

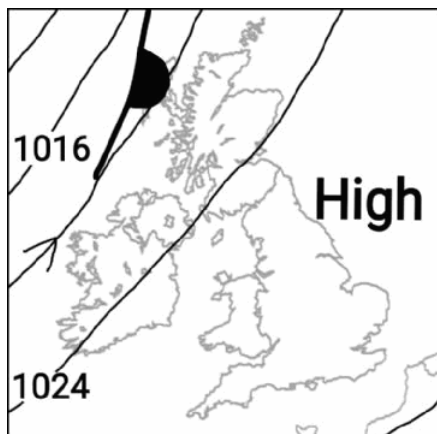
West Highlands

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, 29 September, 2025



British Mountain Summary:

Based on forecast chart for noon 29 September, 2025

Scotland: Southwesterly winds with a warm front bringing cloud and patchy rain into afternoon for western hills. Eastern hills substantially clear with morning sunshine.

England/Wales: Sunshine giving way to veil of cloud, with will lower onto higher western tops with local drizzle. Dry elsewhere.

Headline for West Highlands

Sunny start, but clouding over, with a little light rain in the afternoon and low cloud.

Detailed Forecast for Monday, 29 September, 2025

How windy? (On the Munros)	Southwesterly 15-20mph. Gradually rising, most notably Lochaber up to a gusty 35mph by evening.
Effect of wind on you?	Fairly small though morning, ease of walking increasingly affected with strong buffeting gusts. Feeling cool later.
How wet? (Precipitation and its impact)	Afternoon light rain, mostly north Some fine drizzle around high tops in cloud. Patchy light rain arrives afternoon, becoming more frequent for a time, particularly Lochaber.
Cloud on the hills?	Varied, increasingly covered Fairly extensive over high terrain from the Trossachs towards Lochaber, more patchy on the islands from Arran to Mull at first. Layers at various heights increasingly forming to middle slopes, sometimes tops clear between layers.
Chance of cloud free Munros?	Lowering to 40%
Sunshine? Air clarity (below cloud)	Mostly sunny start in the morning, high cloud drifting in from the west gradually shrouds sun. Very good visibility.
How Cold? (at 900m)	5 or 6C inland; slightly warmer near coast, rising up to 8C on islands from Mull southward. Feeling near freezing in wind.
Freezing Level	Above the summits

West Highlands - Looking Ahead

	Tuesday 30 September	Wednesday 1 October
How windy? (On the Munros) Effect of wind on you?	South to southwesterly, 20mph to gusty 25-30mph some exposed slopes, mainly near Mull, perhaps also Ben Nevis group. Fairly small, but blustery in places, may start to affect balance on exposed ridges.	South-westerly 25-40mph; strongest over the tops and also western coastal hills. Be prepared for arduous conditions for periods, especially toward west coast, with considerable wind chill and buffeting.
How wet? (Precipitation and its impact)	Damp much of day Drizzly rain fairly persistent, some steadier rain mostly early in day, tending to fade with time. Smaller patchy amounts well inland and toward the north/east of Ben Nevis group.	Rainfall near constant through the day Frequent to near constant rainfall will stream in from the southwest through the day. Alternating between heavy spells to periods where turning drizzly.
Cloud on the hills?	Extensive, lowest coasts Shrouding the mountains widely, from lower elevations upward possibly much of the day near coast and some sea lochs. Inland, bases 600-800m, some breaks at times higher toward Glen Spean.	Extensive Cloud will cover the hills in fog extensively through the day. Whilst bases will vary, bases will often be around 500-700m, perhaps lower toward west coast.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Overcast, rare glimpses of sun possible inland Lochaber. Visibility poor when damp, some local improvements inland.	Overcast Visibility often poor due to rain.
How Cold? (at 900m) Freezing Level	7C, little change all day where in cloud, clearer spots inland rising to 9C. Above the summits	9C. Feeling closer to freezing in the strongest winds. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 30 September, 2025**

Next week the UK is situated under a boundary between high and low pressure with a trend towards more settled conditions in the south, unsettled in the north. Northwest England and west Scotland could be rather wet with a southwesterly wind pushing cloud and spells of rain onto western hills. Several more organized frontal systems are likely to pass into eastern Scotland as well. Generally dry for the Pennines and Wales, though cloud and occasionally drizzly rain will impact western areas, notably Lakeland and Snowdonia. Sun breaks likely in England but short-lived. First indications of more widely unsettled weather into next weekend as a deeper area of low pressure passes north, though confidence remains low regarding timing and strength.

Forecast issued at 16:30 on Sunday, 28 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.