

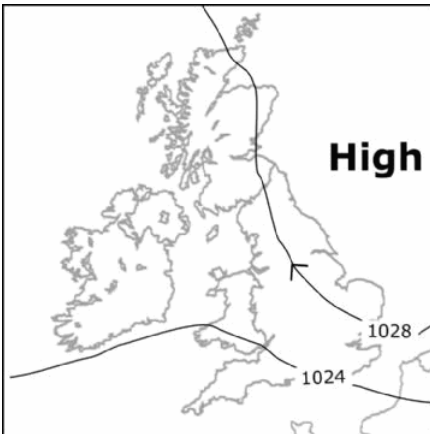
West Highlands

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 Monday, 22 June, 2026



British Mountain Summary:

Based on forecast chart for noon 22 June, 2026

Although high pressure will dominate - bringing high temperatures and sunshine to Wales and most of England, in the far north and across Scotland, high level cloud may bring rain for an hour or two, this leading to formation of low cloud that may be very slow to lift.

Headline for West Highlands

Light wind; rain temporarily in some areas. Low cloud slowly lifting.

Detailed Forecast for Monday, 22 June, 2026

How windy? (On the Munros)	Southerly 10 to 15mph; perhaps 20mph near central belt.
Effect of wind on you?	Mostly negligible
How wet? (Precipitation and its impact)	Risk occasional rain - probably light Moderate risk of occasional rain, ranging from showers to in some areas an hour or so of rain. The rain mostly or only light - just the odd heavier burst.
Cloud on the hills?	Low confidence: Very little in some areas; extensive Loch Lomond NP. Varied, generally improving through the day. In the morning, extensive fog Loch Lomond NP and probably Arran above 300 to 500m; will mostly tend to lift to or above 900m through afternoon. Elsewhere, patches above 700 to 1000m will lift to or above higher tops by afternoon.
Chance of cloud free Munros?	30% morning to 60% afternoon except Loch Lomond NP
Sunshine? Air clarity (below cloud)	Only glimpses of sun - through layers of high cloud.. Excellent visibility below cloud.
How Cold? (at 900m)	10C rising to 12 to 15C (coldest coastal summits).
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Tuesday 23 June	Wednesday 24 June
How windy? (On the Munros) Effect of wind on you?	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.	Southwesterly, mostly 10mph or less, but increasing to 20mph above about 900m; possibly 25mph highest tops. Mostly negligible
How wet? (Precipitation and its impact)	Risk drizzle near coast late in day Risk of a little drizzle enveloping coastal hills afternoon or evening. Here and there a little drizzly rain.	Isolated coastal drizzle A few patches of fine drizzle near southwest facing coastal slopes north from Mull morning before dying out.
Cloud on the hills? Chance of cloud free Munros?	Risk ow cloud spreading inland Patches higher slopes morning will mostly lift above 1050 to 1200m. In afternoon, fog slowly enveloping coastal hills, from 100 to 300m up. The cloud may progress slowly inland toward evening, but mostly above 500 to 700m. 80%, dropping to 10% near coast later in day	All clearing - last to clear some coastal slopes Generally areas of cloud above 450 to 600m from dawn will through morning gradually lift and break up. Near the coast north from Mull, fog from coastal cliffs up will slowly lift and may eventually all clear (chance of higher slopes clearing first). 20% rising to 90%
Sunshine? Air clarity (below cloud)	Extensive sunshine - may well later turn cloudy near coast. May become intermittently misty near the coast, but elsewhere excellent visibility, although some haze near central belt.	Increasingly sunny as cloud thins and breaks. Mostly excellent visibility although fog clearing only slowly, from some coastal slopes.
How Cold? (at 900m) Freezing Level	14 to 17C Above the summits.	9C coastal summits most of day; elsewhere rising to 14 to a very warm 18C. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 23 June, 2026**

A few days of often sunny and very warm weather. Some doubt remains about daytime temperatures - these possibly exceptionally hot on Wednesday (England and Wales) and Thursday (everywhere). The range in mountain temperatures given on Wednesday's forecasts reflects the uncertainty. Gradually less hot Friday and into the weekend; the change accompanied by thunderstorms in some areas.

Forecast issued at 14:22 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.