#### MOUNTAIN WEATHER INFORMATION SERVICE

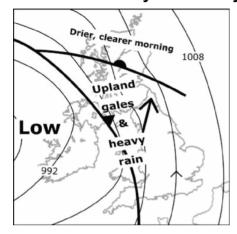
# **West Highlands**

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 Sunday, 19 October, 2025



# British Mountain Summary: Based on forecast chart for noon 19 October, 2025

Gale-force south to southeasterlies across the mountains. Extensively wet with blanket low cloud. The heaviest rain across Wales and southwest Scotland, pushing further across the southern Highlands with time. Driest conditions for northern Scotland early in day; briefly drier Pennines mid-late morning.

### **Headline for West Highlands**

Upland gales. Heaviest rain and lowest cloud south.

# Detailed Forecast for Sunday, 19 October, 2025

East to southeasterly, 35 to 50mph, speeds varying, lower later; widely very gusty, including through passes and lower down.  Expect challenging walking conditions, sudden gusty areas knocking you off balance. Considerable wind chill.	
Rain soon spreading northeast across the region from dawn, setting in for sustained heavy rain over southern hill groups, somewhat lighter and patchier north of Ben Nevis. Starting to break up only later into evening.	
Extensive, lowest south	
Blanket low cloud all day over hills in Loch Lomond NP and coastal areas near the Clyde/Arran, to lower slopes in rain. Higher cloud base northwards, some breaks above 800-900m Glen Spean area.	
Below 10% south, 20% north.	
Sun unlikely, overcast all day.	
Mostly hazy, widely murky in rain; better below cloud in north Lochaber.	
4 to 6C, small change with added height.	
Feeling like -7 to -10C directly in the wind.	
Above the summits	

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## West Highlands - Looking Ahead

	Monday 20 October	Tuesday 21 October
How windy? (On the Munros)	Direction variable, mostly 10mph or less. Around Arran, may be E-SE'ly 15-20mph.	Variable 10-15mph or less for a time. Becoming W-SW'ly, likely to increase 20-35mph, soonest coastal areas.
Effect of wind on you?	Mostly small	Varied - initially small, some uncertainty, but expect increasingly blustery conditions to develop, risk more challenging.
How wet?	Largely dry, risk a little rain	Coastal showers
(Precipitation and its impact)	Patchy light showery rain possible, but a fair amount of dry weather during the day across the region. Greater risk of patchy rain near southern islands and coasts.	Showery rain may be frequent on coastal areas and the islands. Occasional showers drifting inland, fewer lighter showers further inland toward central highlands.
Cloud on the hills?	Varied cloud banks, clearer areas	Patchy cloud at different levels
	Banks of cloud at various elevations from lower slopes upward from dawn, some slopes may be between cloud layers for a time. Tending to lift mostly above 800-1000m, substantial breaks may form.	Variable banks of cloud over the hills above 600-800m, or often 1000m well inland. Some fog possible inland glens, lower slopes and over lochs early morning. Local breaks to tops mostly inland.
Chance of cloud free Munros?	50%	30%
Sunshine? Air clarity (below cloud)	Mix of cloud and sun. Patchy mist early in day, visibility then very good below cloud.	Largely cloudy, brief glimpses of sun mainly well inland. Visibility very good away from rain.
How Cold? (at 900m)	6C, little change all day.	6C, little change, some glens cooler at first. Feeling below freezing if in the stronger wind.
Freezing Level	Above the summits	Above the summits

# **Planning Outlook**

#### All mountain areas of Britain from Monday, 20 October, 2025

A mixed outlook into the new week as low pressure dominates with areas of rain and showers, which will vary locally day-to-day. Some windows of drier weather, particularly central parts of the Highlands. Wind speeds will also vary, but some lulls, but abrupt spells of upland gales possible. Risk of heavier rain spreading from Wales into northern England and southern Scotland later Wednesday into Thursday. Likely significantly colder later in the week with northerly winds, dropping below freezing on higher mountains, with snow showers especially Scottish Munros.

#### Forecast issued at 16:00 on Saturday, 18 October, 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.