

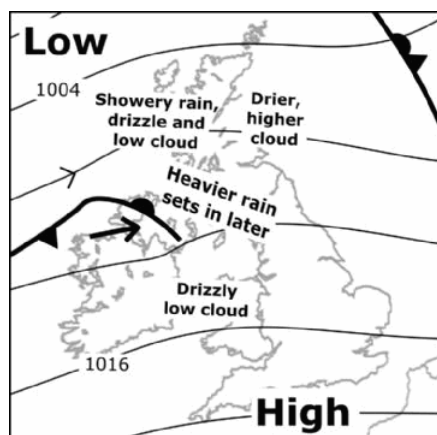
West Highlands

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, 3 September, 2026



British Mountain Summary:

Based on forecast chart for noon 3 September, 2026

Strong to gale-force winds over high terrain. A lot of cloud, shrouding all western hills, plus patchy rain and drizzle, becoming heavier persistent falls in the west later; a swathe of more intense rain develops for southwest Scotland into northwest England by evening, later into north Wales.

Headline for West Highlands

Gales on tops; damp and cloudy, some heavier rain later.

Detailed Forecast for Thursday, 3 September, 2026

How windy? (On the Munros)	Southwesterly between 35 to 50mph, will vary somewhat, generally rising in the afternoon, top speeds approach 55mph, more sustained later in day with powerful gusts developing.
Effect of wind on you?	Arduous walking in exposure most of the day, becoming more challenging later with significant wind chill.
How wet? (Precipitation and its impact)	Patchy rain or showers, wetter later Patchy rain drifts from the west much of the day, some showery falls, but generally light and well-inland hills often dry. Rain will become more frequent with heavier falls for a few hours during afternoon and onward to evening.
Cloud on the hills?	Rising towards higher inland terrain, staying lower coasts Fairly extensive above 600m early, lowest towards the coast; bases rise, breaks approaching high terrain around Rannoch Moor. Elsewhere, breaks above 800-900m rare, and more widely lowering for a few hours.
Chance of cloud free Munros?	20% west, to 40% well inland.
Sunshine? Air clarity (below cloud)	Some patchy sunshine, thin high cloud, and sometimes more overcast south. Good visibility under cloud, but hazy particularly along the coast.
How Cold? (at 900m)	8 or 9C. Feeling below freezing in strongest wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 4 September	Saturday 5 September
How windy? (On the Munros) Effect of wind on you?	Southwest then westerly, 40 to 55mph, at times 60mph higher summits, stronger gusts on highest tops 70mph. Arduous to difficult walking conditions, frequent buffeting knocking you off balance on exposed terrain. Significant wind chill.	Westerly 30-40mph at dawn, soon easing to 20-25mph, turning southwest later southerly; rising from dusk to 50-70mph. Blustery and chilly start, but lessening to be fairly small until evening. Deteriorating significantly into night.
How wet? (Precipitation and its impact)	Often raining Rain on and off throughout the day, more frequent for periods with some steady rain mixed with heavier showery bursts, may break up a little into afternoon.	A few showers, risk rain later Showers mostly coastal mountains early in the day tending drift inland but becoming well scattered and light, fading with time. From dusk into night, risk of sustained heavy rain developing from south.
Cloud on the hills? Chance of cloud free Munros?	Extensive higher areas, lower coasts Fairly persistent over many western groups above 500-700m, lowest near the coast and during rain. Well inland the cloud base higher, some breaks above 800-900m, tending to rise a little into afternoon. 10% coasts, 30% well inland.	Lifting, breaks to some tops Cloud banks drift over hills above 800-1000m in the morning, lowest further west. Base rising mostly above 1000m by middle of day, but patches may come and go into afternoon on higher tops and near coast. 60%
Sunshine? Air clarity (below cloud)	Largely cloudy, brief glimpses of sun well inland. Visibility often reduced by rain, locally good below cloud especially east; a general haze near the coast.	Brief glimpses of sun inland, high cloud tending to build from south later. Visibility very good inland, slight coastal haze in west.
How Cold? (at 900m) Freezing Level	7C, little change all day. Directly in the wind, feeling like -5C. Above the summits.	6C rising to 8C afternoon, little change or rising a degree or so higher into night. Feeling like -5C in the wind at first. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 4 September, 2026

A series of weather systems moves in from the Atlantic over the next 10 days to bring spells of rain and showers, accompanied by frequently strong to gale force mountain winds. A window of better weather is likely on Saturday for Scotland and northern England, but further rain is expected to move in from the southwest by Saturday night and Sunday, heaviest western Scotland; a risk of more powerful upland gales developing over Scotland into Sunday. Temperatures will vary, mildest toward the south, but some cooler air moves in from the north at times bringing higher Scottish tops close to freezing point.

Forecast issued at 7:30 on Thursday, 3 September, 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.