

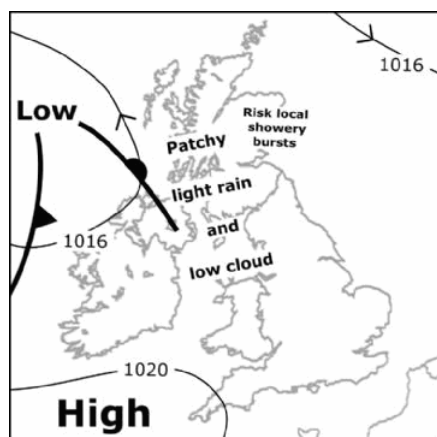
# West Highlands

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.



**New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)**

## General Summary for Sunday, 16 August, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 16 August, 2026

Mostly light rain and drizzle will drift in from the west, some western hills often damp throughout the day and shrouded in cloud. Rain patchier northeastward across the Highlands, but a risk of local bursts of rain forming in the afternoon. Mid & south Wales largely dry. Generally light winds.

### Headline for West Highlands

Often damp, light rain and low cloud.

## Detailed Forecast for Sunday, 16 August, 2026

|                                                                        |                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Westerly 10-15mph, at times less and direction variable, particularly Lochaber afternoon.<br>Near coast turning southerly 10-20mph afternoon, strongest later Arran to Jura.<br><br><b>Mostly small.</b>                                                                                                                     |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Mix of steady light rain and drizzle</b><br>Near the coast, drizzly on the hills much of the day and more widely damp for periods as areas of steady light rain drift from the west across the region, odd heavier moments locally. Some drier windows mainly well inland Lochaber.                                       |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free Munros?</b>  | <b>Shrouding high terrain, lower coasts</b><br>Fairly extensive, lowest bases toward coasts often to middle slopes or lower, increasingly to lowest slopes later in day. Inland often covered above 700-900m, lowest in rain; some breaks forming, but rarely above 1000m.<br><br><b>Almost nil coasts, 10% well inland.</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Largely cloudy, dull.<br>Varied visibility, good visibility out of cloud and rain inland; poor visibility for periods, often misty coastal hills.                                                                                                                                                                            |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 7C, slight rise inland.<br><br>Above the summits.                                                                                                                                                                                                                                                                            |

## West Highlands - Looking Ahead

|                                                                        | Monday 17 August                                                                                                                                                                                                                                                                   | Tuesday 18 August                                                                                                                                                      |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southwesterly, strengthening from 20mph or less early in day, toward 40mph into evening, or sooner coasts and islands.<br><b>Starting fairly small, but increasingly affecting ease of walking, later likely more challenging over high terrain.</b>                               | West-southwesterly 25 to 40mph.<br><br><b>Affecting ease of walking, in places more frequent buffeting making movement challenging. Considerable wind chill.</b>       |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Rain develops, sets in heavy</b><br>Patchy light rain spills in from the west in the morning, becoming increasingly persistent and heavier with time, prolonged heavy falls setting in widely for several hours late afternoon through evening. Rain stays frequent into night. | <b>Rain on and off</b><br>Showery rain throughout the day, odd heavier bursts inland by afternoon.                                                                     |
| <b>Cloud on the hills?</b>                                             | <b>Extensive and low</b><br><br>Covering many hills all day, persistent to lower coastal slopes, some early breaks possible well inland. Cloud likely to widely lower to blanket the hills from 300-600m upward, highest well inland.                                              | <b>Fairly extensive, lowest coasts</b><br><br>Often covering coastal hills above 600 to 800m, inland more often the cloud above 800m, higher breaks forming afternoon. |
| <b>Chance of cloud free Munros?</b>                                    | <b>Below 10%</b>                                                                                                                                                                                                                                                                   | <b>20%</b>                                                                                                                                                             |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Largely overcast and dull.<br>Good visibility reducing to poor as rain develops, becoming murky.                                                                                                                                                                                   | Fairly cloudy with brief sun.<br>Visibility good, but reduced in showers and slight coastal haze.                                                                      |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 9 or 10C.<br>As wind increases, feeling nearer to freezing where exposed on tops.<br><br>Above the summits.                                                                                                                                                                        | 7 or 8C, trending cooler later in day.<br>Feeling near or below freezing in the wind.<br><br>Above the summits.                                                        |

## Planning Outlook

**All mountain areas of Britain from Monday, 17 August, 2026**

Low pressure initially to the north of Scotland early in the new week will eventually envelop the whole of Britain next week bringing generally unsettled and cooler conditions increasingly widely. Often blustery widely, west turning northerly winds later in week - becoming notably chilly over higher mountains. Rain extends into Scotland on Monday, turning heavy, then moves south over England and Wales by Monday night into early Tuesday . The rest of the week sees showery rain common for all areas, the rain most persistent in western Scotland, but heavier showery bursts and thundery downpours become widespread mid to late week.

**Forecast issued at 16:00 on Saturday, 15 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.