

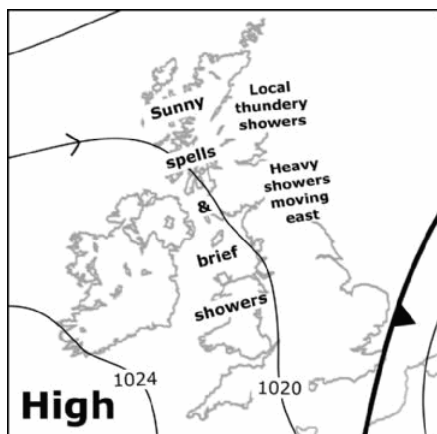
West Highlands

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 Wednesday, 2 July, 2025



British Mountain Summary:

Based on forecast chart for noon 2 July, 2025

Localised heavy bursts of rain for eastern Scotland & northern England early in the day, clearing eastwards, but over Cairngorms in particular, increasing risk afternoon of slow-moving heavy downpours forming, locally a thunderstorm. Western Scotland largely dry; increasingly sunny all western areas afternoon. Fresher for all.

Headline for West Highlands

Broken cloud and sun, rare showers. Light-moderate breeze.

Detailed Forecast for Wednesday, 2 July, 2025

How windy? (On the Munros)	Westerly 10 to 15mph, occasional 20mph near to coast, freshening a little more widely afternoon.
Effect of wind on you?	Mostly small
How wet? (Precipitation and its impact)	Risk isolated showers One or two brief showers, mostly well inland by the afternoon, possibly isolated brief heavier bursts inland Lochaber.
Cloud on the hills?	Patches clearing Patches of cloud in the morning, lifting to upper slopes then largely clearing above tops into afternoon.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Patchwork of sun and cloud. Visibility excellent.
How Cold? (at 900m)	7 to 10C, warmest inland afternoon.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Thursday 3 July	Friday 4 July
How windy? (On the Munros)	Southwesterly 25 to 30mph, tending to strengthen, at times 35mph higher areas.	Southwesterly 45 to 60mph, peak speeds may start to lessen later in daytime.
Effect of wind on you?	Starting to affect comfortable walking over higher terrain, and balance on ridges. Feeling cool.	Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.
How wet? (Precipitation and its impact)	Frequent or persistent rain Often raining, steady rain setting in for periods, particularly Lochaber and toward coast, heavier showery bursts mixed in.	Rain most of day, often heavy Persistent rain widespread, sustained heavy falls many western areas, but particularly Lochaber to Mull. Smallest amounts furthest inland, but still often raining. Becoming very wet underfoot.
Cloud on the hills?	Fairly extensive higher areas Covering higher slopes most of day, bases lowering in rain, fairly extensive above 700-900m, lowest western Lochaber, may form to 600m for periods near coasts.	Extensive Shrouding the mountains throughout the day, from mid to lower slopes upward near the coast and sea lochs, but fairly extensive above 800m even well inland.
Chance of cloud free Munros?	20%	10%
Sunshine? Air clarity (below cloud)	Generally cloudy, dull. Visibility poor during rain, occasionally good below cloud.	Overcast and dull. Visibility poor due to rain.
How Cold? (at 900m)	5 to 7C, marginal rise during day.	7 or 8C, small rise during day. Feeling near -5C in the wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 3 July, 2025

By Thursday, west to southwesterly winds increase for Scotland, with frequent showery rain and low cloud returning into the Highlands from the west. Friday brings heavier rain to western Scotland and gales over higher terrain for Scotland and possibly northern England, rain extending further south with time. The weekend looks unsettled with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

Forecast issued at 16:27 on Tuesday, 1 July, 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.