

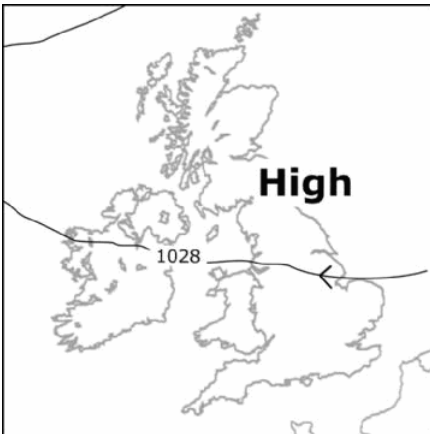
West Highlands

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 Sunday, 21 June, 2026



British Mountain Summary:

Based on forecast chart for noon 21 June, 2026

Extensive bright sunshine - beware of sunburn and dehydration - and light wind. Cloud and a few brief showers NW Highlands will move away north, whilst along the Pennines and later Cumbria and S Scotland, patchy cloud and an isolated shower will form.

Headline for West Highlands

Light wind; bright sunshine and very clear air.

Detailed Forecast for Sunday, 21 June, 2026

How windy? (On the Munros)	Southwesterly 10 to 15mph morning, possible 20mph briefly Lochaber, dropping widely below 10mph and backing southerly.
Effect of wind on you?	Becoming negligible.
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Soon lifting, clearing Patchy cloud, base 700m around some slopes, mainly near and west of Loch Linnhe and Mull in morning - though pockets nearer 300m coastal slopes. All lifting and clearing during morning or perhaps middle of day (last to clear Lochaber and Mull).
Chance of cloud free Munros?	90% by afternoon
Sunshine? Air clarity (below cloud)	Increasingly, bright sunshine across the region. Visibility excellent or superb.
How Cold? (at 900m)	5C at dawn, rising to 9C coastal summits but 13C central highlands afternoon.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Monday 22 June	Tuesday 23 June
How windy? (On the Munros) Effect of wind on you?	Southerly 15mph. Small	Southwesterly, in the range 20 to 30mph: probably strengthening through day, and strongest Lochaber. Mostly fairly small, although some buffeting on higher areas, particularly Lochaber later in day.
How wet? (Precipitation and its impact)	Risk a few hours of rain (Low confidence) Moderate risk of 2 to 4 hours of mostly light rain - just the odd heavier burst.	Turning drizzly, mainly near coast Spells of drizzle enveloping coastal hills. Here and there a little drizzly rain penetrating 10 or 20 miles inland through afternoon; rain rare if any elsewhere.
Cloud on the hills? Chance of cloud free Munros?	Low confidence: Often very little but may form for a few hours in/after rain. The hills often free of cloud although mainly in and after rain, higher slopes may be shrouded for a few hours. 60%	Blanket of low cloud spreading inland Fog soon enveloping hills near the coast, from 100 to 300m up, though may be afternoon, if at all when it reaches Arran. The cloud will progress inland most likely middle of day and afternoon but cloud base on central highlands and east of Loch Lomond rarely below 700m. Dropping from west slowly to 10%
Sunshine? Air clarity (below cloud)	Only glimpses of sun - through layers of high cloud.. Excellent visibility.	Sunshine will gradually give way as cloud penetrates inland. Becoming intermittently misty near the coast, but elsewhere excellent visibility, although some haze near central belt.
How Cold? (at 900m) Freezing Level	10C rising to 12 to 15C (coldest coastal summits). Above the summits	14 to 17C Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 22 June, 2026**

Extensively dry, very warm but very humid indeed England and Wales, although around Monday chance of a thunderstorm. Rain and low cloud at times Scotland, mainly affecting western mountains - although later next week the warmth encroaching into Scotland. There may well be widespread thunderstorms later in the week, before less hot weather extends from the Atlantic around next weekend.

Forecast issued at 7:34 on Sunday, 21 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.