

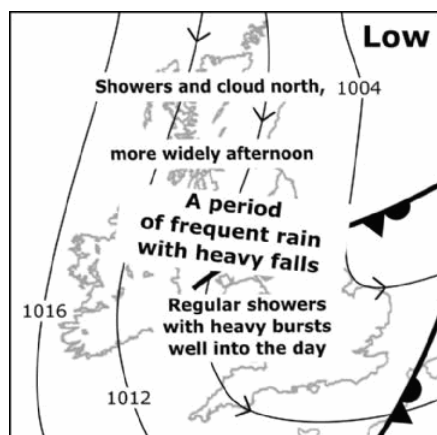
West Highlands

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 Thursday, 20 August, 2026



British Mountain Summary:

Based on forecast chart for noon 20 August, 2026

Showers and low cloud push into north Scotland all day, feeling chilly in the wind. Showers more scattered over southern Munros. Showers affect south Scotland, England, and Wales all day, with a notable cluster of frequent heavy rain drifting south through England into the Peak District around midday, showers follow behind.

Headline for West Highlands

Scattered showers, more frequent afternoon; breezy early

Detailed Forecast for Thursday, 20 August, 2026

How windy? (On the Munros)	North-northeasterly 20 to 30mph, trending northerly and easing somewhat, lowest speeds inland south towards or below 15mph.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, in places may affect comfortable walking, mostly early along the coast.
How wet? (Precipitation and its impact)	A few showers, more widely afternoon A scattering of showers spreading from the north, briefly heavy locally, but mountains south of Ben Nevis group often dry in the morning. Showers form more widely inland during afternoon.
Cloud on the hills?	Varying on tops, most extensive northern hill groups Patches capping higher slopes above 900-1000m, some lower patches in rain from morning near and north of Ben Nevis group. Breaks towards southern tops in the early hours, caps forming increasingly widely afternoon and also becoming more extensive along the coast.
Chance of cloud free Munros?	50% lowering to 30%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through, best of extended bright periods on low slopes to the south. Visibility excellent, but reduced in rain (most often poor on high terrain to the north).
How Cold? (at 900m)	5 to 7C, mildest south where rising a degree; slightly cooler into evening in Lochaber, and overnight more widely. Feeling like -3C in stronger wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 21 August	Saturday 22 August
How windy? (On the Munros)	North-northwesterly 10-20mph.	Northwesterly 15-20mph, strong gusts forming over highest tops.
Effect of wind on you?	Mostly small.	Fairly small, though gusts over high summits will become a nuisance.
How wet? (Precipitation and its impact)	Light scattered showers A few showers here and there, drifting from the north; light in nature and most hills see extensive dry windows. Showers at and before dawn may fall as sleet/snow on Ben Nevis summit.	Coastal drizzle, rare light rain High terrain along the coast (and perhaps more widely north of Glencoe) will have a fine drizzle much of the day. Occasional spots of light rain will drift onto the coast as well. Substantially dry towards Ben Lomond.
Cloud on the hills?	Lifting towards high terrain with breaks Varied cloud mostly above 600-700m in the morning, locally more extensive north where showers occur and along the coast. Lifting with time to just banks over high terrain, breaks off summits forming here and there; may stay more extensive along the coast.	Extensive From dawn, high terrain shrouded with varied lower patches, including into glens. Lower cloud lifts for a time, high terrain stays shrouded, lowest along the west coast where approaching lower slopes later, and widely to middle slopes inland.
Chance of cloud free Munros?	40%	20%
Sunshine? Air clarity (below cloud)	Bursts of sun increasingly breaking out, longer sunny windows on lower slopes. Visibility becomes very good.	Mostly cloudy with poor visibility, often dull towards the coast. A few sunny glimpses to the south in the morning.
How Cold? (at 900m)	4 or 5C to start, rising towards 7C south and inland; little or no rise to the north.	6C rising slightly, up to 9C well-inland; only small drop into night.
Freezing Level	Just above the Ben Nevis summit at dawn, lifting higher.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 21 August, 2026

As the weekend approaches, wind shifts northerly, moving showers southward. Generally lighter wind but gusts will be common around showers. Temperature lowers too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. Heavy showers in England and Wales on Friday, then more often dry with few lighter showers through the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side into early next week. Wind shifts southwesterly and pressure drops again as the week goes, bringing periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail is uncertain, but some windows of better weather are possible, notably in north and eastern areas.

Forecast issued at 16:30 on Wednesday, 19 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.