

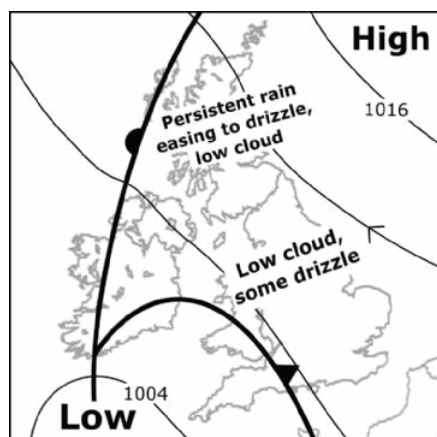
# West Highlands

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, 22 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 22 December, 2025

Strong and gusty SE'ly winds. Rain fairly widely across the Highlands in the morning, easing but leaving patchy drizzle and low cloud shrouding the hills. Low cloud and some drizzly rain for England and Wales, but some breaks for the Lakes, also clearing conditions moving into south Wales.

### Headline for West Highlands

Windy, gusty. Rain easing to drizzle, low cloud persists.

## Detailed Forecast for Monday, 22 December, 2025

<b>How windy? (On the Munros)</b>	Southeasterly 30 to 40mph; gusty over the tops and downslope, strongest gusts reach 45mph early in day; lessening into middle of day onward.
<b>Effect of wind on you?</b>	<b>Fairly arduous conditions for several hours, sudden and strong gusts will challenge balance. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Morning rain, then drizzle south/west</b> Widespread rain before dawn lingers through morning, some local breaks inland Lochaber. Largely fading and clearing to the northeast, but some drizzle continues around the southern islands and areas south from Glencoe.
<b>Cloud on the hills?</b>	<b>Fairly extensive, but breaks west coast</b> Shrouding hills widely from dawn, banks at varying heights in rain. As rain clears, very disorganised cloud banks, ragged patches clinging to forest canopies for a time, best chance of clear hills coastal Lochaber in the afternoon.
<b>Chance of cloud free Munros?</b>	<b>20%, rising to 50% northwest areas</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mainly overcast, some brighter skies develop into afternoon, best west Lochaber. Early rain will limit visibility, some improvement, but rather hazy or some hills staying misty toward south.
<b>How Cold? (at 900m)</b>	3 or 4C, but feeling closer to -10C where exposed to the strongest winds.
<b>Freezing Level</b>	Above the summits

## West Highlands - Looking Ahead

	<b>Tuesday 23 December</b>	<b>Wednesday 24 December</b>
<b>How windy? (On the Munros)</b>	Variable between southerly and easterly, 10 to 25mph.	East-southeasterly 15-20mph, may be gusty in exposure.
<b>Effect of wind on you?</b>	<b>Fairly small, local lulls, though some uncomfortable gusty spots possible.</b>	<b>Fairly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain on and off</b> Periods of patchy rain for most mountains, likely more frequent on hills nearest the west coast, but total amounts likely small.	<b>No rain expected</b>
<b>Cloud on the hills?</b>	<b>Shrouding the tops, lowest south</b>  Fairly extensive over all high terrain, lower bases during rain, down to 400-600m near the coast and possibly widely Loch Lomond NP much of the day. Patchy fog also some glens.	<b>Mostly mid-slopes south and east</b>  Cloud banks cling to the hills between 800-1100m from Glencoe to the southern islands, bases variable and may lower near Loch Lomond. Patchier further west and north, many coastal slopes Mull and north clear.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy. Good visibility in places, but variable as rain comes and goes, hazier or mistier further toward the central belt.	Best of sunshine in coastal Lochaber, patchier sun near Glencoe/Loch Lomond. Very good visibility though a slight haze.
<b>How Cold? (at 900m)</b>	2 or 3C, little change with added height.	0 or +1C
<b>Freezing Level</b>	Just above freezing point on some slopes above 1000m, mainly east-facing aspects.	Around 1000m, lifting to the summits though variable, may remain lower in the south; some dawn frosts inland glens.

**Planning Outlook****All mountain areas of Britain from Tuesday, 23 December, 2025**

Cloud and patchy rain lingers early this week, then a slow change to drier and chiller weather into the Christmas period as high pressure builds to the north. Easterly winds will be dominant, the strongest winds in England and Wales. Cloud may be fairly sheet-like in the east sometimes, though variably more extensive or broken, best northwest. The coldest air will reach England and Wales on the easterly wind with freezing levels reaching as low as 400-600m in Wales, staying slightly warmer in northern Scotland with some inversion conditions likely over higher terrain; frost into glens.

**Forecast issued at 16:30 on Sunday, 21 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.