

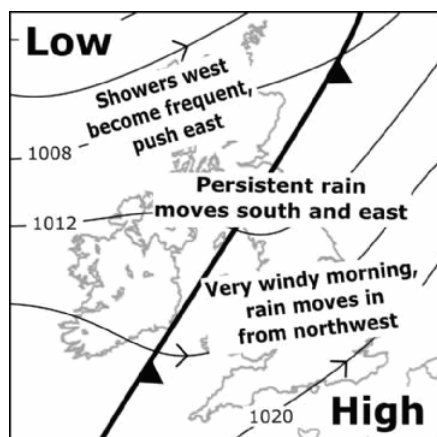
West Highlands

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 Thursday, 15 October, 2026



British Mountain Summary:

Based on forecast chart for noon 15 October, 2026

A band of rain over south Scotland moves south and east, several hours of steady rain first reach north England and gradually spreads into Wales and Pennines. Very windy and mild England and Wales before the rain arrives. Scotland is chilly with showers and sun breaks, showers increase and push east with time.

Headline for West Highlands

Blustery; early rain south, then showers from north later

Detailed Forecast for Thursday, 15 October, 2026

How windy? (On the Munros)	West-southwesterly 25-35mph, will vary somewhat, and may locally lessen for a time, most likely southern areas.
Effect of wind on you?	May be fairly small in places, but more often strenuous in exposure, particularly Lochaber, notable wind chill.
How wet? (Precipitation and its impact)	Increasingly showery, mostly north areas A little rain from overnight may linger around Arran/Loch Lomond, breaking into patches and clearing with time. A little drizzle on west tops briefly, then showers drift first into Lochaber, gradually spreading, later falling as snow on high tops, a few heavy bursts in the north.
Cloud on the hills?	Varied over high terrain Extensive cloud to middle slopes lingers near and 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, locally to 500-600m along the coast as showers increase.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Patchy sunshine, but a cloudier start near and south of Glencoe. Varied visibility, generally good where away from cloud and showers, but also a haze along the coast.
How Cold? (at 900m)	3C most of the day; may be nearer 4 or 5C just at dawn or perhaps warmer just around Arran and Loch Lomond. Feeling like -3 to -6C in direct wind, colder early.
Freezing Level	Above the summits most of all of daylight, but lowering to just touch Ben Nevis summit overnight.

West Highlands - Looking Ahead

	Friday 16 October	Saturday 17 October
How windy? (On the Munros)	Northwesterly 20-25mph, increasingly gusty, top speeds to 30-35mph over high summits.	Variable 10mph or less.
Effect of wind on you?	Fairly small in places, but blustery on high tops, particularly later with some more strenuous moments in gusts.	Negligible
How wet? (Precipitation and its impact)	Showers, most frequent morning Showers fairly widely through morning, rather frequent particularly near the coast, heavy bursts with hail mixed in, falling as snow above 1000m. Showers tend to scatter somewhat as afternoon goes.	Rain unlikely Rare odd spots of light rain/sleet may affect Munros near the coast, but all hills see extended dry windows.
Cloud on the hills?	Tending to lift and break Banks of cloud above 700-800m towards the coast, bases lowering in showers, briefly more extensive. Higher and more broken inland, and generally lifting and breaking as the day goes, mostly just varied banks above 900m, summit breaks during dry windows.	Scattered patches on high terrain Patches at varied heights to start, some mist in sheltered glens. Will lift and begin to dissipate after sunrise, to mostly just varied scattered patches on high terrain, not necessarily covering tops.
Chance of cloud free Munros?	30% rising to 50%	70%
Sunshine? Air clarity (below cloud)	Sunshine in and out, likely cloudier in the morning along the coast. Visibility very good but suddenly poor in showers, very poor on high tops.	Mostly sunny. Very good visibility
How Cold? (at 900m)	2 or 3C. Feeling like -6 to -9C in stronger wind.	1 or 2C, rising a degree, or up to 4C south and west areas.
Freezing Level	1200-1300m, some chance of patchy light frosts in sheltered inland glens around dawn.	Poorly defined: just above high summits, though dawn frosts on sheltered low slopes/glens, thawing through morning.

Planning Outlook

All mountain areas of Britain from Friday, 16 October, 2026

Friday starts fresh with local valley frosts, freezing level onto the highest Munros. Bright for many, though showers affect west areas, particularly Scotland, and spread more widely afternoon. A window of settled weather follows over the weekend as a core of high pressure builds over Scotland. Clear night skies allow for chilly mornings with ground frosts and some valley mist. Sun breaking out, though some cloud will linger on upper slopes, only limited scope for local inversion conditions. An easterly breeze will keep the skies a touch cloudier in England and Wales, chance a little light rain for England on Sunday. Pressure remains high into next week though some areas of low pressure will try to break through. Forecast confidence reduces from mid-week with a risk of unsettled conditions returning.

Forecast issued at 16:21 on Wednesday, 14 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.