

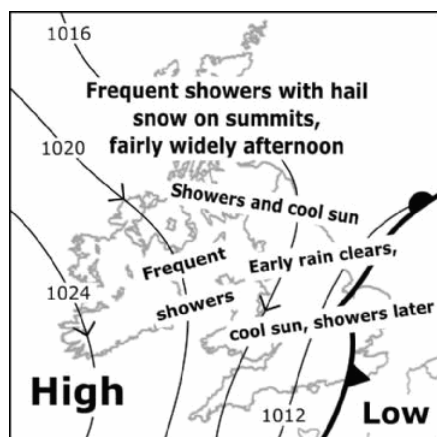
West Highlands

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 Wednesday, 7 October, 2026



British Mountain Summary:

Based on forecast chart for noon 7 October, 2026

Chilly Scotland, frequent showers over central and west mountains, hail mixed in with snow on summits. Showers spread widely afternoon. Wales and south Pennines start dull and rainy, this soon clearing to cooler, brighter weather. Showers and wind follow in north Wales, then into England later afternoon.

Headline for West Highlands

Frequent showers all day with hail, snow on high terrain

Detailed Forecast for Wednesday, 7 October, 2026

How windy? (On the Munros)	Westerly shifting northwesterly, sustained speeds 15-25mph, strongest along the coast but also quite gusty around showers. Wind will strengthen somewhat, most notably southern islands where sustained speeds reach 30-35mph later.
Effect of wind on you?	Fairly small in places, but notable gusts around showers affect ease of walking, more strenuous moments west and south, particularly later when balance becomes affected with notable wind chill.
How wet? (Precipitation and its impact)	Frequent showers with hail, snow on high terrain Hail and showers, sometimes one after another or giving almost constant precipitation over an hour or so. Likely falling as snow above 900m, snow lying on the high tops, and locally as low as 700m.
Cloud on the hills?	Summits largely in cloud, highly variable, to lower west slopes Cloud height constantly changing, typically between around 600-900m, highest bases inland, higher breaks between showers, some chance briefly towards high tops. Near precipitation shafts of cloud below 500m, perhaps sometimes lower within 10 miles or so of the coast.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Bursts of sun, best eastern areas. Visibility sometimes poor, to appalling on high terrain in snow, but temporarily very good.
How Cold? (at 900m)	1 or 2C. Feeling as cold as -8C in direct wind.
Freezing Level	Around 1200m.

West Highlands - Looking Ahead

	Thursday 8 October	Friday 9 October
How windy? (On the Munros) Effect of wind on you?	Northwesterly 20-25mph, lessening and gradually shifting southwesterly, rising towards 40mph evening, further rising. Fairly small, but becoming blustery through afternoon, deteriorating overnight.	Westerly sustained 35-45mph, very gusty, top speeds approaching 60mph. Arduous walking, powerful gusts constantly challenging balance, sometimes requiring bracing. Significant wind chill.
How wet? (Precipitation and its impact)	Rain arrives afternoon A few early showers here and there, but soon dry. Rain returns from the west afternoon, setting in persistently with increasingly heavy falls into night.	Rain increasingly persistent, with hail Frequent showers stream in from the west, hail mixed in with snow on high terrain. Rain becomes more persistent, some steady heavy falls near and west of Loch Linnhe.
Cloud on the hills?	Varied on high terrain Varied cloud banks above 700-800m in the morning, broadest banks along the coast; a lifting and breaking tendency, many Munros likely seeing clear windows. From later afternoon, cloud begins filling in west, increasingly widely into night.	Fairly extensive Tops above 1100m may rarely clear cloud, bases variable early between 700-1000m, or lower along the coast, and tending to fill in extensively, particularly Lochaber where bases reach as low as 400m in rain.
Chance of cloud free Munros?	Rising to 50%, lowering to 30% evening	20%
Sunshine? Air clarity (below cloud)	Bright sun to start, high cloud soon building, increasingly thickening. Excellent visibility.	A few glimpses of sun here and there. Visibility generally poor on high terrain, very poor in snow.
How Cold? (at 900m) Freezing Level	2C, beginning to rise afternoon, then sharp rise to 8C or higher overnight. 1100-1200m, some frosts in sheltered glens at dawn. Gradually lifting to rise above the high tops.	3C. Feeling like -5 to -10C in direct wind. Just around the Ben Nevis summit.

Planning Outlook

All mountain areas of Britain from Thursday, 8 October, 2026

Thursday begins chilly with bright sun, some frosts in sheltered glens and valleys, and a few showers along Scottish and Welsh coasts. Westerly wind returns as Thursday goes, bringing rain, low cloud and strong upland winds across Britain overnight into Friday morning. Friday and Saturday are windy and showery with bright breaks, a risk of severe gales on Scottish tops. Sunday sees a more settled day as a small ridge of high pressure builds from the west. The following week looked mixed with bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros and rain turning to snow. Some indications of more settled weather into the following weekend, but confidence is low.

Forecast issued at 15:31 on Tuesday, 6 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.