

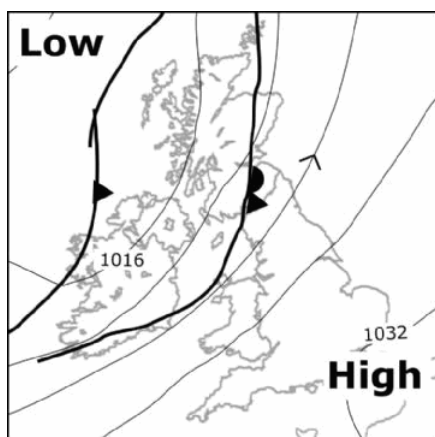
West Highlands

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 Friday, 2 October, 2026



British Mountain Summary:

Based on forecast chart for noon 2 October, 2026

Continuing mild, but gales - or in the north severe gales on many mountains - will make it feel cold due to wind chill. A weakening front will bring a little rain eastwards before a further front brings heavier rain in from the southwest later in the day.

Headline for West Highlands

Deteriorating: upland gales becoming severe; rain and low cloud.

Detailed Forecast for Friday, 2 October, 2026

How windy? (On the Munros) Effect of wind on you?	Southerly, strongest winds near & W Loch Linnhe, in morning ranging from 30-40mph across region. In afternoon progressively strengthening to 40-55mph, but 60mph higher summits. Increasingly difficult conditions. Into afternoon mobility where exposed very strenuous and wind chill becoming severe.
How wet? (Precipitation and its impact)	Increasingly wet afternoon Rain on and off post dawn will clear most areas for a few hours, though still patches here and there. Rain widely setting in afternoon.
Cloud on the hills? Chance of cloud free Munros?	Extensive; highest cloud base inland Lochaber Fog persistent Loch Lomond NP and west of Loch Linnhe all day above 300-500m. Will lower further as rain sets in. Elsewhere, in rain patches below 600m, but often 750-1000m. perhaps higher toward and north of Glen Spean and near Lochs Ossian and Treig. 10% most of region but 30% northeastern summits.
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly toward Glen Spean and Lochs Ossian and Treig. Intermittently poor visibility, especially in rain. Often excellent northeastern areas.
How Cold? (at 900m) Freezing Level	9C, but increasingly feeling as cold as minus 7C directly in the wind. Above the summits.

All mountain areas of Britain from Saturday, 3 October, 2026

Forecast issued at 15:23 on Thursday, 1 October, 2026

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