

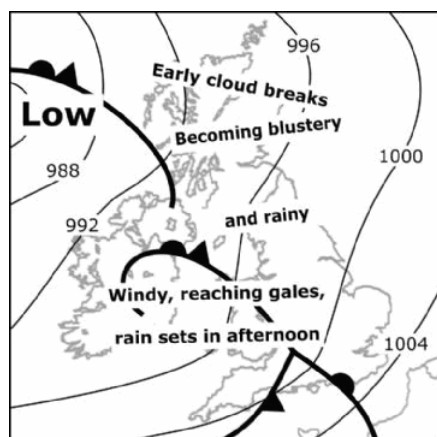
West Highlands

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, 7 December, 2025



British Mountain Summary:

Based on forecast chart for noon 7 December, 2025

Patchy rain in western areas early, drier east though lots of cloud over summits; some clear tops central and south Pennines. Winds soon begin to strengthen widely, quickest in Wales and reaching gale force here afternoon. Rain also arrives from the west afternoon, spreading widely into evening.

Headline for West Highlands

Early patchy rain, soon turning blustery, afternoon rain

Detailed Forecast for Sunday, 7 December, 2025

How windy? (On the Munros)	South-southwest, 15-20mph at dawn, strengthening and shifting southeasterly 25-30mph, strongest near the coast where gusts may reach up to 40mph over the tops from Arran to Mull. Becoming variable in speed and direction for a time after dark.
Effect of wind on you?	May remain fairly small, but likely becoming more blustery, risk worsening mainly coastal areas toward the south where walking may be strenuous or arduous over tops. Beware sudden changes after dark.
How wet? (Precipitation and its impact)	Patchy rain early, becoming more widespread afternoon Showery rain moves in from the coasts, early, becoming sparse for a few hours. Expect lying snow/ice over high tops of Ben Nevis group. Rain then setting in from the southwest though afternoon, likely widespread by nighttime; heaviest in the south.
Cloud on the hills?	Extensive on high terrain, tending to lower later Shrouding higher mountains likely all day, often down to middle slopes southern areas. Best chance of higher bases near or above 900m coastal Lochaber in the morning. Cloud will gradually fill in more widely to middle slopes as rain sets in
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Odd glimpses of weak sun early, soon overcast. Visibility starts good out of cloud but gradually deteriorates widely as rain sets in.
How Cold? (at 900m)	3 or 4C, small if any rise in temperature on lower slopes. May rise slightly for a time on the southern islands, but trending towards 2C widely by dark. Feeling like -5C or possibly colder if exposed to stronger wind.
Freezing Level	Above the highest tops well into the day. Lowering to the summits afternoon, then 1100-1200m into night; likely staying above the summits south.

West Highlands - Looking Ahead

	Monday 8 December	Tuesday 9 December
How windy? (On the Munros)	Southwesterly 25 to 35mph; speed likely to fluctuate, may rise to 40mph over high tops but also lowering.	Southeasterly 25-35mph from dawn, rapidly rising to a gusty 55-65mph; shifting SW'ly, risk further deteriorating; variable.
Effect of wind on you?	Be aware of changing conditions though often strenuous in exposure; notable wind chill.	Difficult conditions widespread and likely persist all day - powerful gusts will make mobility tortuous. Significant wind chill.
How wet? (Precipitation and its impact)	Rain on and off Showery rain most common coastal areas near Mull/Lochaber, more widely early in the day and spreading inland. A risk of hail with sleet on high tops. Showers most scattered around the southern islands.	Near-constant rain Rain begins setting in from the south before dawn, spreading widely and setting in persistently with heavy bursts well into the day. Beware fast-rising streams, flood risk.
Cloud on the hills?	Often covering many tops Frequently capping higher slopes, near to coast bases varying 600 to 900m, inland more often above 900m, with some breaks higher up mainly east of Ben Nevis group.	Extensive Widely shrouding the coastal slopes from lower slopes upward and locally down to coastal cliffs in the south. Highest bases from Ben Nevis group towards Knoydart but unlikely rising above 600-700m.
Chance of cloud free Munros?	30%	Less than 10%
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun mainly inland Lochaber. Visibility good where dry, but reduced in rain at times, briefly poor.	Overcast and dull. Poor visibility.
How Cold? (at 900m) Freezing Level	3C. If exposed to stronger winds, risk feeling like -10C on high tops. 1200 to 1300m, rising above the summits overnight.	4 or 5C, soon rising to around 8C, then sharply cooling from the south later. Feeling like -8 to -10C in strongest wind. Above the summits, lowering to the high Munros overnight.

Planning Outlook

All mountain areas of Britain from Monday, 8 December, 2025

Generally unsettled into the week with areas of low pressure moving in from the Atlantic on prevailing southwesterly winds. Temperatures relatively mild, higher tops in the Highlands intermittently just below freezing point; expect periods of thawing even up to these tops. Day-to-day weather detail will be uncertain even in short-range as complex systems develop - a series of frontal systems bringing spells of rain, at times more widespread and heavy - any snowfall mostly confined to highest tops in Scotland; also showers at times with hail mostly near western coasts. Wind speeds will also vary, often blustery with periods of gales or severe gales on tops, but local lulls too.

Forecast issued at 16:18 on Saturday, 6 December, 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.