

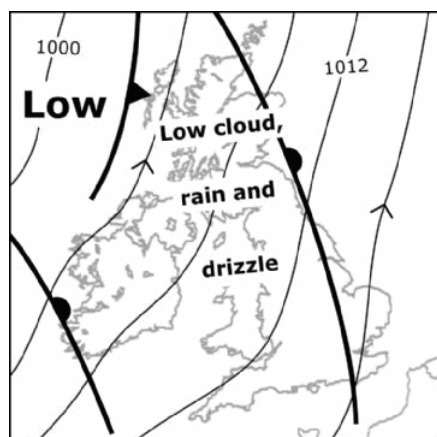
West Highlands

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, 12 October, 2026



British Mountain Summary:

Based on forecast chart for noon 12 October, 2026

Extensive low cloud blankets the mountains, poor visibility widely; generally damp with drizzle and some steadier rain. Best chance for drier conditions and local higher cloud breaks to the north of major hill groups. Wind speeds will vary, but often blustery around tops. Fairly mild southerly air.

Headline for West Highlands

Murky and damp most hills all day; varied wind.

Detailed Forecast for Monday, 12 October, 2026

How windy? (On the Munros)	Southerly, speed varying, 30-40mph at first, strongest Ben Nevis to Mull, then periods where dropping to 20mph inland; near coast often 30-35mph. Rising again afternoon, by evening widely 50mph, or 60mph Lochaber tops.
Effect of wind on you?	Often blustery around higher exposed terrain toward coast, but variable moments of lower impacts on some slopes, more often inland. Deteriorating to more difficult conditions later in day, then rapidly severe from dusk.
How wet? (Precipitation and its impact)	Generally damp, some steady rain, setting in later Rain and drizzle much of the day, some persistent steadier rain in the morning. During the day, rain eases off at times inland across Lochaber, but often damp south and coastal hills. Later afternoon into evening, rain returns widely heavier from southwest.
Cloud on the hills?	Extensive, highest north Shrouding most hills all from low-mid elevations upward, rarely above 600-700m even inland in many places. Higher cloud bases typically north toward Glen Spean, some higher breaks may form in the afternoon locally to 900m or above, but high tops generally stay covered.
Chance of cloud free Munros?	Almost nil most places, 10% north Lochaber inland.
Sunshine? Air clarity (below cloud)	Overcast, dull or murky. Some improvement below cloud well inland in Lochaber in afternoon if dry.
How Cold? (at 900m)	8 to 10C, local warmer spots Lochaber, little change with added height; slightly warmer into night. Increasingly humid. Feeling below freezing if in stronger wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 13 October	Wednesday 14 October
How windy? (On the Munros) Effect of wind on you?	West-southwesterly, overnight gales ease for a brief early lull to 25mph or less, but rise again during day to 40-50mph+. A window of fairly small effects in morning, but beware of deteriorating again quickly during the day to become challenging.	South-southwesterly, in range 50 to 80mph, notable increase with height; sustained speeds rising during daytime. Frequent buffeting even on lower hills, but severe conditions on high terrain, mobility difficult; powerful downslope gusts.
How wet? (Precipitation and its impact)	Heavy showers set in again Heavy overnight rain sweeps away eastward by dawn, but leaves a legacy of showers. Bursts of rain cluster to become widely frequent or more constant, with hail, chance of thunder, later snow highest tops.	Often raining, heavier later Rain in the wind much of the day, most persistent near/west of Loch Linnhe, but well inland and south sometimes only light spots. Later a belt of heavier and more widespread rain arrives from west.
Cloud on the hills? Chance of cloud free Munros?	Changing rapidly, extensive in rain Varied cloud banks from dawn, but for a few hours may break well toward upper slopes especially well inland. Often capping high tops, but in showers then varying, lowering and filling in widely. 30%	Fairly extensive Banks of cloud shrouding many west-facing hills above 800m, in places 600m near Mull. Higher bases and breaks north & east of Rannoch Moor, locally also some breaks Arran and Loch Lomond at times. 20%
Sunshine? Air clarity (below cloud)	Bursts of sunshine for a few hours in morning, but then often cloudy. Visibility at times very good where dry, but then suddenly poor in showers.	Glimpses of weak sun occasionally. A general haze, visibility better well inland.
How Cold? (at 900m) Freezing Level	Mild 10C overnight but dropping to 6C by dawn, lowering further during day to 3C. Feeling later like -10C as wind increases. Above the summits, but dropping toward 1300m later in day.	5C rising to 8C. Feeling like -7 to -10C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 13 October, 2026**

A very unsettled Atlantic pattern this week. Southwesterly gales strengthen to become severe on the mountains into Wednesday, moderating into Thursday. Frequently raining particularly over western hills, some bands of more extensive heavier rain passing eastwards through midweek. Milder early in the week, then cooler later, with showery conditions by Thursday into Friday on westerly winds - Scottish high summits may drop back close to freezing with some snow falling on higher tops. Indications start to favour higher pressure building into next weekend and early next week for a period of quieter weather and scope for inversion conditions on high terrain.

Forecast issued at 16:00 on Sunday, 11 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.