

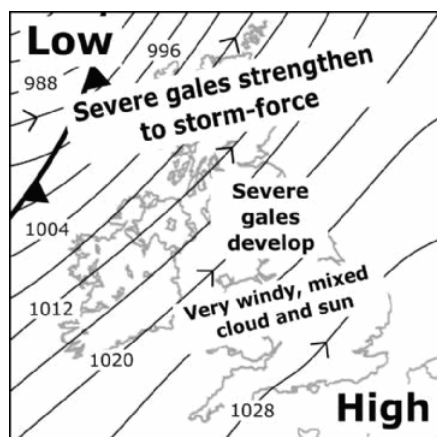
West Highlands

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.



MWIS Mountain Skills and Weather - 24-25th October - Plas Y Brenin, Snowdonia
Indoor-outdoor skills course - introduction to mountaineering and understanding the weather

General Summary for Wednesday, 14 October, 2026



British Mountain Summary:

Based on forecast chart for noon 14 October, 2026

Gales in north England and Scotland, strengthening for severe conditions, storm-force over Munros. Cloud and patchy rain, mostly west, increasing through afternoon, steady heavy rain northwest highlands later. Near-gales for south Pennines and Wales, mixed cloud and sun, some patchy rain forming.

Headline for West Highlands

Storm-force wind, cloud and patchy rain increase

Detailed Forecast for Wednesday, 14 October, 2026

How windy? (On the Munros)	South-southwesterly, in range 50 to 70mph to start, notable increase with height and strengthening, sustained speeds at least 70mph in exposure, gusting 90mph or higher coastal Lochaber.
Effect of wind on you?	Severe conditions on high terrain, any mobility difficult and wind will blow you around without proper bracing; buffeting even to lower slopes in powerful downslope gusts.
How wet? (Precipitation and its impact)	Patchy rain increasing, later setting in Drizzly rain in the wind much of the day, near/west of Loch Linnhe; well inland and south only light spots. Patchy rain increases with time, notably north, and later begins to set in, first in Lochaber and spreading widely later afternoon/evening, persistent heavy falls forming.
Cloud on the hills?	Fairly extensive Banks of cloud shrouding many south/west-facing hills above 800m, in places 600m along the coast and lower in rain. Higher bases and breaks north & east of Rannoch Moor, locally also some breaks Arran and Loch Lomond at times. Cloud increasingly extensive later afternoon into evening.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Glimpses of weak sun occasionally, generally inland north of major hill groups where visibility locally good. A general haze, visibility more often poor towards the west.
How Cold? (at 900m)	5C rising to 8C, locally 9C mostly southern hill groups. Will stay elevated into sunset but then soon cooling from the northwest overnight. Feeling like -7 to -10C directly in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 15 October	Friday 16 October
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 25-35mph, will vary somewhat, and may lessen for a time, most likely southern areas. May be fairly small in places, but more often strenuous in exposure, particularly Lochaber, notable wind chill.	Northwesterly 20-25mph, increasingly gusty, top speeds to 30-35mph over high summits. Fairly small in places, but blustery on high tops, particularly later with some more strenuous moments in gusts.
How wet? (Precipitation and its impact)	Increasingly showery A little rain from overnight may linger around Arran/Loch Lomond, soon clearing. A little drizzle on west tops briefly, then showers drift first into Lochaber, gradually spreading, later falling as snow on high tops.	Showers, generally easing Showers affecting western hill groups through morning into afternoon, a few clusters pushing inland, falling as snow above 1000m. Showers tend to fade out with time but a few odd spots linger in Lochaber.
Cloud on the hills? Chance of cloud free Munros?	Varied over high terrain Extensive cloud to middle slopes lingers south of Glencoe just at dawn. Cloud will lift and break up from the north and west, though terrain above 800-900m slow to clear, and cloud variably returns lower during showers. 30%	Tending to lift and break May start fairly extensive above 700-800m towards the coast, bases lowering in showers. Higher and more broken inland, and bases will generally lift and break as the day goes, mostly just varied banks above 900m with summit breaks here and there. 30% rising to 50%
Sunshine? Air clarity (below cloud)	Patchy sunshine, may start cloudier south. Visibility generally good, though hazy along the west coast.	Patchy sun breaking out, though staying cloudier for longer along the west coast. Visibility very good but suddenly poor in showers, or very poor on high tops.
How Cold? (at 900m) Freezing Level	3C, though may be nearer 4 or 5C just at dawn. Feeling like -3 to -6C in direct wind, colder early. Above the summits, though may lower towards just the high summits late in the day.	2 or 3C. 1200-1300m

Planning Outlook

All mountain areas of Britain from Thursday, 15 October, 2026

Frontal rain into south Scotland and north England on Thursday, though details of how the front will move are currently uncertain. Starting on the milder side south of the front, fresher air arrives behind the rain Thursday into Friday, sun breaking out with a few showers - Scottish high summits drop back close to freezing with some snow falling on higher tops. Higher pressure builds on Friday, easing remaining showers with plenty of sun breaking out though a gusty northerly wind will persist for a time. A window of settled weather over the weekend and scope for local inversion conditions. Clear night skies allow for chilly mornings, ground frosts likely, and may remain breezy south Pennines and Wales. Pressure remains high into the next week though a few brief unsettled moments come and go.

Forecast issued at 16:24 on Tuesday, 13 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.