

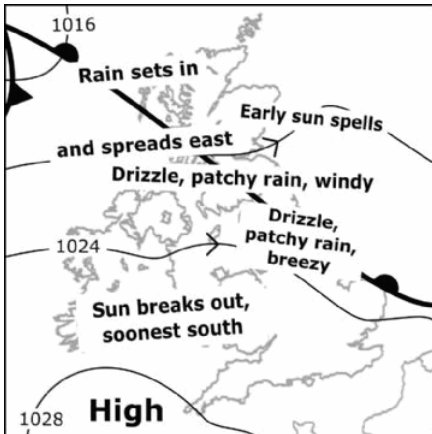
West Highlands

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, 5 July, 2026



British Mountain Summary:

Based on forecast chart for noon 5 July, 2026

Early sunny bursts in east Scotland, rain and cloud setting in west and spreading widely with time. Extensive cloud and drizzle on English summits, some patchy rain, notably northwest hill groups; south Pennines drier later. Largely dry Wales, sun increasingly breaking out (through high cloud), particularly south.

Headline for West Highlands

Rain sets in, constant through afternoon with strong wind

Detailed Forecast for Sunday, 5 July, 2026

| | |
|---|---|
| How windy? (On the Munros) | West-southwesterly starting near 15-20mph, strongest south and gradually strengthening to 30-40mph, gusting stronger over the high tops at times, up to 50mph. |
| Effect of wind on you? | Walking becomes strenuous in exposure, stability challenging at times during strongest gusts with considerable wind chill. |
| How wet? (Precipitation and its impact) | Constant rain sets in Patchy rain drifts from the west in the early hours, drizzly over the summits. Rain soon sets in persistently in the south, gradually spreading widely through the midday hours. Constant rain into the evening with heavy falls towards the coast. |
| Cloud on the hills? | Soon extensive Blanket cloud fills in to middle slopes (at least) as rain sets in, persistently to lower slopes towards the west coast with patches to glen level/coastal cliffs. Some broken cloud with bases near 900m north and east of Rannoch Moor in the early morning. |
| Chance of cloud free Munros? | 10%; starting at 30% well inland/north |
| Sunshine? Air clarity (below cloud) | A few bright glimpses to the northeast in the early morning, but soon widely overcast and dull with poor visibility. |
| How Cold? (at 900m) | 8 or 9C to start, or slightly cooler north Lochaber. Rising a degree. Feeling at or below freezing in strongest wind. |
| Freezing Level | Above the summits. |

West Highlands - Looking Ahead

| | Monday 6 July | Tuesday 7 July |
|--|--|--|
| How windy? (On the Munros) | Westerly 30-40mph, gusts approaching 50mph over highest summits. | Westerly 30-40mph dawn, strong gusts over tops, particularly south; easing to 25-30mph, through always gusty. |
| Effect of wind on you? | Strenuous walking in exposure, challenging at times during strongest gusts with considerable wind chill. | Arduous walking with considerable buffeting and wind chill, effects easing but often strenuous in exposure. |
| How wet? (Precipitation and its impact) | Rain and drizzle Patchy rain most of the day, windows of persistent rain near the coast with heavy falls; most frequent and heavy rain towards northern hill groups where very wet underfoot. | Rain and drizzle Drizzly over the high tops with patchy rain regularly drifting from the west, some extended spells of rain with local heavy falls. Slippery rock surfaces and staying wet underfoot to the west; may improve south later. |
| Cloud on the hills? | Extensive Blanket cloud to middle slopes, to lower slopes towards the coast, locally into glens/coastal cliffs. Some rise inland with time, a few breaks towards 800-900m near and north of Rannoch Moor, and a chance of breaks southern islands too. | Extensive Coastal slopes shrouded to low elevations likely all day, often to middle slopes well inland; some rise with time, but unlikely breaking above 800-900m. Late in the day, some improvement possible in the far south. |
| Chance of cloud free Munros? | 20% | 10% |
| Sunshine? Air clarity (below cloud) | Mostly overcast and misty. Some clearer moments southern islands to Ben Lomond but a coastal haze. | Overcast and dull, visibility poor on high terrain; some inland and southern areas may improve slightly with time. |
| How Cold? (at 900m) | 9 or 10C, little change all day. Feeling at or below freezing in strongest wind. | 9 or 10C, rising slightly, up to 12C southern islands. Feeling below freezing in strongest wind. |
| Freezing Level | Above the summits. | Above the summits. |

Planning Outlook**All mountain areas of Britain from Monday, 6 July, 2026**

Rain, drizzle and low cloud persist over western hills from Lake District northward into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty central and south Scotland. Northeast areas are drier with higher cloud bases but rain reaches 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; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

Forecast issued at 16:17 on Saturday, 4 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.