

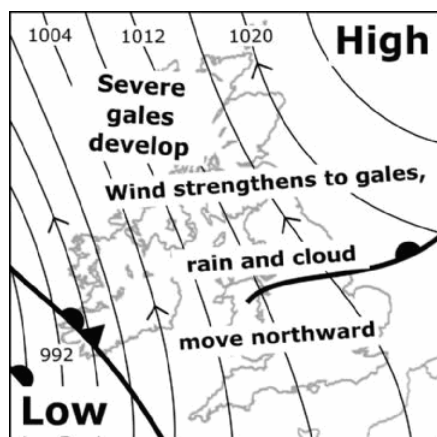
West Highlands

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 Tuesday, 29 September, 2026



British Mountain Summary:

Based on forecast chart for noon 29 September, 2026

A windy start strengthens to widespread gales, powerful gusts not just on high terrain. Feeling chilly despite mild-to-warm temperatures, increasingly humid too. Some patchy rain and cloud moves north through Wales into England and later Scotland; northwest Scotland bright and dry well into the day.

Headline for West Highlands

Gales, later severe; rain and cloud arrive through afternoon

Detailed Forecast for Tuesday, 29 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southeasterly 35 to 45mph, turbulent gusts downslope to northwest. Speed rises, to sustained 50-55mph afternoon, further strengthening into evening and overnight, gusting up to 80mph or stronger over highest tops. Walking soon widely challenging, maintaining balance increasingly difficult in gusts, particularly west where strongest gusts can knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Rain slowly develops afternoon Spots of rain develop as high cloud thickens, drizzle around Loch Lomond NP. Pulses of steadier rain likely spread in from the south later afternoon, notably central highlands, more frequent into evening.
Cloud on the hills? Chance of cloud free Munros?	Filling in through afternoon Banks of cloud forming soonest over southern hills, some broader banks drifting northward but also some clear breaks into afternoon. A broader layer of cloud tending to filter northwards with to cover many upper slopes through afternoon, best of breaks toward and west of Loch Linnhe until late. 40%
Sunshine? Air clarity (below cloud)	Weak sun through high cloud, trending towards more frequent cloudy conditions afternoon, notably well inland. Good visibility then hazier, reducing if rain occurs.
How Cold? (at 900m) Freezing Level	6 or 7C, rising to 10C. Increasingly humid, furthering rising into evening, most areas to 11C and locally milder coastal Lochaber. Feeling like -2 to -5C, or cooler in direct wind. Above the summits.

West Highlands - Looking Ahead

	Wednesday 30 September	Thursday 1 October
How windy? (On the Munros) Effect of wind on you?	South-southeasterly 40 to 60mph, but at times 70mph over higher summits, and more widely early. Challenging walking conditions, frequent buffeting knocking you off balance, any mobility at times difficult.	Southwesterly 25-35mph, strongest west Loch Linnhe. Will vary, perhaps to below 20mph Ben Lomond/Rannoch Moor. Fairly small in places, but blustery over the tops of Lochaber, some buffeting in gusts and notable wind chill.
How wet? (Precipitation and its impact)	Morning heavy rain, afternoon showers A band of heavy rain moves northeastward across the region during the morning, breaking up and followed by showers, which may cluster later afternoon.	Showers Showers stream onto mountains west of Loch Linnhe most of the day, some extended falls. Well-scattered elsewhere, but afternoon brings an increased risk of showery outbreaks more widely.
Cloud on the hills? Chance of cloud free Munros?	Lifting with best breaks inland Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes, though patches will linger, most persistent south-coastal areas, and may spread more broadly over high terrain again later. Rising to 50% for a time	Breaking towards most tops, sometimes above Most tops start shrouded, broader banks above 800-900m south and west near coasts, lower patches in shelter. Bases lift and break up somewhat, many inland summits seeing breaks. High tops Mull and north see fewer breaks. Rising to 50%
Sunshine? Air clarity (below cloud)	Intermittent sun breaking through. Poor visibility in rain, then improving, but coastal areas stay fairly hazy.	Patchy sunshine, extended sunny windows breaking out though high cloud building. Very good visibility, a haze offshore of Lochaber.
How Cold? (at 900m) Freezing Level	Humid 12C or above from dawn, dropping during the day to a fresher 8C. Feeling near/below freezing in the wind. Above the summits.	6 or 7C. Feeling below 0C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 30 September, 2026

A band of rain moves northeast through early Wednesday, leaving fresher and blustery south-southwesterlies into Wednesday and Thursday, showery in the west but often bright between showers, particularly eastern areas. Friday will be a wetter day again, the rain quite frequent with extensive cloud over western hill groups and quite windy in England and Scotland. On Saturday, higher pressure tends to expand from the south, bringing more settled weather to England and Wales; temperatures generally mild, some cool nights when skies are clear. Scotland will stay cloudier and windier, particularly in northern areas early next week, some drizzle in the northwest and occasionally broader bands of rain slipping eastward.

Forecast issued at 16:30 on Monday, 28 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.