

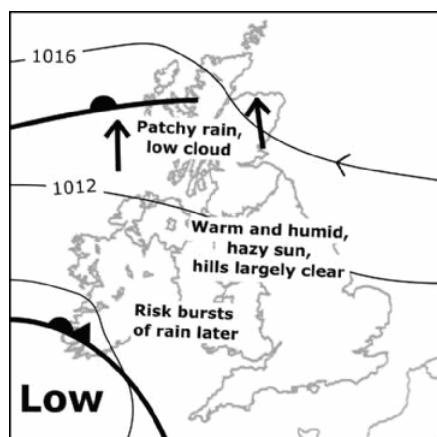
West Highlands

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 Monday, 3 August, 2026



British Mountain Summary:

Based on forecast chart for noon 3 August, 2026

Some rain drifts north across Scotland, with low cloud banks mostly on south-facing hill groups. A gusty east-southeasterly wind all day England & Wales, and strengthens with time across the Highlands. Humid with warm sun and thin high cloud for England & Wales, later risk of rain in west.

Headline for West Highlands

Some rain and varied cloud; gusty wind develops.

Detailed Forecast for Monday, 3 August, 2026

How windy? (On the Munros)	Easterly 15-20mph at first; strengthens from south, to 25mph in morning Loch Lomond NP & Arran, 30-35mph afternoon, more widely reaching 25mph into Lochaber; very gusty in places. Continuing to increase evening-night to 40mph, soonest south.
Effect of wind on you?	Starting fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky. More generally blustery with time. Deteriorating further evening onward from south.
How wet? (Precipitation and its impact)	Rain on and off; heavy rain into night Mostly light rain extending northward across the region morning into middle of day, local steadier rain for a time. Toward evening heavier bursts forming mainly southern areas, setting in more widely heavy into night.
Cloud on the hills?	Varied over tops, lowest south Many mountains in Lochaber starting clear, some patches on higher slopes, forming mainly around rain. Tending to fill in more often over higher slopes in south, some patches lower down later.
Chance of cloud free Munros?	60% dropping to 30%
Sunshine? Air clarity (below cloud)	A little weak sun through thin high cloud, mostly overcast. Excellent visibility, but reducing in rain.
How Cold? (at 900m)	9C, little change, or only slight rise south. Feeling near or below freezing directly in the stronger wind on tops.
Freezing Level	Above the summits.

All mountain areas of Britain from Tuesday, 4 August, 2026

Low pressure circulates slowly over Britain into midweek bringing areas of rain and thundery showers widely, accompanied by brisk winds up to gale force for periods. Trending toward westerlies later in the week and next weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

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.