

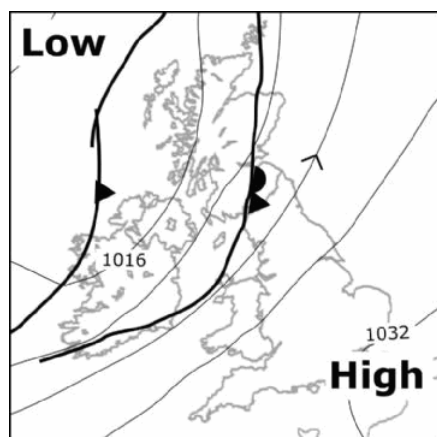
West Highlands

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 now and again, mainly near the coast, before from about mid afternoon, it sets in widely from westwidely 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.

West Highlands - Looking Ahead

	Saturday 3 October	Sunday 4 October
How windy? (On the Munros) Effect of wind on you?	West backing southwesterly 20-30mph, rising to 30-40mph high tops by dusk. Strongest wind in ranges toward north. Blustery in exposure all day with notable wind chill, deteriorating to challenging conditions evening into night.	Southwesterly, increasing markedly with height to 40-50mph on higher exposed areas. Probably nearer 35mph Arran. Significant wind chill and walking difficult. General mobility strenuous on higher summits, particularly Lochaber.
How wet? (Precipitation and its impact)	Showers, temporarily the rain frequent Showers from time to time, although the rain may be very frequent over an hour or two, particularly more western mountains.	Drizzly rain, mainly western hills. Curtains of drizzly rain coming in off the sea penetrating 10-20 miles inland. Further inland, drizzly now and again.
Cloud on the hills? Chance of cloud free Munros?	Extensive, higher cloud base progressively eastwards Cloud base will vary as rain comes and goes, sometimes below 400m mainly within 10 miles of the west coast, where only occasionally reaching 750m. Further eastwards, by midday, most cloud above 650m with breaks to 900m, perhaps 1050m central highlands. 20%	Foggy across nearly all mountains all day Persistent low cloud penetrating inland from about dawn will persist all day, forming on some coastal cliffs and inland from just above valleys. Well inland - toward central highlands most cloud above 600m, locally higher. Less than 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly lower slopes well inland from west coast. Hazy and sometimes poor visibility western hills. Mostly very good visibility well inland.	Sunshine may come through lower slopes toward central highlands, where visibility good. Elsewhere, often misty.
How Cold? (at 900m) Freezing Level	4C, rising a degree well inland. Feeling as cold as -5 to -8C in direct wind. May just touch the summit of Ben Nevis at dawn, soon lifting above.	9C. Will feel as cold as minus 6C directly in the wind. Above the summits.

Planning Outlook

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

Rain at some stage more or less daily on most mountain areas through the coming week. However, frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively further south, periods of strong winds will be increasingly infrequent. A hint of a brief period of much colder weather around the middle of next week.

Forecast issued at 7:31 on Friday, 2 October, 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.