

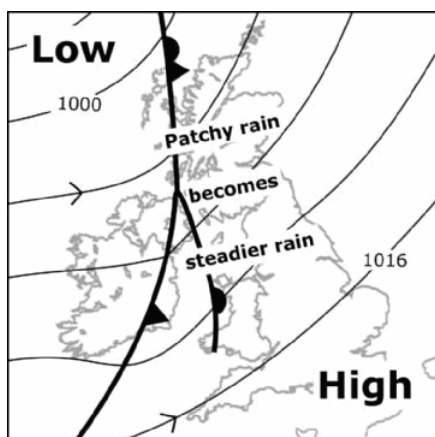
West Highlands

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, 10 September, 2026



British Mountain Summary:

Based on forecast chart for noon 10 September, 2026

Windy, gales over Scottish mountains and increasingly on higher tops of England & Wales. Rain starts patchy and light but becomes persistent over western hills, extending eastwards with time. Cloud capping most high tops, lowering in rain particularly in the west.

Headline for West Highlands

Gales on tops. Rain becomes heavy for a time.

Detailed Forecast for Thursday, 10 September, 2026

How windy? (On the Munros)	Southwesterly strengthening from dawn to give sustained speeds of 45-50mph during morning into middle of day, stronger gusts 60mph high tops in Lochaber. Tending to ease during afternoon to 35mph.
Effect of wind on you?	Arduous walking conditions over the mountains, frequent buffeting knocking you off balance on exposed terrain. Tending to moderate during afternoon, but still very blustery over the tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain then sets in for a few hours, moving inland Spotty rain and drizzle drifts from the southwest from dawn into the morning, some drier windows well inland. Rain becomes steadier from west, heavy at times middle of day into afternoon. Breaking up from west later to become showery.
Cloud on the hills?	Fairly extensive, lowest in rain Cloud often shrouds westernmost hills from at least 700m up, lower in rain. Bases more varied inland, breaks to or above 900m for periods, best northeast of Ben Nevis in morning. Cloud fills in during rain to some middle slopes for a time. Some rise of base late in day from west, occasional breaks form.
Chance of cloud free Munros?	30% dropping to 10% in rain.
Sunshine? Air clarity (below cloud)	Glimpses of weak sun early and late, but more often cloudy. Good visibility below cloud when dry, but in rain generally poor visibility.
How Cold? (at 900m)	7C rising to 9C, then lowering again into night. Feeling like -5C in strongest wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 11 September	Saturday 12 September
How windy? (On the Munros) Effect of wind on you?	Westerly 20-30mph, lowest in south and slightly lessening more widely. Quite gusty over high tops. Rising onward into night. Ease of walking impacted on the high tops, feeling chilly; trending fairly small south. Deteriorating into night to gales.	Southwesterly 60 to 70mph from dawn, lessening gradually during day to 30-40mph afternoon. Very difficult conditions with powerful gusts to low levels early in day, moderating, but remaining challenging; notable chill.
How wet? (Precipitation and its impact)	A little early rain and drizzle Spotty rain drifts from the west from dawn, a little drizzle over high western tops, easing, inland hills soon dry and gradually more widely dry, odd drizzly showers west. Rain develops well into night, later heavy.	Rain persistent, heavy falls ease Sustained heavy rain from dawn into the morning. Tending to ease with time, but likely on and off at least for much of the day, some heavier bursts. May fade later.
Cloud on the hills? Chance of cloud free Munros?	Lifting to high terrain, breaks inland Much terrain above 900m starts in cloud, ragged lower patches, to sheltered low slopes. Lifting, tending to break up with time, some summits breaks forming well-inland. Cloud continues to roll over high tops near the coast, only later breaking up. Rising to 40%	Extensive Blanket cloud across the hills during rain, to lower slopes southern and coastal areas. Some rise of base may develop during day, local breaks inland Lochaber. 10%
Sunshine? Air clarity (below cloud)	Patchy sun breaking out. Good visibility but a building haze west.	Overcast, some brighter skies later in north. Visibility poor in rain, some improvement, but a haze likely.
How Cold? (at 900m) Freezing Level	5 or 6C, rising a degree well inland. Feeling like -3 to -5C in direct wind. Above the summits.	8C, may be briefly up to 11C. Feeling like -5 to -8C directly in wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 11 September, 2026

Changeable west-southwesterlies prevail through mid September; often windy, gale-force winds for periods over higher terrain. A window of drier weather this Friday, then the next frontal system sweeps in overnight into Saturday with a sustained fall of rain moving southeastward, accompanied by upland gales for most places. Improving for better weather on Sunday, then wind and rain returns into Monday, staying showery into Tuesday. A mixed outlook likely continues later next week with rain most frequent in western Scotland. Temperatures varying, some cooler days especially in Scotland, but often fairly mild further south, at times quite warm and humid.

Forecast issued at 16:10 on Wednesday, 9 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.