

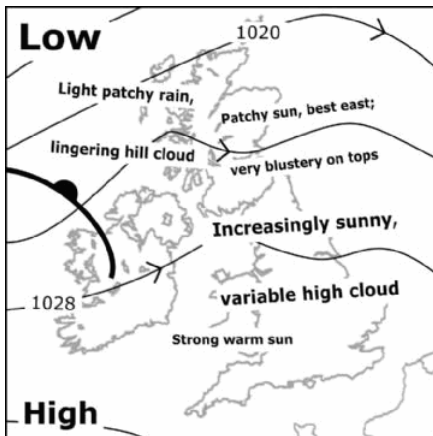
West Highlands

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, 3 July, 2026



British Mountain Summary:

Based on forecast chart for noon 3 July, 2026

Early hill cloud in Wales and central/east parts England and Scotland lifts and breaks for sun through high cloud. Warm for most, mild Scottish Highlands but feeling chilly in wind. Hill cloud and patchy rain west highlands, setting in into night. Some patchy cloud lingers near tops of Eryri/Snowdonia and Lakeland.

Headline for West Highlands

Patchy rain and blustery; higher cloud bases inland

Detailed Forecast for Friday, 3 July, 2026

How windy? (On the Munros)	Southwesterly 25 to 35mph, speeds likely fluctuate during the day, some stronger gusts over high tops to 40mph. Lighter speeds far south late in the day but then deteriorating into night.
Effect of wind on you?	Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges; notable wind chill.
How wet? (Precipitation and its impact)	Patchy light rain and drizzle Often drizzly over high tops, patchy rain drifting from the west, generally light in nature with only odd spots pushing well-inland. Rock surfaces slippery even if only small amounts of rain.
Cloud on the hills?	Fairly extensive, lowest coasts Covering many hills much of the day, lowest bases over coastal areas and islands, sometimes to 400-600m. Rising well-inland towards 800-900m, occasional breaks above this height. Beginning to fill in extensively as evening turns to night.
Chance of cloud free Munros?	10%, to 30% well inland
Sunshine? Air clarity (below cloud)	Brief glimpses of sun inland glens, though weakened by high cloud. Some haze below cloud near coast, better visibility inland where out of cloud.
How Cold? (at 900m)	6 or 7C at dawn, rising inland to 9C; only slight rise along the coast. Feeling like 0 to -5C directly in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Saturday 4 July	Sunday 5 July
How windy? (On the Munros) Effect of wind on you?	West-southwesterly, 30 to 45mph, likely strongest south where gusts approach 55mph or higher over summits. Strenuous walking, arduous to the south; powerful gusts constantly challenging balance and considerable wind chill.	Westerly 30-40mph, strongest south where gusts over tops approach 50mph. Strenuous walking in exposure, challenging at times during strongest gusts with considerable wind chill.
How wet? (Precipitation and its impact)	Rain most of the day, sometimes heavy Drizzle and rain most of the day, the rain most persistent with heavy moments towards the north, and sometimes more widely. Very slippery rock surfaces.	Persistent rain Rain affects all Munros most or all day, nearly constant towards the coast with extended heavy falls. May start patchier inland but trending towards more steady falls here as well.
Cloud on the hills?	Extensive, lowest west Blanket cloud across many hills, from mid-slopes in coastal areas and often lower. Some breaks towards 700m further inland north and east of Rannoch Moor.	Extensive Blanket cloud to middle slopes at least, to lower slopes towards the west coast and locally to glen level/coastal cliffs.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Cloudy, murky and misty, some better visibility below cloud in glens well inland.	Overcast and dull. Poor visibility.
How Cold? (at 900m) Freezing Level	9 or 10C, slight cooling with time. Feeling like 0 to -5C where directly in wind on high tops. Above the summits.	8 or 9C, little change all day. Feeling at or below freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 4 July, 2026**

Westerlies prevail across northern Britain. Rain, drizzle and low cloud over western hills from Lake District northward through the weekend. Temperatures near average, but feeling cool in exposure to wind on tops, which could regularly be quite strong and gusty. Generally drier northeast areas with higher cloud bases but patchy rain and drizzle reach here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time. A drier and warmer window looks probable from middle next week as high pressure builds. Very warm temperatures for England and Wales, spells of sunshine more widely. Some showers and patchy rain are likely to continue through late week and next weekend, though detail is uncertain.

Forecast issued at 15:57 on Thursday, 2 July, 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.