

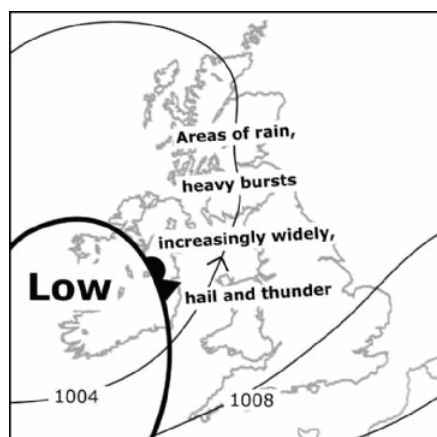
West Highlands

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, 30 August, 2026



British Mountain Summary:

Based on forecast chart for noon 30 August, 2026

Areas of rain and low cloud around many mountains. Some drier periods in the morning, but into afternoon increasingly widespread heavy downpours and thunderstorms develop. Fairly light winds for much of the Highlands, becoming breezier England, stronger winds on Welsh mountains.

Headline for West Highlands

Rain and increasingly thundery bursts, low cloud.

Detailed Forecast for Sunday, 30 August, 2026

How windy? (On the Munros)	Southerly or variable, 5 to 15mph, speed varying, often strongest near coast, tending to rise, at times 20mph afternoon.
Effect of wind on you?	Small, sudden gusts in showers.
How wet? (Precipitation and its impact)	Patchy rain develops into widely heavy bursts; risk of lightning Areas of rain and drizzle from dawn into the morning, locally a burst of rain. Some drier windows, but rain becomes frequent widely onward into afternoon, heavy bursts merging to constant heavy rain, risk of hail and thunder.
Cloud on the hills?	Fairly extensive, brief local breaks Shrouding most terrain from middle slopes upward, locally into the glens where rain occurs. Briefly lifting for a rare breaks above 1000-1100m, but increasingly extensive again over high terrain as rain increases, and lowering.
Chance of cloud free Munros?	10% rising to 40% for a time
Sunshine? Air clarity (below cloud)	Generally cloudy, murky in rain. Visibility occasionally better where dry around middle of day.
How Cold? (at 900m)	8 to 10C, slight rise during day.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 31 August, 2026

A generally unsettled outlook during the first two weeks of September with frequent rain and strong winds . Low pressure dominates and a series of frontal systems move in from the Atlantic . West to southwesterlies, often gale force over the mountains in the second half of this week. Heavy rain most prolonged in the west where increasingly wet underfoot, streams rising to be in spate. Low cloud often covering the hills. Temperatures varying, some notably cooler days for Scotland, at times more humid air mainly toward the south.

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.