#### MOUNTAIN WEATHER INFORMATION SERVICE

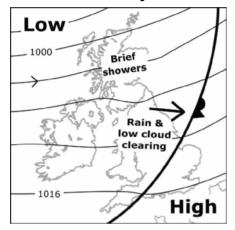
# **West Highlands**

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.	

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#### West Highlands - Looking Ahead

	Friday 8 August	Saturday 9 August
How windy? (On the Munros)  Effect of wind on you?	Southwesterly 40-55mph+ over high tops, some stronger winds over higher Ben Nevis range.  Forward progress increasingly difficult; you may well be blown over in strong gusts. Significant wind chill.	Southwesterly 40 to 50mph, risk 60mph for periods on higher areas, tending to lessen a little during afternoon.  Challenging walking over exposed higher terrain, balance difficult, gusts could knock you over. Considerable wind chill.
How wet?	Patchy rain, increasing somewhat later	Rain frequent, heavy for a time
(Precipitation and its impact)	Rain on and off most of the day. Becoming more frequent late in the day with heavier bursts particularly from dusk into night.	Rain persistent from dawn into the morning, heavy falls may last an hour or more. Tending to ease, but showery rain likely on and off the rest of the day.
Cloud on the hills?	High terrain and coastal slopes often shrouded	Extensive, some rise of base
	Fairly extensive above 700m with patches to lower slopes, lowest on western coastal slopes and islands. Cloud tending to lift well inland but struggles to clear much higher than 900m.	Shrouding the mountains widely in the morning, to lower elevations near to coasts. Cloud base tending to rise as rain eases, some breaks above 800m well inland, but often covering most tops.
Chance of cloud free Munros?	20%	10%
Sunshine? Air clarity (below cloud)	Patchy sun well inland; little sun expected near the coast. Visibility limited by haze and rain.	Glimpses of sun may develop afternoon. Hazy, poor visibility in rain.
How Cold? (at 900m)	7 or 8C, rising to 9C or locally warmer. Mull and coastal Lochaber see little change. Feeling like -3C in the wind.	7C. Feeling like -5 to -8C in wind on tops.
Freezing Level	Above the summits	Above the summits

#### **Planning Outlook**

#### 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

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.