

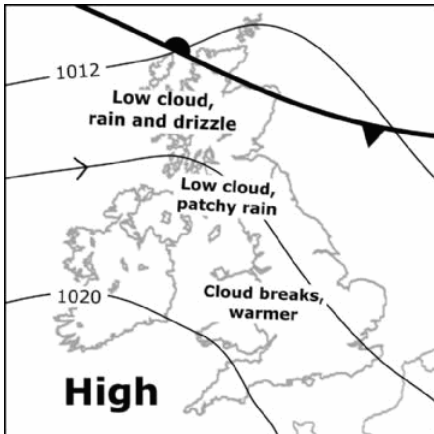
West Highlands

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, 7 July, 2026



British Mountain Summary:

Based on forecast chart for noon 7 July, 2026

Windy over high terrain, strongest in the morning, again later in Scotland. Damp and murky north and western Highlands, more persistent rain at times. Some improvement southern Highlands in afternoon. Often dry for northern England, but higher fells shrouded in cloud. Brighter for Wales as cloud thins.

Headline for West Highlands

Windy, gales early and late. Wet, persistent low cloud.

Detailed Forecast for Tuesday, 7 July, 2026

How windy? (On the Munros)	Westerly 35-45mph around dawn, gusts over 50mph high tops; easing to 25-30mph morning into middle of day, increasing a little again during afternoon, 35-45mph toward evening, strongest Ben Nevis area.
Effect of wind on you?	Arduous walking with considerable buffeting and wind chill, effects easing for a few hours, but often strenuous in exposure, later in day more difficult again.
How wet? (Precipitation and its impact)	Rain and drizzle Persistent light rain and drizzle widely, some constant steadier rain near/west of Loch Linnhe. Patchier furthest inland. Slippery rock surfaces and fast-flowing streams in Lochaber particularly toward Knoydart, wet underfoot widely in west.
Cloud on the hills?	Extensive Coastal slopes shrouded to low elevations all day, often to middle slopes well inland; some rise with time, but unlikely breaking above 800-900m. Late in the day, local improvement possible mainly east of Loch Lomond.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast and dull, visibility poor on high terrain, more widely lower down in drizzle; some inland and southern areas may improve slightly with time.
How Cold? (at 900m)	9 or 10C, rising slightly, up to 12C southern islands. Feeling below freezing in strongest wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Wednesday 8 July	Thursday 9 July
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 15 to 25mph, at times 30-35mph Ben Nevis group early morning, then coastal hills later. Fairly small inland and south, but further northwest in places blustery with some gustiness affecting balance on ridges.	Southwesterly 15 to 25mph, strongest Ben Nevis to Mull in the morning, local 30mph; may drop even lighter in south with time. Mostly small, but feeling blustery early in the day around some higher slopes mainly in western Lochaber.
How wet? (Precipitation and its impact)	Drizzle west Lochaber in morning Pockets of fine drizzle on some windward slopes, mainly near coast, locally persistently damp west of Loch Linnhe much of morning, but rainfall amount small.	A little local drizzle far west Pockets of fine drizzle mainly coastal areas near Mull, otherwise likely dry.
Cloud on the hills? Chance of cloud free Munros?	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 coasts. Breaks forming well inland. Tops above 1000-1100m near/above top of cloud. 30%	Varied areas of cloud, thinning slowly Fairly extensive cloud banks between 500 and 1000m, some mist at first locally into glens. High tops above cloud early in day at least. Cloud tends to thin slowly, the base rising, but the top of cloud may also drift up to cap summits. 40%
Sunshine? Air clarity (below cloud)	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.	Some sunshine and clear air on high tops early in day, and visibility increasingly very good lower down with some sun breaking through gradually from south.
How Cold? (at 900m) Freezing Level	11C rising to 14C inland out of cloud. Feeling like 2 to 5C where exposed to stronger wind. Above the summits.	11C up to 15C where not in cloud on high terrain. Feeling like 5C if exposed to stronger breeze in morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 8 July, 2026

A drier and warmer window builds into the middle of this week: very warm in England and Wales. Still low cloud persistent especially toward northwest Scotland, but spells of sunshine spread northward, and lighter wind. Some rain late this week in western Scotland though mostly light and patchy, many places dry. High pressure expands across Scotland through the weekend bringing more widely clearer hills, dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some isolated thunderstorms occasionally.

Forecast issued at 16:22 on Monday, 6 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.