

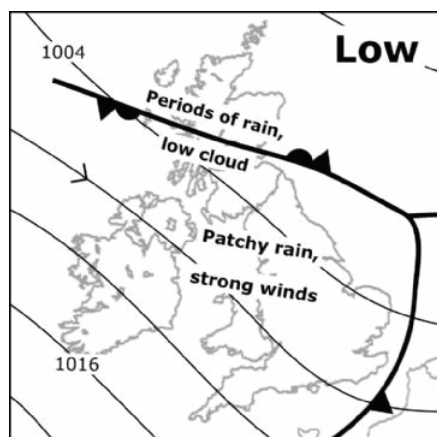
West Highlands

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 Sunday, 26 July, 2026



British Mountain Summary:

Based on forecast chart for noon 26 July, 2026

Spells of rain and showers affect most places during the day, some heavier falls toward eastern Scotland in afternoon. Cloud covering most high terrain, bases rising during day, breaks emerge at times. Blustery winds for England, Wales and southern Scotland, more moderate speeds for the Highlands.

Headline for West Highlands

Rain, showers, low cloud. Brisk wind especially south.

Detailed Forecast for Sunday, 26 July, 2026

How windy? (On the Munros)	West-northwesterly 20-30mph, strongest south and quite gusty at first, approaching 40mph over high tops Arran and into south Loch Lomond NP early morning, but lessening.
Effect of wind on you?	Strenuous walking and notable wind chill over high tops, particularly near the coast areas south from Mull in the morning; buffeting most of the day on Arran.
How wet? (Precipitation and its impact)	Often raining, drizzly, showers Rain drifting from the west much of the day, clusters push inland, then showery outbreaks more widespread afternoon, heaviest showers tend to move well inland. A lingering drizzle on tops between showers. An easing tendency later in the day, but staying damp.
Cloud on the hills?	Fairly extensive Fairly extensive along the coast much of the day, more widely early with bases to 500-700m. A rising trend in bases, a few breaks here and there to high terrain possible, but returning below 800m during showers, often lower westward.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy. A few glimpses of sun. Varied visibility, often poor on high terrain, but very good out of cloud/rain.
How Cold? (at 900m)	8C rising up to 11C well-inland. Only slight rise with proximity to the coast. Feeling at or below freezing in direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 27 July, 2026

West-southwesterly winds will bring rain to most places early in the new week, some more prolonged heavier falls for western Scotland by Tuesday, accompanied by gales over high terrain, severe on Scottish tops, but rather humid for all, warm for England and Wales. Cooler air toward northwest Scotland moves across all of Scotland by Wednesday. Showery rain through mid-late week, some heavy and possibly thundery bursts, mainly Scotland. Likely drier for Wales and southern Pennines. More uncertainty toward next weekend and early the following week, but a risk of a broad zone of low pressure bringing areas of rain and heavy showers through early August.

Forecast issued at 16:00 on Saturday, 25 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.