

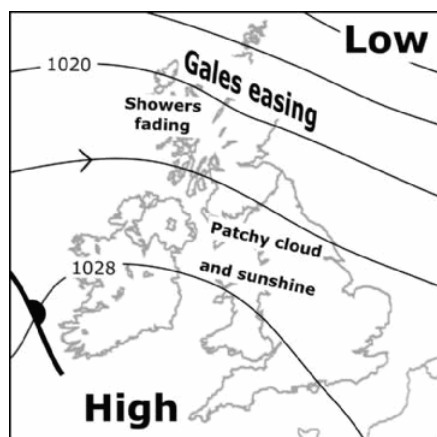
West Highlands

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, 20 September, 2026



British Mountain Summary:

Based on forecast chart for noon 20 September, 2026

Gale-force winds over Scottish mountains early in the day lessen, but staying blustery and feeling chilly, for northern areas in particular. Showery rain in the west in the morning fading. Cloud base rising with good breaks forming, sunny spells best toward east. Lightest winds for Wales.

Headline for West Highlands

Early gales on tops and showers easing, cloud lifting.

Detailed Forecast for Sunday, 20 September, 2026

How windy? (On the Munros)	Westerly 50mph early morning, stronger gusts up to dawn Ben Nevis range; tending to lessen gradually to 25-40mph into middle of day, 20-25mph during afternoon.
Effect of wind on you?	Challenging conditions, significant wind chill early morning, improving gradually but still blustery, affecting balance on exposed tops; becoming smaller afternoon.
How wet? (Precipitation and its impact)	Rain on and off mostly morning Light showery rain most common near coast particularly near/west of Loch Linnhe in the morning, odd showers move inland. Tending to fade to become more often dry. Rain and drizzle returns from west into night.
Cloud on the hills?	Lifting higher with some breaks Banks of cloud above 700-900m in the morning, most common on hills toward west of Lochaber to Mull. Tending to rise and break higher with time, but some patches likely come and go above 1000m. Into night, blanket low cloud rolls in from west.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through; thin high cloud may move in later. Some coastal haze, otherwise visibility very good.
How Cold? (at 900m)	4 or 5C, little change all day, then tending to rise onward into night. Feeling like -3 to -7C directly in wind.
Freezing Level	Close to freezing on Ben Nevis summit in the morning, later rising well above tops.

All mountain areas of Britain from Monday, 21 September, 2026

Warm and humid air from the southwest extends across Britain early in the new week, cloaking many hills in fog and drizzle, to lower slopes near western coasts. A band of steadier rain is likely to be draped over northwest Scotland by Tuesday. Best of cloud breaks in areas further east and northeast. Rain then passes eastwards into Wednesday followed by a few showers, lower humidity and cloud bases lifting. Later in the week, areas of low pressure toward the northwest likely still bring periods of stronger winds to Scotland at least and a risk of rain at times mainly in the west, but a trend toward higher pressure and drier weather more often for the end of September into the start of October.

Forecast issued at 16:00 on Saturday, 19 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.