

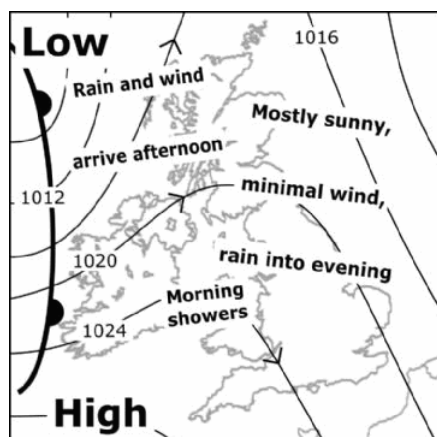
West Highlands

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 Thursday, 8 October, 2026



British Mountain Summary:

Based on forecast chart for noon 8 October, 2026

Early showers in north Scotland and Wales will fade, widely dry and bright conditions for several midday/afternoon hours. Cool-to-chilly, little wind. High cloud builds west, wind and rain arriving to west Scotland afternoon, spreading east and into England and Wales as evening approaches, deteriorating into night.

Headline for West Highlands

Mostly sunny, chilly; rain and wind afternoon into evening

Detailed Forecast for Thursday, 8 October, 2026

How windy? (On the Munros)	Northwesterly 15-25mph, soon lessening and shifting westerly and lessening to 10-15mph, shifting southwesterly and strengthening afternoon to at least 30mph well inland, to 40-45mph west coast, further strengthening into night.
Effect of wind on you?	Mostly small morning into midday, then rapidly strengthening wind soon makes walking strenuous west, later widely arduous, challenging toward the coast with significant wind chill.
How wet? (Precipitation and its impact)	Rain arrives west afternoon, spreading widely with time A few early light showers here and there, mostly near and west of Loch Linnhe, but soon dry. Rain returns from the west afternoon, setting in and spreading widely evening into night, some heavy falls forming on west hill groups.
Cloud on the hills?	Varied on high terrain, filling in into evening 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 for several midday/afternoon hours. From later afternoon, cloud begins filling in west coast, caps on high tops, becoming widely extensive into night.
Chance of cloud free Munros?	Rising to 60%, lowering to 30% evening
Sunshine? Air clarity (below cloud)	Bright sunshine through morning, high cloud then arriving from the west, thickening to become overcast by evening. Excellent visibility.
How Cold? (at 900m)	Around 2C most of the day, then rapidly rising from the west as evening approaches, up to 9C for several overnight hours. Feeling like -5C in strong wind later in the day.
Freezing Level	1100-1200m, some frosts in sheltered glens at dawn. Gradually lifting to rise above the high tops.

West Highlands - Looking Ahead

	Friday 9 October	Saturday 10 October
How windy? (On the Munros)	Westerly sustained 35-45mph, very gusty, top speeds approaching 55mph.	Northwesterly 40-50mph, very gusty, some risk sustained speeds to 60mph over Ben Nevis.
Effect of wind on you?	Arduous walking, powerful gusts constantly challenging balance, sometimes requiring bracing. Significant wind chill.	Challenging walking, constant buffeting knocking you around with significant wind chill.
How wet? (Precipitation and its impact)	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.	Rain rarely ceases A near-constant stream of showers from the northwest most or all day, falling as snow on higher terrain, and may well set in for several hours with sustained heavy falls on hill groups towards the coast.
Cloud on the hills?	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.	Fairly extensive Coastal terrain shrouded from 600-700m up nearly all day, higher breaks possible to the far south, also regularly lowering during rain, patches to forest canopies. Base generally higher inland, though unlikely rising above 1000m, and widely lower in sustained rain.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	A few glimpses of sun here and there. Visibility generally poor on high terrain, very poor in snow, hazy to the west.	A few glimpses of sun east, more often overcast. Poor visibility, sometimes very poor on high tops in snow.
How Cold? (at 900m)	3C. Feeling like -5 to -10C in direct wind.	2 or 3C, will vary in showers, perhaps towards 0C. Feeling like -10 to -15C in direct wind.
Freezing Level	Just around the Ben Nevis summit.	Around 1200m.

Planning Outlook

All mountain areas of Britain from Friday, 9 October, 2026

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 many summits. Sunday sees a more settled day as a small ridge of high pressure builds from the west; wind eases, plenty of bright breaks, cool temperatures.

Next week sees continued mixed weather: bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros where rain turns to snow; any accumulating snow soon thaws. Westerly wind will be dominant, often quite strong, gales at times, but this allows for drier, brighter windows on eastern hill groups between weather systems.

Forecast issued at 15:27 on Wednesday, 7 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.