

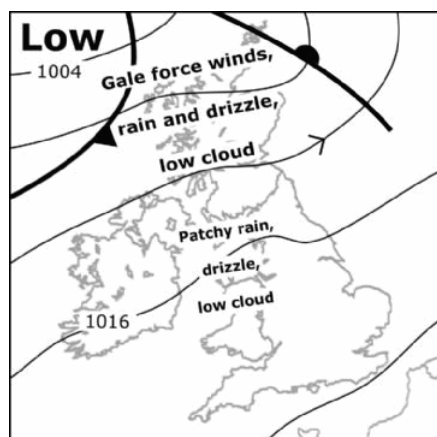
West Highlands

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. Continuing evening into night.
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, heavy morning and evening, risk thundery south Rain or drizzle much of the day across the region, more prolonged heavier falls in the morning. Rarely fully easing off, but some drier moments well inland in afternoon. Rain returns from southwest later, heavier bursts mainly southern areas into early evening, risk of thunder. Some further rain into night.
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. Lowering again where rain returns, ragged low patches forming.
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 Lochaber to Mull, up to 12C Loch Lomond NP to Arran; little variation all day, quite humid. Feeling like 0 to -3C directly in wind on tops.
Freezing Level	Above the summits.

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 7:53 on Tuesday, 28 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.