

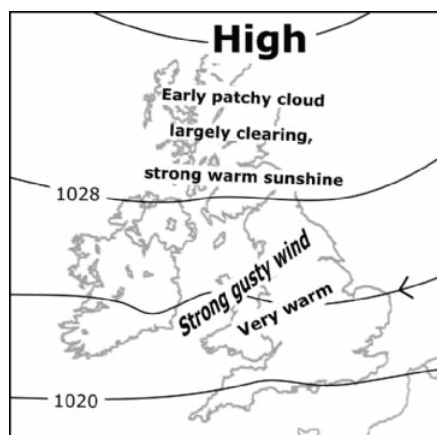
West Highlands

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, 13 July, 2026



British Mountain Summary:

Based on forecast chart for noon 13 July, 2026

Varied banks of cloud around hills in Scotland and Pennines early in the day, but increasingly dispersing during the morning to leave most or all hills clear. Strong sunshine, pleasant temperatures, warmest in western areas. Mostly light wind for the Highlands, gusty easterly further south. Very warm for Wales.

Headline for West Highlands

Patchy cloud clears, warm sunshine, mostly light wind.

Detailed Forecast for Monday, 13 July, 2026

How windy? (On the Munros)	Easterly 5-15mph, strongest south with notable gusts 20-25mph over tops and well downslope.
Effect of wind on you?	Fairly small, but nuisance gusts common southern hill groups, may feel more noticeable at times.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Early patches, then little if any Patchy banks of cloud on middle slopes well inland, thickest around Great Glen/Lochaber early in day; tops will be above any cloud layer. Early morning, banks begin lifting to upper terrain, may approach 1100-1200m, but mostly dissipating; a few lingering patches near the Great Glen.
Chance of cloud free Munros?	90% (summits above cloud at least early)
Sunshine? Air clarity (below cloud)	Mostly sunny. Excellent visibility. High UV, beware sunburn.
How Cold? (at 900m)	10C rising to 14 or 15C; westernmost slopes warmest, locally to 16C. (Many glens approaching 25C afternoon).
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 14 July	Wednesday 15 July
How windy? (On the Munros) Effect of wind on you?	Easterly, 10mph or less in Lochaber, to 15-20mph further south, or often 20-25mph Arran and near Clyde. Fairly small, but feeling noticeably breezier where exposed over southern hills.	Easterly 5 to 15mph, strongest southern areas, especially Arran, where gusty 20mph in places. Mostly small, locally feeling breezier on tops around the Firth of Clyde.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Hills clear Local fog patches from dawn in some glens and lower slopes mainly around lochs, mainly in south; soon dispersing. The hills otherwise clear all day.	Mountains clear From dawn, patchy fog some glens and over lochs, soon all dispersing.
Chance of cloud free Munros?	Above 90%	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility.	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.
How Cold? (at 900m) Freezing Level	14C from dawn (warmer than many glens), rising to 17C (glens reach 25C), locally slightly warmer west Lochaber. Above the summits.	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally warmer west Lochaber). Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 14 July, 2026**

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure keeps the skies mostly clear, some low-level cloud rolling inland from the North Sea at times. A prevailing easterly flow, pushing the warmest temperatures for western hill groups, valley temperatures often 25C, or warmer for Wales and Peak District, at times 30C. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Notably dry ground conditions, beware very high fire risk. A cooling trend toward the weekend as north-northeasterly winds develop, a few showers possible, but a dry theme likely into early next week.

Forecast issued at 16:00 on Sunday, 12 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.