

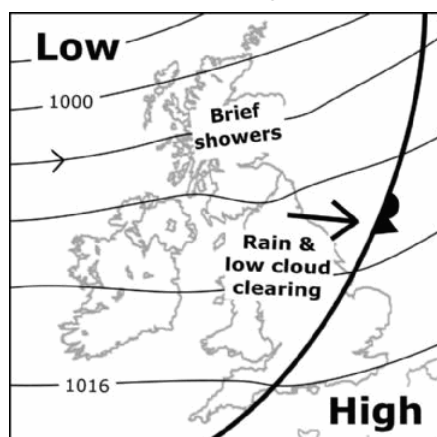
West Highlands

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 Thursday, 7 August, 2025



British Mountain Summary:

Based on forecast chart for noon 7 August, 2025

Gale-force winds across higher mountains in Scotland all day; windy on tops for England and Wales, strongest in morning. Early rain clears southeastwards, leaving scattered showery rain but many places often dry. Cloud bases generally rising, though often covering west coastal mountains in Scotland.

Headline for West Highlands

Gales higher terrain. Showery rain, lowest cloud coasts.

Detailed Forecast for Thursday, 7 August, 2025

How windy? (On the Munros)	Southwesterly 35 to 55mph; strongest on higher tops in Ben Nevis group.
Effect of wind on you?	Increasingly difficult walking with height; general mobility strenuous where exposed. Significant wind chill.
How wet? (Precipitation and its impact)	Occasional showery rain Pulses of showery rain, most frequent Lochaber. Some dry periods, particularly Arran and Loch Lomond NP.
Cloud on the hills?	Persistent on higher/coastal slopes Cloud base varying; lowest in rain and overall a rise in the base progressively inland: Typically between 600 and 800m near the coast, whilst well inland and on Arran most cloud above 750m with breaks to 900 or 1000m.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Sunshine rarely, mainly well inland, although sun in and out more often Arran and eastern Loch Lomond NP. Rather hazy.
How Cold? (at 900m)	7C. Will feel as cold as -6C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Friday, 8 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland - wettest here around Friday night into early Saturday. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

Forecast issued at 16:00 on Wednesday, 6 August, 2025

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