MOUNTAIN WEATHER INFORMATION SERVICE

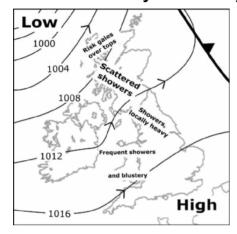
West Highlands

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 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

How windy? (On the Munros)	Southwesterly 25-30mph, stronger over high tops of Lochaber/Mull - strongest gusts may reach up to 45mph.	
Effect of wind on you?	Walking inconvenienced, gusts over tops may challenge balance in exposure. Risk more arduous conditions on high terrain of Lochaber and Mull. Significant wind chill.	
How wet?	Scattered showers, most frequent along coast	
(Precipitation and its impact)	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.	
Cloud on the hills?	Patches at varied heights, breaks to tops inland	
	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.	
Chance of cloud free Munros?	60% well inland, 30% near coasts; lowering to 30% widely later	
Sunshine? Air clarity (below	Mostly sunny though morning, interrupted by cloud at times near the coast. Fair weather cloud building widely afternoon.	
cloud)	Very good visibility though a haze along the coast, particularly early.	
How Cold? (at 900m)	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.	
Freezing Level	Above the summits	

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West Highlands - Looking Ahead

	Tuesday 9 September	Wednesday 10 September
How windy? (On the Munros) Effect of wind on you?	Southerly 25-35mph, strongest winds along the coast. Rising towards 35-50mph afternoon, stronger over high tops. Comfortable walking affected - balance challenged at times on summits near the coast and on islands.	Southerly 40-50mph, strongest gusts over highest tops up to 60mph for a time. May ease into evening and shift SW'ly. Arduous walking likely all day. Buffeting gusts over tops may blow you over. Significant wind chill.
How wet? (Precipitation and its impact)	Spots of drizzly rain here and there Drizzly rain affecting southern coastal	Rain becoming widespread Rain on and off near the coast through
	slopes, most frequently around Arran, Islay, and Mull. Chance of some light showery rain forming inland around Loch Linnhe and south.	morning, then setting in more widely from the south with local heavy spots.
Cloud on the hills?	Clearing many inland summits	Increasingly extensive
	From dawn, local patchy fog in sheltered glens, variable banks higher up; most common over Glencoe/Ben Nevis group high terrain in the morning. Tending to lift and break, best of breaks well inland to tops.	Fairly extensive above 700-800m from dawn, a few breaks to higher inland terrain possible in the early hours; more extensive and lower along the coast. Becoming more widely extensive as rain sets in.
Chance of cloud free Munros?	70%	Soon 10%
Sunshine? Air clarity (below cloud)	Morning cloud breaks for broad sunshine, fair weather cloud building later. Very good visibility.	Likely overcast. Good visibility out of rain, increasingly poor as rain and cloud sets in.
How Cold? (at 900m)	7 or 8C from dawn; rising towards 8 to 10C, least rise near the coast.	7C, may rise slightly on slopes toward central highlands. Feeling like -3C in strongest wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

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

Low pressure over the north Atlantic dominates the weather pattern over the next 10 days, maintaining unsettled conditions. West to southwesterly winds prevail bringing frequent rain and cloud to western areas, regularly becoming more widespread as weather features come and go. Early indications suggest a deeper area of low pressure late weekend and early next week will bring widespread gales, possibly severe on highest terrain.

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.

Forecast issued at 16:21 on Sunday, 7 September, 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.