

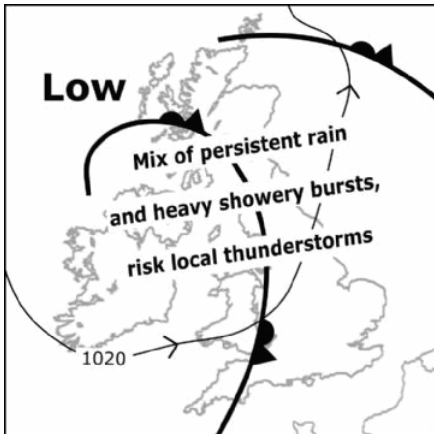
# West Highlands

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 Tuesday, 30 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 30 June, 2026**

Rain and cloud over the hills widely, heavier pulses of rain tending to extend north and eastwards with time through middle of day into afternoon, some local thundery downpours forming. Wind dropping light across much of Highlands, fresh south-southwest winds England and Wales.

### Headline for West Highlands

Frequent rain, some heavy bursts. Wind varied, fairly light.

## Detailed Forecast for Tuesday, 30 June, 2026

<b>How windy? (On the Munros)</b>	Southerly 15 to 25mph, strongest toward south; tending to drop lighter and variable. Later in day turning north-northwesterly 20-25mph coasts and islands.
<b>Effect of wind on you?</b>	<b>Fairly small, but starting more blustery especially toward southern coasts and islands again later. Sudden gusts around heavy rain.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain and showers, heavy bursts, risk lightning</b> Frequent or more persistent rain for a time in the morning, then becoming areas of slow-moving showers into the afternoon, some places drier, particularly coastal areas later, but inland locally heavy bursts, risk of isolated hail and thunder.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Shrouding most high terrain all day, varying bases around rain, some ragged patches to lower slopes. Local breaks may form higher up, mainly north Lochaber. Some clearer areas develop later near coast.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Largely cloudy, rare brief sun. Visibility occasionally very good if dry, but reduced in rain, poor for periods.
<b>How Cold? (at 900m)</b>	7C, rising to 9C mainly inland and south. Feeling near to freezing on high tops in wind early and late.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	Wednesday 1 July	Thursday 2 July
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	South to southwesterly, starting 10mph or less, strengthening during day, to 30-40mph afternoon, later 50-60mph. <b>Small early in day, but deteriorating, walking becoming uncomfortable, later in day very difficult, marked wind chill.</b>	Westerly, risk 70mph around dawn, lessening to 40-50mph during morning, 25-30mph afternoon onward. <b>Risk severe conditions from overnight and still difficult in morning at least, walking and balance challenging, gradually improving.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain develops, heavy later</b> Generally dry in morning, except for an odd isolated shower. During afternoon, rain moving in quickly from west, setting in widely heavier toward evening.	<b>Showery rain</b> Heavy overnight rain likely clears to leave showery conditions, brief heavier moments, rain frequent in the wind west Lochaber. May become drier with time.
<b>Cloud on the hills?</b>	<b>Lowest in morning, some breaks form</b>  Covering most hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes, best well inland, but capping high tops, most often near coast. Lowering later as rain arrives.	<b>Fairly persistent high tops</b>  Covering high terrain fairly widely from dawn, lifting to upper slopes, but often capping higher tops much of the day. Some breaks into afternoon well inland.
<b>Chance of cloud free Munros?</b>	<b>20% rising to 40%, then later 10%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy, some sun breaks through, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.	Glimpses of sun breaking through, mostly well inland. A general haze near coast, visibility good below cloud further inland.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	8C, little variation all day. Feeling like freezing as wind increases, later near -5C in exposure on tops. Above the summits.	6 or 7C, little variation all day. Directly in the stronger winds feeling like -5 to -10C on tops. Above the summits.

## Planning Outlook

### All mountain areas of Britain from Wednesday, 1 July, 2026

A changeable westerly Atlantic pattern this week and into the weekend. By later Wednesday into Thursday, a spell of upland gales and more widespread rain. Risk of another windy and wetter spell into Friday. Rain and cloud most frequent over western hills from Lake District northward. Temperatures this week near or slightly below average, with marked wind chill on tops. An improving trend from the south over the weekend, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, though southwesterlies may still bring more cloud to the west, some rain mainly northwest Scotland.

### Forecast issued at 16:04 on Monday, 29 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.