

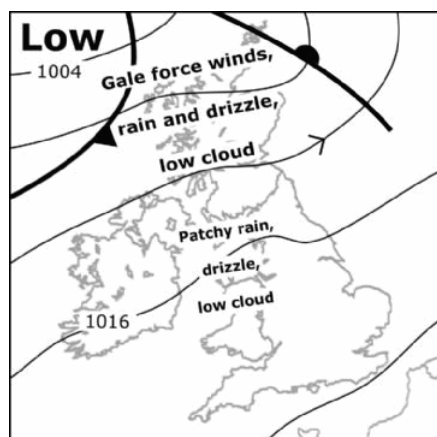
West Highlands

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, 28 July, 2026



British Mountain Summary:

Based on forecast chart for noon 28 July, 2026

Challenging conditions over high terrain with gale-force winds, severe gales on the higher Scottish mountains. A few hours of persistent rain, some heavy for the Highlands, leaving drizzly conditions, low cloud across most hills. Some heavier rain again later in western Scotland.

Headline for West Highlands

Gales strengthen, severe high terrain. Rain and low cloud.

Detailed Forecast for Tuesday, 28 July, 2026

How windy? (On the Munros)	Southwesterly 40 to 55mph, rising during morning, then more sustained higher speeds into the afternoon with gusts 70mph around higher mountains in Lochaber.
Effect of wind on you?	Difficult walking conditions on exposed higher terrain, gusts could knock you over, particularly afternoon, any mobility then challenging on tops in Ben Nevis group. Considerable wind chill.
How wet? (Precipitation and its impact)	Persistent rain, some heavy morning and evening Rain or drizzle much of the day across the region, some more prolonged heavier falls in the morning. Rarely fully easing off, but some drier moments for areas well inland in afternoon. Heavier rain returns from west later in day, risk of local thundery bursts in evening mainly southern areas.
Cloud on the hills?	Extensive Blanket low cloud across the mountains, shrouding coastal areas from lower elevations upward for periods. Some higher bases above 700m inland mainly afternoon.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Generally overcast and dull, poor visibility much of day coastal areas, widely in rain, local improvements inland afternoon.
How Cold? (at 900m)	9 or 10C, little variation all day, local 12C Loch Lomond NP, quite humid. Feeling below freezing directly in wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Wednesday 29 July	Thursday 30 July
How windy? (On the Munros)	Southwesterly 25 to 30mph, nearer 40mph around dawn. Tending to lessen a little through afternoon.	Southwesterly 15 to 25mph at first, shifting westerly and strengthening during morning to 35-40mph, gusts 50mph for a time.
Effect of wind on you?	Blustery in morning at least, considerable buffeting at first lessening, but likely to affect balance in exposure all day.	Likely soon deteriorating to make walking challenging, buffeting gusts. Increasingly significant wind chill.
How wet? (Precipitation and its impact)	Frequent or persistent rain, some heavy Rain on and off much of the day, a mix of drizzle and some showery bursts, increasingly setting in for a few hours locally, heavy and possibly thundery.	Showers, locally frequent Broadly showery, but may become more frequent or locally a cluster of heavy rain over an hour or so, greater risk Lochaber, chance of isolated thunder.
Cloud on the hills?	Fairly extensive Shrouding most high terrain all day, lowest bases on south-facing slopes toward coasts, to some mid-elevations. Breaks above 1000m inland Lochaber, best north.	Fairly extensive, some breaks Covering much high terrain in the morning, varying banks lifting to upper slopes with some breaks forming particularly inland, but lowering patches around showers.
Chance of cloud free Munros?	20%	40%
Sunshine? Air clarity (below cloud)	Largely cloudy. Visibility poor around rain, improving below cloud inland if dry.	Mostly cloudy, some moments of sun breaking through. Visibility very good when dry, but reduced in showers.
How Cold? (at 900m)	9C, mostly little change, but some inland areas may reach 12C. Feeling near/below freezing in the wind.	6C, lowering to 4 or 5C later in daytime. Feeling like -5 to -7C in exposure to stronger winds on high tops.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 29 July, 2026

A complex pattern into the start of August as weak low pressure is nearby to the west . Some showery bursts of rain, possibly thundery in places on some days, locally persistent rain possible, but some places may well escape drier. Cloud varying over the hills from day to day. Strong southwesterly winds later this week, then becoming more variable in speed and direction over the weekend into early next week, may strengthen again for periods. A generally showery westerly may then prevail during next week. Temperatures near average or on the cooler side for Scotland , warmer for Wales and Peak District. Beware ongoing fire management restrictions to access despite rain in the forecast.

Forecast issued at 16:30 on Monday, 27 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.