

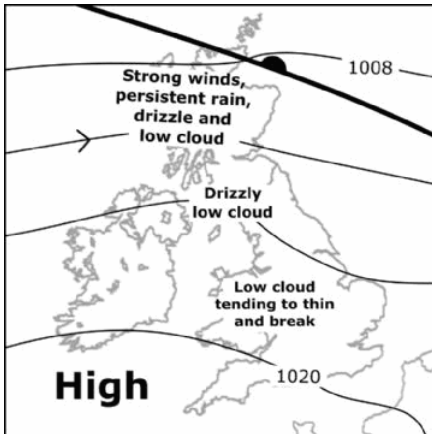
West Highlands

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, 6 July, 2026



British Mountain Summary: Based on forecast chart for noon 6 July, 2026

Windy and generally wet across Scottish hills, rain and drizzle most persistent in northwestern Highlands. Breezy, damp and drizzly too for northern England. Drier and lighter winds for Wales. Poor visibility with low cloud cloaking many hills through the day, best of any breaks toward east.

Headline for West Highlands

Gusting gale-force over tops. Rain, drizzle, blanket cloud.

Detailed Forecast for Monday, 6 July, 2026

How windy? (On the Munros)	Westerly 30 to 40mph, gusts approaching 50mph over highest summits.
Effect of wind on you?	Strenuous walking in exposure, challenging at times during strongest gusts with considerable wind chill.
How wet? (Precipitation and its impact)	Rain and drizzle, wettest Lochaber in morning Drizzle and more persistent rain particularly near coast with some heavier falls Ben Nevis group to Knoydart in morning, again later evening - wet underfoot in Lochaber, streams high and fast-flowing especially west, may block some footpaths. Rain easing off a little in afternoon inland and south, but often drizzly west and northwest.
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.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Mostly overcast and misty. Some clearer moments southern islands to Ben Lomond but a coastal haze.
How Cold? (at 900m)	9 or 10C, little change all day. Feeling at or below freezing in strongest wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 7 July	Wednesday 8 July
How windy? (On the Munros) Effect of wind on you?	Westerly 30-40mph dawn, strong gusts over tops, particularly south; easing to 25-30mph, through always gusty. Arduous walking with considerable buffeting and wind chill, effects easing but often strenuous in exposure.	West to southwesterly 15 to 25mph, at times 30-35mph Ben Nevis group to Mull. Fairly small inland and south, but further northwest in places blustery with some gustiness affecting balance on ridges.
How wet? (Precipitation and its impact)	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.	Some drizzle west Lochaber Pockets of fine drizzle on some windward slopes, mainly near coast, may be locally persistently damp west of Loch Linnhe for several hours, but rainfall amount small.
Cloud on the hills?	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.	Extensive, highest tops possible inversion Shrouding many hills much of day, to lower slopes near coast and lochs in morning, some rise of base through day, but rarely above 700-800m. Some breaks may form well inland. High tops above 1100m near/above top of cloud.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Overcast and dull, visibility poor on high terrain; some inland and southern areas may improve slightly with time.	Cloudy and misty many hills especially further west, some glimpses of sun inland, visibility locally good below cloud. Possibly sunny and very clear air on highest summits above an inversion.
How Cold? (at 900m) Freezing Level	9 or 10C, rising slightly, up to 12C southern islands. Feeling below freezing in strongest wind. Above the summits.	11C rising to 14C inland out of cloud. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 7 July, 2026**

A damp start westerly pattern continues at the start of the week, particularly in Scotland, then a drier and warmer window builds into the middle of the week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some patchy rain continues through late week in western Scotland though detail is uncertain and more often dry. High pressure is indicated to expand across Scotland through next weekend bringing more widely dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some thunderstorms.

Forecast issued at 16:00 on Sunday, 5 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.