin and break, patches lifting above 900-1000m, increasingly breaking higher afternoon.	Soon lifting, clearing Patchy cloud around some slopes in morning, also mist briefly in some glens at dawn. All lifting and clearing the tops during morning.
Chance of cloud free Munros?	20% rising to 60% afternoon	90%
Sunshine? Air clarity (below cloud)	Largely cloudy start, improving with some sun breaking through and visibility becoming very good below cloud.	Patchwork of cloud and sun, best near coasts in afternoon. Visibility very good.
How Cold? (at 900m) Freezing Level	5 or 6C, little change all day toward coast, up to 7C inland areas afternoon. Feeling around 0C in the wind on tops. Above the summits.	6C at dawn, rising to 10C, local 12C well inland afternoon. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 20 June, 2026**

Cooler and less humid for Saturday, some showery rain and low cloud in the west, tending to improve. Sunday is a dry day for most with clearer hills, light winds and feeling warmer, becoming more humid again from the south. More uncertainty early next week - some rain possible for Scotland into Monday, potential scattered thunderstorms for England and Wales as it becomes very humid. A fresher westerly wind is indicated into Tuesday with some showers, then higher pressure likely expands over the country from the south midweek with drier weather then likely for a few days. Scope for higher temperatures and humidity to build toward next weekend, which may eventually break into thunderstorms.

Forecast issued at 16:25 on Thursday, 18 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.