

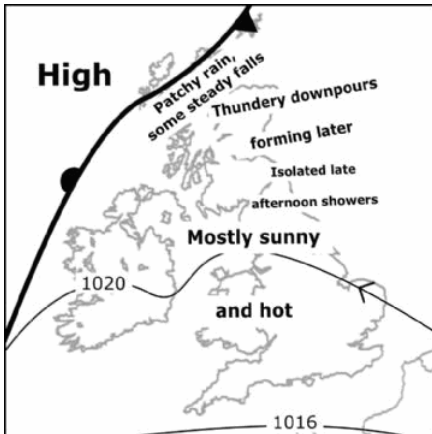
West Highlands

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, 10 July, 2026



British Mountain Summary:

Based on forecast chart for noon 10 July, 2026

Hot sunshine persists across England, Wales, and southern Scotland; valley temperatures of 30C+. Starting bright and becoming very warm most of Scottish Highlands. Rain from Lochaber northward, later moving east with heavy thundery bursts forming over central/east highlands into evening.

Headline for West Highlands

Some drizzly rain to the north; sunny glimpses south

Detailed Forecast for Friday, 10 July, 2026

How windy? (On the Munros)	Variable less than 10mph most of the day. An easterly trend in the afternoon, sustained speeds rising to 10-15mph late in the day.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	Patchy rain northern hills Drizzle affects coastal hills from Mull northward in the morning, a few patches of rain drifting here, merging into several hours of steadier falls. Southern hills stay dry. Later afternoon more widely dry, but some pop-up bursts of rain may form well inland late in the day.
Cloud on the hills?	Least cloud to the south Often fairly extensive above the middle slopes near the Lochaber coast, mostly 900m and up inland but lower patches when rain occurs. Further south, varied banks of cloud on middle and upper slopes, several layers, not necessarily covering tops. A general lifting and breaking trend, but variably returning into evening.
Chance of cloud free Munros?	30% Lochaber, to 70% around Loch Lomond
Sunshine? Air clarity (below cloud)	Extended bursts of sunshine to the south, increasingly overcast to the north where dull for a time in rain. Some misty areas, particularly north, but largely very good.
How Cold? (at 900m)	Starting at 10C west of Loch Linnhe, to 13 to 15C inland and south, mildest over Arran. Rising slightly, up to 17C Ben Lomond to Arran (where valley temperatures approach 25C); staying nearer 13C northern Lochaber.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Saturday 11 July	Sunday 12 July
How windy? (On the Munros) Effect of wind on you?	Generally easterly but variable, 10-15mph, most notable breezes south of Glen Coe; locally lower speeds too. Small.	East-southeasterly 10mph, to 15mph far south; some variability, particularly north where speeds often below 10mph. Small to negligible.
How wet? (Precipitation and its impact)	Some patchy rain Patches of light rain here and there through the day, many hills see extended dry windows. A greater risk of steadier falls well inland early, perhaps later around Ben Nevis and Glencoe groups.	Likely dry A small chance of a few spots of drizzly rain, but the Munros likely entirely dry.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Extensive from lower slopes upward at dawn; some varied broken cloud northwest of Loch Linnhe. Bases lift, unlikely rising above 800m well inland. Breaks approach 900m or higher towards the coast, but highly variable with lower banks returning. 20%	Fairly extensive early, increasingly broken Fairly extensive at dawn, lowest bases well inland where fog in some glens; some clear windows between layers possible on higher western terrain. Bases lifting and breaks forming, to banks above 1000-1100m inland, many western summits clearing for periods. 20% rising to 70% western hills
Sunshine? Air clarity (below cloud)	Some brighter moments towards the coast but largely overcast; poor visibility on high terrain, to very good below cloud.	Overcast and misty at dawn, sun bursts increasingly common to the west where visibility will be excellent.
How Cold? (at 900m) Freezing Level	12 to 14C, rising a degree; mildest to the south. Above the summits.	11 or 12C at dawn, lifting to 14C, or locally 15C north of Mull. Some glens approaching 22C. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 11 July, 2026**

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands Saturday with some risk of heavier thundery bursts on Saturday morning in the east. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog increasingly affecting northeastern hill groups later weekend.

Easterly wind persists next week, sometimes quite strong England and Wales. Mostly sunny and very warm, including Scottish Highlands. Low pressure south of the country starts pushing showers into Wales, some heavy and thundery, though confidence is low. Detail increasing uncertain later next week, but Scotland likely stays dry.

Forecast issued at 15:58 on Thursday, 9 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.