

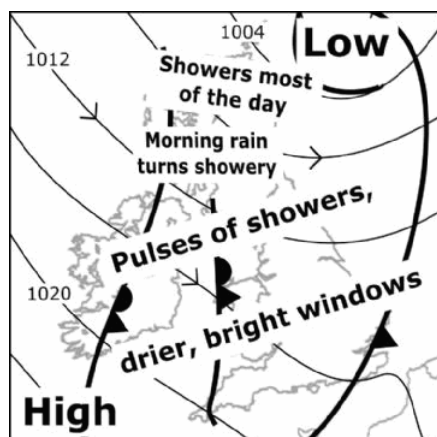
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at petzl.com

General Summary for Tuesday, 15 September, 2026



British Mountain Summary:

Based on forecast chart for noon 15 September, 2026

Clusters of showers over Scotland from dawn, a few dry, bright breaks forming, mostly south, but pulses of showers return too. A band of rain over England and Wales just at dawn soon passes east for a bright window, followed by intermittent rain, driest windows later afternoon. Cool-to-mild and breezy.

Headline for West Highlands

Blustery, frequent showers, easing south somewhat

Detailed Forecast for Tuesday, 15 September, 2026

How windy? (On the Munros)	Westerly 25 to 30mph, risk stronger gusts early in the day, possibly 40-45mph
Effect of wind on you?	Blustery across the hills, strenuous walking on exposed higher terrain with buffeting gusts and considerable wind chill, particularly in the early hours.
How wet? (Precipitation and its impact)	Often raining, breaking south with time Showery rain throughout the day, most frequent toward northern hill groups and coasts early morning, small risk of an odd flash of lightning. Showery clusters will extend well-inland. Showers will break up somewhat in the south afternoon, staying more frequent north, also drizzly on high tops.
Cloud on the hills?	Most persistent north, varied breaks, notably south Often capping coastal mountains above 700-800m, banks of cloud to 500m at times, or lower towards northern hill groups in rain. Further inland, bases typically 900m with some brief breaks higher up, best of higher breaks south of Loch Lyon later in the day.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly well inland, more breaking out on low slopes later in the day. Visibility very good away from showers, variably deteriorating, most often north; some haze near coast.
How Cold? (at 900m)	6 or 7C, little change all day. Feeling like -3C in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Wednesday 16 September	Thursday 17 September
How windy? (On the Munros) Effect of wind on you?	Gusty northwesterly 30-35mph, shifting westerly and lessening, later SW'ly, strengthening, finishing 30-40mph. Blustery start, easing to fairly small effects for a time; conditions strenuous into evening, further deteriorating.	West-southwesterly 35-50mph, strongest north and also quite gusty, tops speeds to 55-60mph. Strenuous walking in exposure, more arduous north with considerable buffeting and significant wind chill.
How wet? (Precipitation and its impact)	Showery rain clears, then returns later A band of showers drifts from the north in the morning, clearing away for a dry afternoon. Patchy rain will return from the west as afternoon goes, increasingly setting in as evening approaches.	Showers, may set in Showers stream from the west from dawn, increasingly pushing inland and becoming frequent, and may set in more widely for several hours. Most persistent heavy falls near and north of Glencoe, some risk of hail.
Cloud on the hills? Chance of cloud free Munros?	Lifting, high breaks for a time, then deteriorating Cloud banks at varied heights in the morning, clear windows between layers, least cloud towards Ben Lomond. Cloud will tend lift and break up, varied layers on high terrain linger towards the coast. Will increasingly fill in from mid-afternoon onward. 50%, deteriorating from mid-afternoon	Increasingly extensive Varied bases between 800-1000m from dawn, lower towards the coast in showers; best of high breaks inland and south. Cloud more persistent with time, bases widely to 800m, variably lower, approaching 400-500m coast from Mull northward. 50% lowering to 20%
Sunshine? Air clarity (below cloud)	Patchy sunshine, most extensive south of Rannoch Moor, high cloud thickens from the west later. Very good visibility.	Bursts of bright sun, mostly east, increasingly clouding over. Visibility starts good inland, but deteriorating with cloud, rain, and haze.
How Cold? (at 900m) Freezing Level	3 to 5C to start, mildest south, rising to 6C, rising slightly further into night. Feeling as cold as -5C in direct wind. Above the summits.	5C. Feeling like -5C, to as cold as -10C in strongest direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 16 September, 2026

A brief window of brighter weather on Wednesday, though some scattered showers around and feeling fresher in cooler temperatures. Showers and strong wind return on Thursday, and then the weather stays often unsettled during the next week as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing bands of rain, followed by showers, wettest over western mountains in Scotland. Often windy, sustained periods of gale-force westerly winds over higher terrain; significant wind chill, particularly in the north where temperatures will occasionally approach freezing point on high Scottish tops. A brief window of high pressure may form Saturday into Sunday, and a chance of a window of higher pressure the following week, but confidence is currently low.

Forecast issued at 16:29 on Monday, 14 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.