

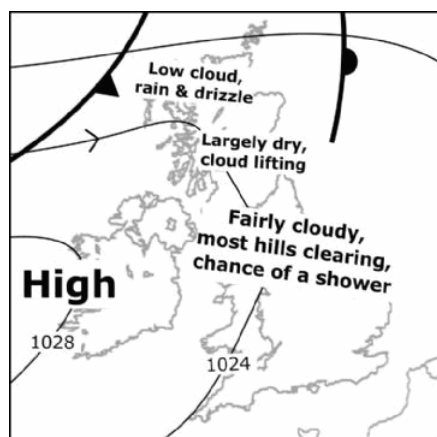
West Highlands

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 Thursday, 23 July, 2026



British Mountain Summary:

Based on forecast chart for noon 23 July, 2026

Low cloud and drizzle across the northern parts of the Highlands in the morning, cloud tending to lift for central-southern Highlands, but northwestern areas stay damp, more persistent rain later and winds also strengthening. Cloudy skies for England and Wales, most hills clearing in the morning, low risk of a shower.

Headline for West Highlands

Increasing breeze. Some drizzle north, low cloud, breaks inland.

Detailed Forecast for Thursday, 23 July, 2026

How windy? (On the Munros)	Westerly 15 to 25mph, strongest over high tops in Ben Nevis group and coastal tops near Mull, freshening widely, later 30mph.
Effect of wind on you?	Fairly small effect on walking, but feeling breezy and quite cool on high terrain. Becoming increasingly blustery evening.
How wet? (Precipitation and its impact)	Damp west Lochaber, drier south Patchy drizzle, most frequent near and west of Loch Linnhe, where developing into some steadier light rain during evening. More often dry Loch Lomond NP to Arran, though some rain moves in here into the night.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, rising, some breaks Shrouding hills especially in Lochaber from lower elevations upward early in the day, patchier southward. Bases tending to lift to 900-1000m with breaks forming inland, though near Mull lingers above 800m. Cloud lowering again from the northwest into evening. 20% W Lochaber, rising to 40% elsewhere.
Sunshine? Air clarity (below cloud)	Largely cloudy, misty poor visibility to some lower elevations up in the morning, improving to become very good below cloud where dry, some sun breaking through best in Loch Lomond NP.
How Cold? (at 900m) Freezing Level	8 or 9C coastal areas, little change all day. Inland 9 or 10C rising to 12C out of cloud. Feeling near 0C in the stronger wind. Above the summits.

West Highlands - Looking Ahead

	Friday 24 July	Saturday 25 July
How windy? (On the Munros)	Westerly 25 to 40mph, strongest sustained speeds over higher Ben Nevis group with gusts to 50mph, more widely evening.	Westerly 35 to 50mph from dawn into early morning, lessening to 25-35mph middle of day, 15-30mph later, strongest in south.
Effect of wind on you?	Very blustery over high terrain, affecting comfortable walking and balance on some ridges. Considerable wind chill.	Challenging walking and marked chill at first, gradually improving during day, but likely to remain blustery in south.
How wet? (Precipitation and its impact)	Drizzly rain, wetter into night Drizzle over many mountains much of the day, some steadier light rain particularly western Lochaber. Some drier moments inland Loch Lomond NP. Into evening, heavier rain develops from northwest, continuing into night.	Early rain, drizzly showers Persistent rain from overnight into early morning, heavy at times, likely to ease and break up into drizzly showers, fading out at times, but a risk of some steadier rain returning from west.
Cloud on the hills?	Extensive, lowest coasts Shrouding most mountains all day, near coasts much of day above 500-600m, bases typically 700-900m inland, some breaks may form toward central highlands.	Extensive, rising, local breaks inland Shrouding hills fairly widely from low elevations upward early morning. Base tending to rise, but likely to persist near coast above 600-700m, mostly 800-900m inland, some higher breaks well inland.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Cloudy and dull, misty much of day west coast hills. Some better visibility inland at times below cloud and where dry.	Largely cloudy, poor visibility in morning rain, staying misty over many hills, better visibility develops where dry below cloud.
How Cold? (at 900m) Freezing Level	7C rising to 9 or 10C; little change with added height on Munros. Feeling like 0 to -5C directly in the wind. Above the summits.	8 to 10C. Feeling as cold as -5C directly in the wind early, nearer 0C middle of day. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 24 July, 2026

Westerly winds reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later in the day. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable west to southwesterly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:00 on Wednesday, 22 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.