

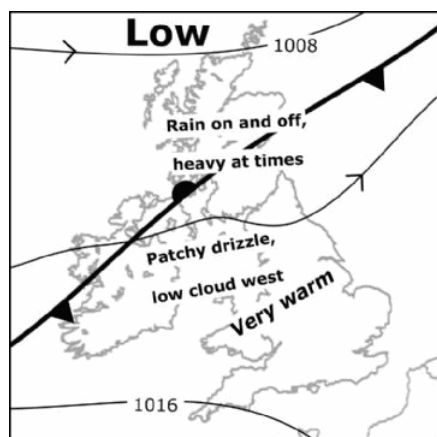
West Highlands

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 Wednesday, 29 July, 2026



British Mountain Summary:

Based on forecast chart for noon 29 July, 2026

A swathe of frequent to persistent rain through central & southern Scotland, some heavier bursts with possible thunder and lightning afternoon. Patchier showers in northwest, rather cool here. Warmer and humid southwards, low cloud covering many western hills, some drizzle near Irish Sea.

Headline for West Highlands

Windy. Areas of rain, some heavy bursts.

Detailed Forecast for Wednesday, 29 July, 2026

How windy? (On the Munros) Effect of wind on you?	Southwesterly 35-40mph from dawn with briefly stronger gusts, easing to 25-30mph during morning, staying nearer 30mph for longer in southern areas into afternoon, nearer 20mph Lochaber later in day. Blustery across the hills, considerable buffeting at first lessening, but likely to affect balance in exposure all day. Notable wind chill on high terrain.
How wet? (Precipitation and its impact)	Frequent or persistent rain, some heavy particularly south in afternoon Rain on and off much of the day, a mix of drizzle and some heavier bursts, setting in for a few hours locally, likely focused on more southern areas for a few hours from early afternoon Loch Lomond NP, risk of thunder. Some places escaping drier for periods, best chance inland Lochaber.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, local breaks northeast from Ben Nevis Shrouding most high terrain all day, lowest bases on south-facing slopes toward coasts, to some mid-elevations, ragged patches to forest canopies in heavy rain Loch Lomond area. Breaks above 1000m inland Lochaber, best north during afternoon. 20%
Sunshine? Air clarity (below cloud)	Largely cloudy. Visibility poor around rain, improving below cloud inland and north if dry.
How Cold? (at 900m) Freezing Level	8 or 9C, mostly little change, locally inland Loch Lomond NP briefly 11C afternoon. Feeling like 0C in the wind, colder on high tops early in day. Above the summits.

	Thursday 30 July	Friday 31 July
How windy? (On the Munros) Effect of wind on you?	Southwest then westerly, strengthening during morning to 30-40mph, gusts 50mph for a time at least in south, risk widely. Soon deteriorating to make walking challenging, buffeting gusts. Increasingly significant wind chill.	Southwesterly 25 to 30mph, risk occasionally 40mph, gusty in showers. Affecting ease of walking on high terrain, gusts challenging balance on ridges at times. Marked wind chill.
How wet? (Precipitation and its impact)	Bursts of rain locally set in for a time Broadly showery, but some more frequent heavy bursts, a cluster of heavy rain moving east over a few hours, most likely in Lochaber. Risk of thunder and lightning. Fading later in day to scattered showers.	Showery, chance of lightning Showers mostly near coast early in day, but developing increasingly widely, some heavy bursts forming, mainly inland into afternoon. Risk isolated thunder.
Cloud on the hills? Chance of cloud free Munros?	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. 40%	Often covering higher slopes Fairly widespread above 600 to 800m early in day, lowest near coast, tending to lift to 900m with breaks higher up at times. Lower ragged patches during/after rain. 30%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some moments of sun breaking through. Visibility very good when dry, but reduced in showers.	Brief sun breaking through. Visibility very good below cloud, but reduced in showers.
How Cold? (at 900m) Freezing Level	6C, lowering to 4 or 5C later in daytime. Feeling like -5C in exposure to stronger winds on high tops. Above the summits.	5 or 6C, slight rise afternoon. Feeling nearer -5C in the wind on tops. Above the summits.

All mountain areas of Britain from Thursday, 30 July, 2026

Cool and showery westerlies late this week and into Saturday, windy over high terrain; western hills often capped in cloud. Rain may encroach from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales at least. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, may strengthen northwesterly by Tuesday to gales. An improving trend into midweek, but showery westerlies likely prevail in Scotland at least. Despite spells of rain, beware ongoing fire management restricting access to some mountains.

Forecast issued at 16:15 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.