

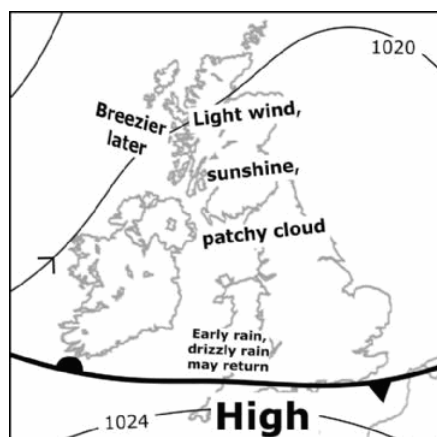
West Highlands

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, 13 September, 2026



British Mountain Summary:

Based on forecast chart for noon 13 September, 2026

A fine day for most places with light winds. Varied cloud around some hill slopes early in the day tending to lift and break, sunny spells. Risk of more cloud lingering over hills in Wales, some rain and drizzle in the south as a front stays nearby. Southwesterly breezes increase later western Scotland.

Headline for West Highlands

Largely dry, early low cloud / mist; mostly light wind.

Detailed Forecast for Sunday, 13 September, 2026

How windy? (On the Munros)	West turning southwesterly 10 to 15mph, occasional 20mph Arran; rising all areas toward dusk to 20-25mph, then into night to 35-40mph, strongest in north.
Effect of wind on you?	Mostly small during daytime, feeling breezier later and generally worsening after dark.
How wet? (Precipitation and its impact)	Rare light rain An odd patch of light rain drifting inland from the coast, but largely dry. Onward into night, patchy drizzly rain moves in from southwest.
Cloud on the hills?	Varied patches lifting and clearing Cloud banks around mid to upper slopes from dawn into morning, some lower level cloud or mist into glens too. Higher summits may start above the cloud, banks then drift higher up, but tend to break above tops leaving rare patches highest summits afternoon.
Chance of cloud free Munros?	50% rising to 80%
Sunshine? Air clarity (below cloud)	Variable sunshine and cloud; thin high cloud tends to build later toward the west. Early slight haze, then visibility excellent.
How Cold? (at 900m)	6C rising to 9C during day, tending to rise slightly further into evening and night.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Monday 14 September	Tuesday 15 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 30 to 45mph, speed likely to vary, more likely rising; notable strong gusts including on some downslopes. Increasing buffeting over the hills, very gusty in places affecting stability, not just highest terrain. Considerable wind chill.	Westerly 25 to 35mph, risk stronger gusts early in the day, possibly 50mph briefly. Blustery across the hills, strenuous walking on exposed higher terrain with buffeting gusts and considerable wind chill.
How wet? (Precipitation and its impact)	Rain likely to develop, risk heavy Rain and drizzle fairly persistent from dawn Mull to Ben Nevis group, but patchy and light elsewhere, some drizzle, otherwise dry for a few hours. Increasing risk of persistent rain developing widely, later heavier.	Often raining Showery rain throughout the day, most frequent toward coasts early morning, but soon extending inland, some heavier bursts on and off.
Cloud on the hills? Chance of cloud free Munros?	Extensive, lowest coasts Shrouding most mountains all day, from mid-slopes up around many west and south-facing groups, lower patches in rain. Highest of breaks northeast of Ben Nevis, but rare to higher slopes. 10%	Fairly persistent higher tops Often capping coastal mountains above 800m, banks of cloud to 600m at times. Further inland, bases typically 900-1000m with some brief breaks higher up. 30%
Sunshine? Air clarity (below cloud)	Rare glimpses of weak sun well inland, but largely overcast and dull. Poor visibility in rain, locally better below cloud inland at times, but a haze likely.	Glimpses of sun, mostly well inland. Visibility very good away from showers, some haze near coast early in day.
How Cold? (at 900m) Freezing Level	8 to 10C, little change all day, then lowering from dusk into night to 6C. Feeling just below 0C directly in wind. Above the summits.	6 or 7C, small change then trending slightly cooler later in daytime. Feeling like -3C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 14 September, 2026

Staying unsettled during the next week to 10 days as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing frequent rain, wettest over western mountains in Scotland. Often windy, gale-force westerly winds for periods over higher terrain. Fairly warm and humid on Monday, then on the cooler side for several days, with considerable wind chill on the mountains. Higher pressure and better weather tends to expand further north later in month.

Forecast issued at 16:01 on Saturday, 12 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.