

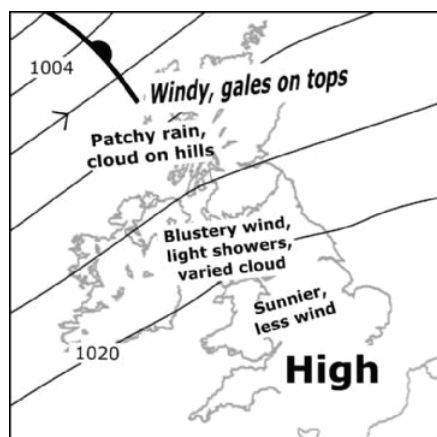
West Highlands

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, 26 September, 2026



British Mountain Summary:

Based on forecast chart for noon 26 September, 2026

Strong southwesterly winds, gale-force on Scottish mountains, strengthening in the west. Showery rain and cloud banks in western Scotland, patchy rain extending inland. A little rain in the wind at times and some cloud on western hills of England and Wales, more often dry and less wind further south.

Headline for West Highlands

Strengthening winds, gales; showery rain and cloud on tops.

Detailed Forecast for Saturday, 26 September, 2026

How windy? (On the Munros)	Southwesterly 30 to 50mph, varying speeds - moderating a little in morning, then sustained speeds tending to rise again into afternoon; typically strongest from Ben Nevis group out to Mull, later gusts 60mph higher mountains.
Effect of wind on you?	Strenuous-to-arduous walking conditions, buffeting gusts knocking you off balance on exposed terrain, increasingly difficult later on higher terrain; considerable wind chill.
How wet? (Precipitation and its impact)	Rain on and off Showery rain most common toward coastal mountains, sometimes may give steadier rain locally - more often wet later in the day. Mostly light occasional rain for areas well inland and in south, fading at times during middle of day.
Cloud on the hills?	Often capping higher tops Frequently covering hills above 800m toward coast & sea lochs, at times lower patches. Mostly above 900-1000m inland, but often covering higher slopes, and more broadly over high terrain later as rain develops further.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly well inland; more generally cloudy afternoon. Visibility very good where dry and out of cloud, hazier near coasts, reduced in rain.
How Cold? (at 900m)	6 or 7C, rising to 8C afternoon, little change into night. Feeling like -5 to -8C in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Sunday 27 September	Monday 28 September
How windy? (On the Munros) Effect of wind on you?	Southerly 40-50mph, powerful gusts to 60mph for a time Lochaber. Will lessen later, shift southwesterly, 20-30mph. Challenging conditions well into the day with significant wind chill. Effects will lessen later but remaining blustery.	South-southwesterly 20 to 30mph, strongest from Ben Nevis group to Mull, tending to lessen in afternoon. Blustery, starting to affect comfortable walking on some exposed high tops and ridges; feeling rather cool.
How wet? (Precipitation and its impact)	Rain becomes persistent and heavy Patchy rain around early, generally damp near and south of Mull, rain becoming frequent and setting in for several afternoon hours, a swathe of torrential rain. Breaking up somewhat only later.	Showers mostly northwest Showery rain mostly areas near Mull, west of Loch Linnhe and occasional showers push further into Lochaber, but brief and all tending to fade in the afternoon. More often dry southward toward Loch Lomond.
Cloud on the hills? Chance of cloud free Munros?	Banks on high terrain, more extensive afternoon Cloud often covering high tops, some varied breaks but also broader banks lowering towards 900-1000m. A band of low cloud sweeps in from the west, bases as low as 400-500m west coast briefly, tending to break up again. 50%, to 20% for several hours	Mostly west in morning, improving Banks of cloud most common in the morning toward and west of Loch Linnhe above 800-900m, tending to lift higher up and increasingly break to leave the mountains often free of cloud. 50% toward Mull, 70% elsewhere.
Sunshine? Air clarity (below cloud)	Patchy sun, very good visibility morning, trending cloudier afternoon with a period of poor visibility.	Fairly cloudy coastal hills in morning, slight haze toward Mull, some sun in afternoon. Inland a patchwork of sun and cloud, visibility mostly very good.
How Cold? (at 900m) Freezing Level	7 or 8C, later lowering to 5C. Feeling below 0C in direct wind. Above the summits.	4C rising 7C. Feeling like -2 to -5C in the wind on higher areas in the morning. Above the summits. Local pockets of slight frost at dawn inland sheltered glens and some corries.

Planning Outlook

All mountain areas of Britain from Sunday, 27 September, 2026

A changeable prospect during the week ahead. Sunday sees extensive rain moving in from the west with heavy bursts, accompanied by powerful southerly winds. Improving for many places into Monday as higher pressure expands in from the south, but showers and brisk winds continue toward northwest Scotland. Strong southeasterly winds by Tuesday, widely gales on mountains with turbulent downslope gusts toward the west; a risk of rain developing from the south during the day, becoming heavy later. Blustery south-southwesterlies into Wednesday and Thursday, showery in the west. Higher pressure tends to expand further north again into early October. Mostly mild temperatures.

Forecast issued at 16:30 on Friday, 25 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.