

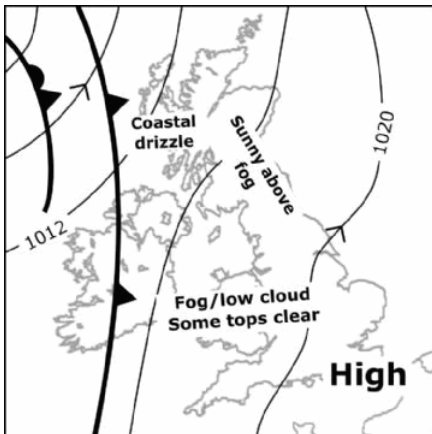
# West Highlands

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 Sunday, 19 January, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 19 January, 2025

Banks of low cloud over the southern Highlands and up the west coast to Skye, some patchy coastal drizzle. Many higher Scottish tops poking out above the cloud sheet. The northern Highlands sunnier. England & Wales sees fairly extensive low cloud, with only highest tops possibly poking just above cloud. Wind fairly light.

### Headline for West Highlands

Cloud banks, many high tops clear and sunny. Gusty near coast.

## Detailed Forecast for Sunday, 19 January, 2025

<b>How windy? (On the Munros)</b>	Southerly, 20-30mph, stronger on the coast near Mull and north.
<b>Effect of wind on you?</b>	<b>Walking starting to be impeded, higher winds and gusts affecting movement and balance.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Isolated drizzle spells west, otherwise dry</b> A few light drizzle spells on Mull and around Loch Linnhe where in cloud. Occasional spells on hills near Arran as well. Dry elsewhere
<b>Cloud on the hills?</b>	<b>Low fog/cloud banks, clear higher</b> Fog/low clouds likely on lower south facing slopes and bottoms of glens. Thicker, persistent low clouds near Arran and Lochaber. Cloud tops staying near or below 800m, rising near dusk.
<b>Chance of cloud free Munros?</b>	<b>20% low slopes, 80% above 800m</b>
<b>Sunshine?</b> Air clarity (below cloud)	Widely sunny above fog/cloud banks, occasional mid- or high-level clouds. Excellent visibility.
<b>How Cold? (at 900m)</b>	1 or 2C, feeling a few degrees warmer on sunny mountain tops.
<b>Freezing Level</b>	Above the summits, but some partly frozen terrain with frost both on lower and some higher slopes in places all day.

## West Highlands - Looking Ahead

	Monday 20 January	Tuesday 21 January
<b>How windy? (On the Munros)</b>	Southwesterly 20-25mph. Strongest winds along the coast north of Mull, up to 30mph.	Southwest 15-25mph. Winds up to 30mph along the northern coast.
<b>Effect of wind on you?</b>	<b>Walking starting to be impeded, some challenges maintaining stability. Marked wind chill.</b>	<b>Times of significant wind chill. Stability starting to be affected, challenging during higher winds and on highest ground.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rainy coast, heaviest north and Lochaber</b> Rain will be common along the coast, most persistent near Mull and north. The Ben Nevis range may see heavier spells too, falling as sleet or wet snow on higher tops. Only occasional rain further inland.	<b>Drizzle/sleet west. Snow spells inland.</b> Showery rain/sleet most of the day on west coast mountains, falling as snow down to 900m inland. Some heavy spells north of Mull. Some snow spells reach inland towards Lochaber.
<b>Cloud on the hills?</b>	<b>Cloudy coast, some patchy clearing inland</b> Thick cloud commonly shrouding highest tops near Lochaber and north of Mull. Thick cloud banks come and go inland. Clearest near Loch Lomond and east of Glencoe.	<b>Most areas shrouded</b> Thick cloud down to low slopes common on coastal mountains, lowest bases during showers. Only brief moments of clearing inland.
<b>Chance of cloud free Munros?</b>	<b>10% west coast, 40% inland.</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of weak sunshine where hill clouds break. Visibility mostly poor.	Little or no sun expected. Poor visibility, very poor during snow on high terrain.
<b>How Cold? (at 900m)</b>	2C Feeling like -8C in the wind.	0 to 1C, some locally colder areas. Feeling like -8C at times in the wind.
<b>Freezing Level</b>	Near or occasionally at freezing on highest summits	900-1000m. Occasionally lower during showers.

**Planning Outlook****All mountain areas of Britain from Monday, 20 January, 2025**

Gradually lowering pressure and falling temperature during the days ahead - mountain tops dropping sub-zero widely into midweek. Some areas of precipitation, most frequent in western Scotland early in the new week, falling as snow over higher terrain, although total amounts generally small. Blustery over some higher slopes with marked wind chill, but speeds relatively light for many into midweek. Winds are likely to strengthen toward next weekend as deeper areas of low pressure over the Atlantic approach. Late January is likely to see more frequent precipitation and periods of gales or possibly stormy winds at times; fluctuating temperatures and freeze-thaw cycles.

**Forecast issued at 16:30 on Saturday, 18 January, 2025**

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2025.