

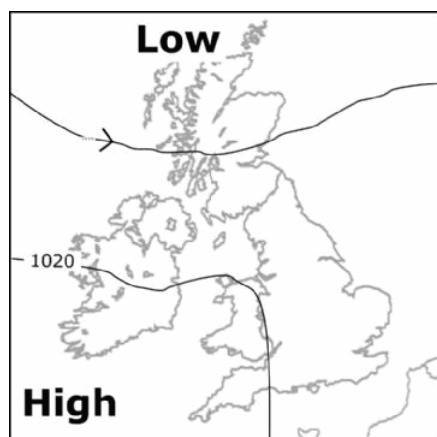
West Highlands

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 Friday, 31 July, 2026



British Mountain Summary:

Based on forecast chart for noon 31 July, 2026

Westerly winds, tending to strengthen through the day will continue to bring lower temperatures to the mountains (particularly W & NW Scotland), Showers, throughout day W and NW Highlands, but mostly afternoon elsewhere - and few if any S Pennines and Wales.

Headline for West Highlands

Showers; chilly. Wind speed tending to increase..

Detailed Forecast for Friday, 31 July, 2026

How windy? (On the Munros)	West to southwesterly typically 20 to at times 25mph, although until late morning no more than 10 or 15mph on many summits.
Effect of wind on you?	Mostly fairly small.
How wet? (Precipitation and its impact)	Frequently raining, particularly western mountains Showers throughout the day - sometimes frequent - generally driest central highlands morning and tending to become drier from west late in day.
Cloud on the hills? Chance of cloud free Munros?	Often covering higher slopes; by afternoon mostly confined to near coast West coastal slopes: frequently covered all day above 600m, occasionally 450m. By around 10 miles inland from the general lie of the coast, by midday cloud nearly all above 800m. Elsewhere, by midday, summits rarely covered. 10% near west coast to by midday 80% elsewhere
Sunshine? Air clarity (below cloud)	Ranging from glimpses of sun only toward the coast to a patchwork of bright sun central highlands. The air very clear, but visibility markedly reduced in showers.
How Cold? (at 900m) Freezing Level	4C rising marginally through day coastal slopes, but to 8C central highlands. Will feel below freezing point directly in wind. Above the summits.

West Highlands - Looking Ahead

	Saturday 1 August	Sunday 2 August
How windy? (On the Munros) Effect of wind on you?	Westerly 20-30mph; generally most gusty near rain. Locally fairly small, but ease of walking often impacted on high terrain, some more strenuous moments with wind chill.	Westerly 10 to 20mph after dawn; strongest Lochaber. Will drop widely to 10mph or less by afternoon. Becoming negligible.
How wet? (Precipitation and its impact)	Showers, most along the coast Showers drive into western Munros most of the day, some more persistent falls at times. Well-scattered inland, except afternoon when more frequent with heavy bursts.	A few showers; dying out Starting showery, particularly Lochaber. Showers will become confined to Lochaber and by about midday more or less all die out.
Cloud on the hills? Chance of cloud free Munros?	Extensive toward coast, base rising well inland - higher tops may not clear Extensive above 500-700m in the morning, lowest toward west coast. A lifting trend, particularly central highlands, where breaks above 900m increasingly common by midday. Nevertheless cloud base dropping again near showers. 10% western mountains; rising to 40% toward central highlands	Becoming confined to higher slopes, later may well almost all clear Progressively improving as extensive cloud above 700m Lochaber and more patchy above 900m elsewhere gradually rises. By mid afternoon, perhaps still fragments some higher tops; but the hills mostly cloud free. 30% gradually rising to 90%
Sunshine? Air clarity (below cloud)	Patchy cloud and sun, trending cloudier, though western areas brighten up later. Very good visibility out of cloud, becoming hazy in the west.	Patches of sun morning, mostly central highlands. Gradually becoming more sunny across region, but later the sun increasingly hazy. Very good or excellent visibility.
How Cold? (at 900m) Freezing Level	5 or 6C, rising slightly, to 8C well inland. Will feel close to or below freezing point directly in wind. Above the summits.	6C rising to 9 to 13C, warmest central highlands and Loch Lomond NP. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 1 August, 2026

Extensively dry with cloud widely confined above the mountains this weekend, although mainly Saturday in Scotland, showers and on western mountains areas of low cloud. Relatively chilly on the west and NW Highlands, but otherwise fairly normal temperatures for early August.

Very complicated early next week; areas of rain will drift slowly across central and northern Britain, but the distribution of rain (and associated low cloud) very uncertain. Probably very little rain across Wales.

Despite some rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry 'tinder dry'.

Forecast issued at 14:24 on Thursday, 30 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.