

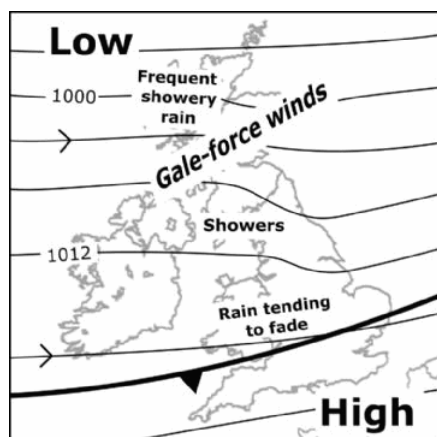
West Highlands

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 Saturday, 19 September, 2026



British Mountain Summary:

Based on forecast chart for noon 19 September, 2026

Challenging conditions over high terrain with gale-force winds extensive; feeling notably cold in exposure. Showery rain, most frequent western Scotland. Persistent rain for Wales tends to clear southward and the strongest winds will lessen here.

Headline for West Highlands

Gales on mountains all day; often raining, heavier bursts.

Detailed Forecast for Saturday, 19 September, 2026

How windy? (On the Munros)	Southwesterly 40 to 50mph, at times 60mph around higher summits, powerful squally gusts around showers.
Effect of wind on you?	Arduous walking conditions, balance frequently challenged on high exposed terrain, gusts may knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Frequent rain Showery all day, rain rarely fully ceasing for long, a mix of drizzle and some heavier bursts, more often in Lochaber, possible hail; less heavy showers typical toward south with some drier windows more often further inland.
Cloud on the hills?	Extensive higher areas Often covering mountains above 700-900m, some lower patches near coast and islands. Brief breaks higher up inland and base lifting a little during daytime.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Brief glimpses of sun, more often inland. Hazy, particularly coasts, widely poor visibility in rain, better at times inland, good where dry.
How Cold? (at 900m)	5 or 6C, trending slightly cooler later in the daytime. Feeling like -5 to -8C in the wind.
Freezing Level	Above the summits. Only a couple of degrees above freezing on high summits in Ben Nevis group; dipping

All mountain areas of Britain from Sunday, 20 September, 2026

Improving on Sunday as gale-force winds on Scottish mountains gradually lessen and showers become fewer. Warm and humid into early next week, on Monday extensive low cloud and drizzly rain particularly in the west. High pressure to the south will generally dominate the extended outlook particularly for England & Wales with more often drier and warmer conditions through late September into early October. Fine weather likely extends across Scotland for periods too, but a more changeable autumnal mix may continue especially further northwest with rain and stronger winds at times.

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.