

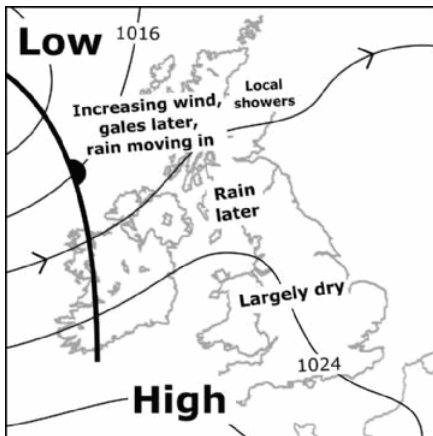
West Highlands

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 Wednesday, 1 July, 2026



British Mountain Summary:

Based on forecast chart for noon 1 July, 2026

Rapidly strengthening wind into the afternoon, gales develop increasingly widely later. Odd showers, then rain sweeps into western Scotland through the afternoon, setting in. England & Wales largely dry until evening. Cloud fairly widely on western hills in the morning, lifting for a time prior to rain.

Headline for West Highlands

Varied low cloud; deteriorating to gales and rain later afternoon.

Detailed Forecast for Wednesday, 1 July, 2026

How windy? (On the Munros)	Starting variable 10mph or less from dawn, soon south to southwesterly, strengthening during day, to 30-40mph afternoon, later 50-60mph, soonest coastal areas, rapidly inland into evening; switching westerly into night, 70mph with stronger gusts overnight.
Effect of wind on you?	Small early in day, but deteriorating, walking becoming uncomfortable, later in day very difficult mobility over higher terrain, marked wind chill. Severe conditions into overnight hours.
How wet? (Precipitation and its impact)	Rain develops, heavy later Generally dry in morning, except for an odd isolated shower. During afternoon, rain moving in quickly from west, setting in widely heavier toward evening for several hours. Persistent rain into night, turning showery with time.
Cloud on the hills?	Lowest in morning, some breaks form prior to rain Covering most hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes, best well inland middle of day to early afternoon, but capping high tops, most often near coast. Lowering later as rain arrives.
Chance of cloud free Munros?	20% rising to 40%, then later 10%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaks through mainly inland, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.
How Cold? (at 900m)	8C, little variation all day. Feeling like freezing as wind increases, later near -5C in exposure on tops.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 2 July	Friday 3 July
How windy? (On the Munros) Effect of wind on you?	Westerly, 60-70mph around dawn, lessening to 40-50mph during morning, 25-30mph afternoon onward. Severe conditions from overnight and still difficult in morning at least, walking and balance challenging, gradually improving.	Southwesterly 25 to 40mph, speeds likely to fluctuate during the day, reaching 50mph at least in gusts for periods on high tops. Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.
How wet? (Precipitation and its impact)	Showery rain Heavy overnight rain likely clears to leave showery conditions, brief heavier moments, rain frequent in the wind west Lochaber. Becoming drier with time.	Generally damp, some rain Drizzle frequent over many hills, some steadier rain possible for periods, patchier well inland. Rock surfaces slippery even if only small amounts of rain.
Cloud on the hills?	Fairly persistent high tops 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.	Fairly extensive, lowest coasts Covering many hills much of the day, lowest bases over coastal areas and islands, sometimes to 500-600m. More often above 800m inland, local breaks.
Chance of cloud free Munros?	30%	10%, to 30% well inland.
Sunshine? Air clarity (below cloud)	Glimpses of sun breaking through, mostly well inland. A general haze near coast, visibility good below cloud further inland.	Brief glimpses of sun inland glens. Some haze below cloud near coast, better visibility inland where out of cloud.
How Cold? (at 900m) Freezing Level	6 or 7C, little variation all day. Directly in the stronger winds feeling like -5 to -10C on tops. Above the summits.	8 or 9C, little variation all day. Feeling like 0 to -5C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 2 July, 2026**

West to southwesterlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops. An improving trend from the south over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, very warm some days England and Wales, though southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest.

Forecast issued at 16:29 on Tuesday, 30 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.