

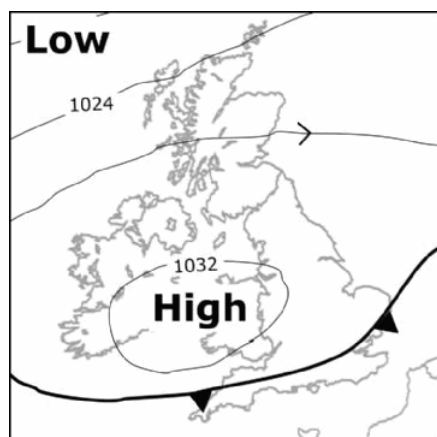
West Highlands

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, 3 October, 2026



British Mountain Summary:

Based on forecast chart for noon 3 October, 2026

Fine, sunny with light wind mountains in England and Wales. Much of Scotland will be dry but showers, mainly W & NW Highlands, where there will be persistent fog. Progressively windier northwards; near gale force northern Scotland.

Headline for West Highlands

Windy; mostly foggy and showery.

Detailed Forecast for Saturday, 3 October, 2026

How windy? (On the Munros)	West backing southwesterly 20-30mph, rising to 35mph high tops Lochaber by dusk. Least windy on more southern hills.
Effect of wind on you?	Considerable wind chill and walking often strenuous where exposed. In places, mainly Lochaber, balance difficult.
How wet? (Precipitation and its impact)	Showers, temporarily the rain frequent Showers from time to time, although perhaps over an hour or so, the rain frequent. Showers brief and isolated Arran.
Cloud on the hills?	Most mountains persistently cloud covered; clearing toward central belt Cloud base will vary, sometimes below 400m mainly near showers within 10 miles of the west coast, where only occasionally reaching 750m. Further east, by midday, most cloud above 650m with breaks to 900m, perhaps 1050m central highlands. On Arran, most cloud above 800m by midday.
Chance of cloud free Munros?	Almost nil most of region; 20% central highlands
Sunshine? Air clarity (below cloud)	Glimpses of sun only, mainly lower slopes well inland from west coast - although the sun in and out near Clyde sea lochs. Hazy western hills. Mostly very good visibility well inland.
How Cold? (at 900m)	5C, but will feel as cold as minus 5C directly in the wind.
Freezing Level	May just touch the summit of Ben Nevis at dawn, soon lifting above.

West Highlands - Looking Ahead

	Sunday 4 October	Monday 5 October
How windy? (On the Munros) Effect of wind on you?	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.	Southwesterly typically 40mph, but where exposed on higher summits sometimes 55mph. Sudden gusts some lower slopes. Difficult walking where exposed: balance strenuous in sudden gusts (some reaching lower slopes), and significant wind chill.
How wet? (Precipitation and its impact)	Drizzly rain, mainly western hills. Curtains of drizzly rain coming in off the sea penetrating inland. Toward central highlands, Arran and summits near Clyde sea lochs, drizzly only now and again.	Rain most or all day, concentrated west Overnight rain, concentrated on more western mountains may well rarely cease all day, particularly Lochaber and Mull. Toward central highlands and south of Oban, the rain progressively less heavy - perhaps only a little drizzle Arran.
Cloud on the hills? Chance of cloud free Munros?	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%	Persistent fog. High likelihood of persistent fog: near coasts with the sea to the SW, from 200 to 400m upward, whilst elsewhere above typically 600m (800m Ben Wyvis). Chance of a rise in cloud base of a couple of hundred metres extending south. 10%
Sunshine? Air clarity (below cloud)	Sunshine now and again lower slopes toward central highlands, where visibility good. Elsewhere, often misty.	Extensively dull and misty. Chance isolated pockets of sun easternmost lower slopes and valleys - but even here hazy.
How Cold? (at 900m) Freezing Level	9C. Will feel as cold as minus 6C directly in the wind. Above the summits.	9C. Feeling like minus 5C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 4 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder weather around the middle of next week will bring snowfall to some northern mountains.

Forecast issued at 14:11 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.