

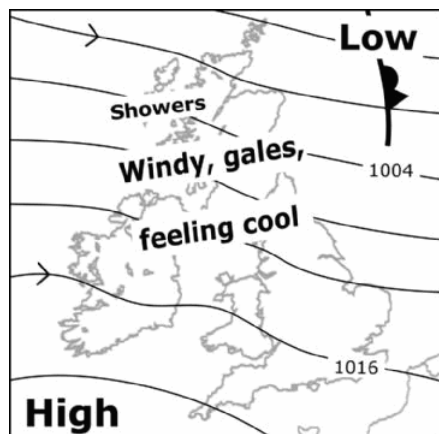
West Highlands

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, 23 June, 2025



British Mountain Summary:

Based on forecast chart for noon 23 June, 2025

Windy for all regions, gale-force westerlies on higher mountains. Much cooler air than recently, feeling distinctly chilly where exposed on hills. Showery rain most frequent western Scotland and cloud often capping tops. Light showers England & Wales, drier spells.

Headline for West Highlands

Chilly and windy, gales on higher terrain. Showery.

Detailed Forecast for Monday, 23 June, 2025

How windy? (On the Munros)	Westerly 35mph, often 40-45mph over higher mountains, stronger gusts occasionally.
Effect of wind on you?	Frequent buffeting over higher terrain, making walking arduous where exposed, balance challenging on ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain or drizzle on and off Mostly light showery rain or drizzle much of the day, occasionally more persistent, particularly toward coast. Toward dusk steadier rain likely.
Cloud on the hills?	Fairly persistent, lowest in west Often covering mountains above 600-700m toward coast and islands, 700-900m further inland, brief higher breaks.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, glimpses of sun well inland. Visibility very good below cloud.
How Cold? (at 900m)	3C from dawn, rising to 6C. Feeling like -5C in the wind, or colder early morning high tops.
Freezing Level	Close to Ben Nevis summit just around dawn, then rising well above tops.

West Highlands - Looking Ahead

	Tuesday 24 June	Wednesday 25 June
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 20 to 25mph, locally 30mph southernmost tops, particularly Arran, at times 35mph. Breezy, starting to affect comfortable walking and balance on exposed ridges toward south. Marked wind chill.	Southwest then southerly, 15 to 20mph, occasional 25mph higher slopes in west. Fairly small, may feel noticeable on exposed ridges in west.
How wet? (Precipitation and its impact)	Rain for a time, then drizzly Rain and drizzle fairly persistent for a few hours, breaking up into light showers, though coastal areas in particular may remain often drizzly much of the day.	Little or no rain during daytime Occasional drizzle, mainly coastal hills. Into the night, rain likely to develop from the southwest.
Cloud on the hills?	Fairly extensive Shrouding hills most or all day, from mid-to-lower slopes up in rain, bases may rise a little, some breaks above 800m inland.	Fairly extensive, higher inland Often covering coastal mountains above 600 to 800m. Higher cloud bases further inland, but often capping tops above 900-1000m, tending to rise a little. Higher breaks best toward/north of Glen Spean.
Chance of cloud free Munros?	10%	20% coasts, to 40% inland, 60% NE.
Sunshine? Air clarity (below cloud)	Largely cloudy, little or no sun. Visibility good below cloud inland, but often rather misty over hills, particularly coasts.	Largely cloudy, glimpses of sun mostly inland Lochaber. Visibility good out of cloud.
How Cold? (at 900m) Freezing Level	6C. Feeling sub-zero on high tops in the wind. Above the summits	6C, rising up to 9C inland afternoon. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 24 June, 2025**

West to southwesterly winds prevail this week and a series of frontal systems come in from the Atlantic. Rain and drizzle most frequent in west with low cloud often covering hills. Higher cloud bases and drier further eastwards. Much cooler than recently, temperatures nearer average, or lower at times in Scotland. Often windy, but by later in the week, risk of more extensive upland gales and some heavier rain as deeper areas of low pressure likely move in.

Forecast issued at 16:00 on Sunday, 22 June, 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.