

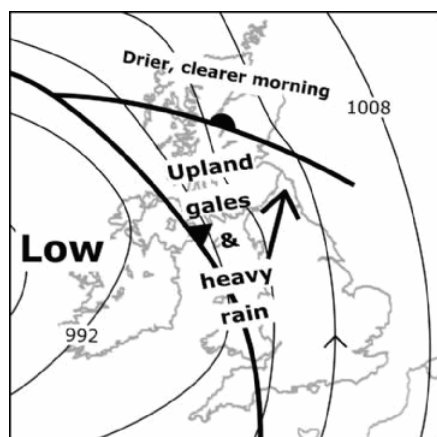
West Highlands

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

How windy? (On the Munros)	East to southeasterly, 35 to 50mph, speeds varying, lower later; widely very gusty, including through passes and lower down.
Effect of wind on you?	Expect challenging walking conditions, sudden gusty areas knocking you off balance. Considerable wind chill.
How wet? (Precipitation and its impact)	Widespread rain, heaviest south 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.
Cloud on the hills?	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.
Chance of cloud free Munros?	Below 10% south, 20% north.
Sunshine? Air clarity (below cloud)	Sun unlikely, overcast all day. Mostly hazy, widely murky in rain; better below cloud in north Lochaber.
How Cold? (at 900m)	4 to 6C, small change with added height. Feeling like -7 to -10C directly in the wind.
Freezing Level	Above the summits

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.

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.