

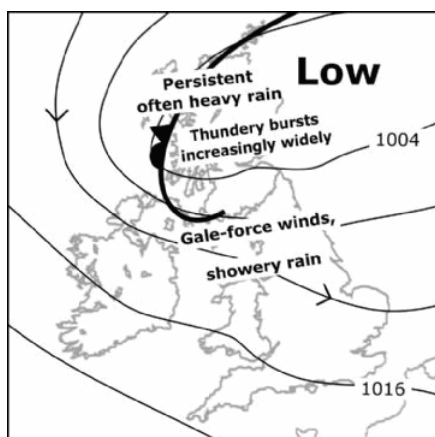
West Highlands

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, 5 August, 2026



British Mountain Summary:

Based on forecast chart for noon 5 August, 2026

Increasingly gale-force winds over high terrain in northern England and near west coast of Scotland; wind strengthening widely over the Highlands. Areas of persistent rain and heavy downpours becoming widespread for the Highlands, local thunderstorms. Frequent rain for northern England, less for Wales.

Headline for West Highlands

Strengthening wind, rain becomes frequent, heavy bursts.

Detailed Forecast for Wednesday, 5 August, 2026

How windy? (On the Munros)	Variable 10mph from dawn into morning but around Loch Lomond & Arran southwesterly 20-25mph in morning. Afternoon onward, becoming west or northwesterly, rising to 25 to 35mph, strongest in south, risk 40mph coasts.
Effect of wind on you?	Fairly small many places in morning, but worsening conditions in afternoon affecting ease of walking and balance on ridges, more challenging on coastal mountains. Marked wind chill develops.
How wet? (Precipitation and its impact)	Frequent or persistent rain; local thunderstorms forming Areas of rain affect the region much of the day, increasingly setting in heavier for periods afternoon with some thundery downpours mixed in, local torrential bursts with lightning, possible hail. Local drier windows possible mainly morning.
Cloud on the hills?	Extensive Shrouding mountains widely much of the day, with ragged patches from lower slopes up around heavier rain. Rare breaks toward some higher slopes.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Little or no sun. Visibility poor during rain, occasionally improving.
How Cold? (at 900m)	7 to 9C, coolest in Lochaber, little change all day. Feeling near or below freezing in the stronger wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

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Planning Outlook

All mountain areas of Britain from Thursday, 6 August, 2026

West to southwesterly winds prevail later this week and into the weekend and further weather fronts will come in off the Atlantic to bring low cloud and rain especially to western mountains in Scotland. A brief ridge of high pressure this Thursday offers a better day with the wind lessening for a time and fewer showers, but winds likely strengthen again by Friday, toward gale force over northwestern Scottish mountains at least. Heavy rain likely affects western Scotland on Saturday, becoming widely showery into Sunday. A brief window of improvement is indicated early next week, but a generally unsettled theme likely continues into mid-month.

Forecast issued at 16:00 on Tuesday, 4 August, 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.