

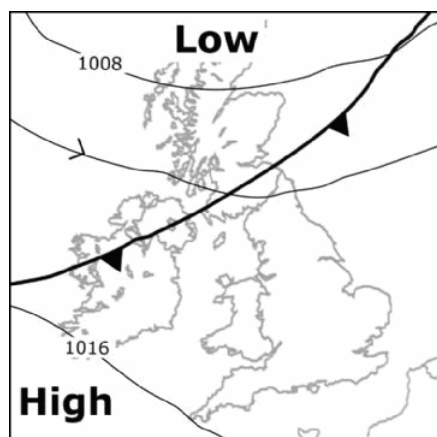
West Highlands

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 Sunday, 9 August, 2026



British Mountain Summary:

Based on forecast chart for noon 9 August, 2026

A cold front, bringing rain and low cloud will progress only slowly southeast into central Britain. To the north, drizzly showers and low cloud will affect western mountains (mainly NW Highlands) whilst to the south mostly sunny and very warm.

Headline for West Highlands

Improving as rain eases and cloud base rises.

Detailed Forecast for Sunday, 9 August, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly, generally 20 to 30mph, generally strongest higher summits near and north of Glencoe. However at dawn widely 40mph. During morning transition to the lower speeds will Arduous walking mainly morning with notable wind chill, particularly higher areas Lochaber.
How wet? (Precipitation and its impact)	Rain clearing to isolated showers Drizzly rain on and off within 10 miles or so of the general lie off the coast of Lochaber. Otherwise, overnight rain will clear southwards through the morning, perhaps leaving the odd drizzly shower. Very wet underfoot western mountains after previous rain.
Cloud on the hills? Chance of cloud free Munros?	Persistent on higher areas; lowest cloud base toward coast Cloud base typically between 450 and 600m within a few miles of west facing coasts. Inland base will rise as rain clears (widely very low in rain), reaching in afternoon 900 to perhaps 1000m central highlands and Loch Lomond NP. 10%, but in afternoon rising to 50% Loch Lomond NP
Sunshine? Air clarity (below cloud)	Patches of sunshine developing, mainly afternoon Loch Lomond NP and Arran, though little sun Lochaber. Varied visibility, often excellent by afternoon but poor in rain.
How Cold? (at 900m) Freezing Level	7C. Feeling near or below freezing in direct wind. Above the summits.

West Highlands - Looking Ahead

	Monday 10 August	Tuesday 11 August
How windy? (On the Munros)	Northwesterly 15mph, dropping to very low speeds by afternoon, perhaps earlier.	Southerly 15mph, although 20mph perhaps 25mph Mull and Jura.
Effect of wind on you?	Small	Small, although gusty conditions on the islands could impact ease of balance.
How wet? (Precipitation and its impact)	Well scattered showers Here and there a brief shower; not heavy.	Rain not expected
Cloud on the hills?	Confined to higher tops By late morning, cloud rare below 1000m, although within a few miles of the coast there may be patches near 800m. In afternoon, many summits clearing completely.	Little if any Small chance in morning cloud above 500m eastern Loch Lomond NP - the base rising before eventually dispersing.
Chance of cloud free Munros?	20% rising to 70%	80%
Sunshine? Air clarity (below cloud)	Patches of sun - perhaps through areas of high level cloud. Excellent or increasingly superb visibility.	More or less unbroken sunshine although sometimes through high thin cloud. Possibly cloudy some areas morning. Superb visibility.
How Cold? (at 900m)	6C, rising a degree or so near the coast, but to 12C well inland.	8C rising to 14C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 10 August, 2026

Extensively fine and warm until Wednesday.

The almost completely dry and warm weather will then persist across England and Wales - although sometimes a little rain and low cloud toward Cumbria. Underfoot conditions will remain exceptionally dry.

Scotland, especially the W& NW Highlands, will have intermittent rain and low cloud - although probably still one or two fairly brief dry periods.

Forecast issued at 14:01 on Saturday, 8 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.