

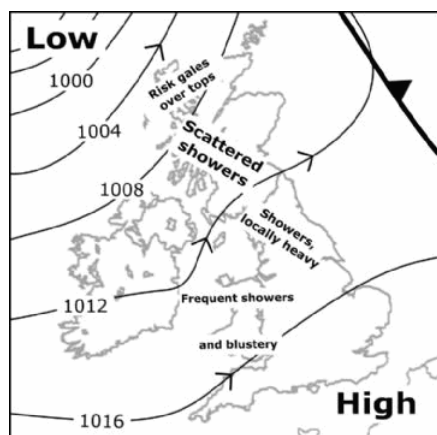
# West Highlands

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.



If you love Scotland's mountains, join Mountaineering Scotland  
[www.mountaineering.scot](http://www.mountaineering.scot) #ThinkWINTER

## General Summary for Monday, 8 September, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 8 September, 2025

Strong winds and scattered showers western Scotland; clearer east with only patchy upland cloud. Showers in England, risk more concentrated rain over Lakeland and west Pennines for periods with heavy bursts. Little cloud on Pennines. Blustery in Wales with frequent showers, risk local hail/thunder.

### Headline for West Highlands

Windy over tops with scattered showers

## Detailed Forecast for Monday, 8 September, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 25-30mph, stronger over high tops of Lochaber/Mull - strongest gusts may reach up to 45mph.
<b>Effect of wind on you?</b>	<b>Walking inconvenienced, gusts over tops may challenge balance in exposure. Risk more arduous conditions on high terrain of Lochaber and Mull. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Scattered showers, most frequent along coast</b> Showery rain near coastal areas and on islands. Scattered showers increasingly forming inland with heavy bursts, possibly merging into broader areas of rain for a time near the coast afternoon.
<b>Cloud on the hills?</b>	<b>Patches at varied heights, breaks to tops inland</b> Banks on coastal mountains above 800-1000m, varying in and out of showers down to 600m. Patcher and higher bases well inland at first in Lochaber/Glencoe, breaks to tops. Cloud tending to fill in on high terrain later in the day.
<b>Chance of cloud free Munros?</b>	<b>60% well inland, 30% near coasts; lowering to 30% widely later</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny though morning, interrupted by cloud at times near the coast. Fair weather cloud building widely afternoon. Very good visibility though a haze along the coast, particularly early.
<b>How Cold? (at 900m)</b>	6 or 7C. May rise to 8C towards central highlands/Creag Meagaidh area; likely no rise near the coast. Feeling below freezing where exposed to direct wind, as low as -3C.
<b>Freezing Level</b>	Above the summits

**All mountain areas of Britain from Tuesday, 9 September, 2025**

Tending to improve after mid-month with longer periods of dry weather, but a persistent southwesterly regime will continue to draw unsettled spells of weather into Britain, notably in the north.

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.