

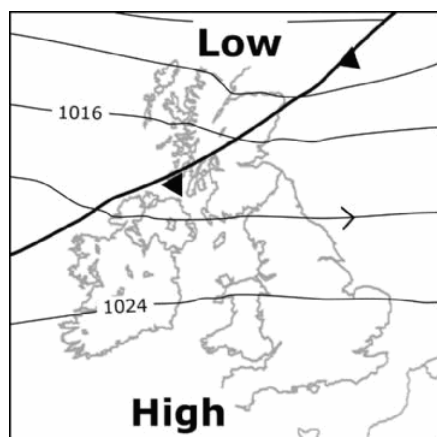
West Highlands

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 Monday, 5 October, 2026



British Mountain Summary:

Based on forecast chart for noon 5 October, 2026

Humid air ahead of a cold front moving slowly south across Scotland will bring fog and drizzle to most mountain areas, although some improvement from the north across the Scottish Highlands. Upland gales will be widespread - least windy southwards along the Pennines and also Wales.

Headline for West Highlands

Severe gale or storm force upland wind. Rain much day. Fog.

Detailed Forecast for Monday, 5 October, 2026

How windy? (On the Munros)	Southwesterly in the range 45 to 60mph. Sudden gusts some lower slopes. Generally a slow easing through the day, particularly near Loch Lomond and Clyde sea lochs.
Effect of wind on you?	Widely difficult walking where exposed: balance challenging in gusts (some gusts reaching lower slopes). Significant wind chill.
How wet? (Precipitation and its impact)	Rain most or all day, concentrated west Overnight rain, concentrated on more western mountains may well continue all day although will ease to showers from north middle of day onwards. Intermittently drizzly Arran (wetter afternoon).
Cloud on the hills?	Persistent fog. Persistent fog: near west/southwest facing coasts above 200 to 400m, whilst elsewhere above typically 600m. A rise in cloud base toward 800m or well inland will occur from north afternoon, but is unlikely to reach hills near Clyde sea lochs and east of Loch Lomond.
Chance of cloud free Munros?	Almost nil
Sunshine? Air clarity (below cloud)	Extensively dull and misty. Slow improvement to the odd burst of sun from north afternoon - but remaining very hazy.
How Cold? (at 900m)	Dropping to 5C from north morning or middle of day. Will feel like minus 7C in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 6 October	Wednesday 7 October
How windy? (On the Munros) Effect of wind on you?	West or northwesterly between 15 and possibly 25mph. Marked wind chill in much colder air. May impede ease of walking higher up, mainly near showers.	West veering northwesterly in the range 20 to perhaps 30mph - particularly gusty near precipitation. Possibly stronger late in day. Often fairly small, but ease of walking and balance sometimes difficult near showers. Considerable wind chill.
How wet? (Precipitation and its impact)	Snow and hail showers Hail and snow showers, mainly Lochaber and Mull. A little snow will lie above 1000 or 1100m. Risk rain more widespread post dawn near central belt - will clear.	Frequent hail and snow; risk lightning Hail and snow showers, sometimes one after another or giving almost constant precipitation over an hour or so. Snow lying to around 750m.
Cloud on the hills? Chance of cloud free Munros?	Frequently covering higher slopes; forming lower down near precipitation. Near showers, shafts of cloud below 600m, perhaps temporarily 400m, mainly near the coast. Otherwise cloud base 750 to occasionally 1050m (highest base generally more eastern and southern areas). Possibly much lower cloud morning near central belt. 30%	Almost continually covering higher areas Rare breaks above 750-900m, particularly well inland. But near precipitation shafts of cloud below 400m, perhaps sometimes lower within 10 miles or so of the coast. 10%
Sunshine? Air clarity (below cloud)	Patches of sunshine developing, particularly Loch Lomond NP and Arran. Very varied visibility; often very good, but abruptly poor in snow.	Glimpses of sun, mainly only easternmost areas. Visibility sometimes appalling, but temporarily very good.
How Cold? (at 900m) Freezing Level	4C, but will feel as cold as minus 5C in the wind. Just above highest summits.	1C; will feel as cold as minus 8C directly in wind. Around 1050m

Planning Outlook**All mountain areas of Britain from Tuesday, 6 October, 2026**

A brief colder period with the wind easing on Wednesday and Thursday - some snow will lie on higher Scottish summits. Winds then return to the southwest, bringing bands of rain, low cloud and strong upland winds across Britain. Most frequent severe weather will be on the W and NW Highlands, where there will be considerable rain and frequent upland gales.

Forecast issued at 15:52 on Sunday, 4 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.