MOUNTAIN WEATHER INFORMATION SERVICE

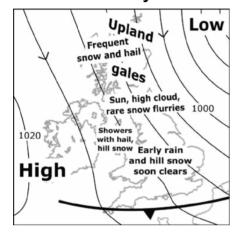
West Highlands

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 Thursday, 1 January, 2026



British Mountain Summary: Based on forecast chart for noon 1 January, 2026

Cold north-northwesterly winds, widely gale force over the mountains, difficult conditions with severe chill factor on Scottish high tops. Showery snow and hail frequent in northern Scotland. Rare showers central Scotland and northern England. Early rain and hill snow followed by showers in Wales.

Headline for West Highlands

Gales on mountains, snow and hail showers.

Detailed Forecast for Thursday, 1 January, 2026

How windy? (On the Munros)	Northwesterly 35 to 50mph, sustained winds tending to strengthen widely into middle of day, at times up to 60mph higher tops mainly in Ben Nevis range; squally gusts in showers.	
Effect of wind on you?	Frequent buffeting, walking increasingly arduous on higher terrain, gusts knocking you off balance in places in exposure. Significant wind chill, severe higher up.	
How wet?	Occasional snow and hail	
(Precipitation and its impact)	Showers most frequent near coasts and sometimes inland across Lochaber, falling as snow and hail to many lower slopes, though a mix of rain and hail on islands below 600m. Drier Loch Lomond NP. Greater risk snow showers more widely into the evening.	
Cloud on the hills?	Most frequent north and coasts	
	Cloud base varying, but often capping higher slopes in Lochaber and near coasts, bases 700-1000m. Breaks higher up most often toward and south of Crianlarich, best near Loch Lomond.	
Chance of cloud free Munros?	30% north, to 60% south.	
Sunshine?	Occasional sun, best near Loch Lomond.	
Air clarity (below cloud)	Visibility often very good, but reduced to very poor at times in snow and cloud.	
How Cold? (at 900m)	-3C (-5C Ben Nevis top), to -1C coasts, dropping widely to -5C into night. Wind chill feeling like -15C, near -20C highest tops.	
Freezing Level	500 to 600m, up to 700m toward Arran. Some inland glens near freezing all day, then into night dropping to all lower slopes.	

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West Highlands - Looking Ahead

	Friday 2 January	Saturday 3 January
How windy? (On the Munros)	Northerly 30 to 40mph, risk 50mph around dawn, and again into night; squally gusts in showers, mainly coastal areas.	North to northwesterly 30 to 40mph, squally gusts in showers.
Effect of wind on you?	Severe wind chill over the mountains. Frequent buffeting in exposure on higher terrain.	Continued severe wind chill over the mountains. Frequent buffeting on exposed terrain.
How wet?	Snow and hail coasts and north	Snow and hail coasts and north
(Precipitation and its impact)	Frequent showers running southward over coastal areas (fewer Arran), some showers inland mainly Lochaber; snow and hail falling and accumulating to sea level. Drier Loch Lomond NP to central highlands.	Ongoing showers running southward over coastal areas, some showers inland mainly Lochaber; snow and hail falling and accumulating to sea level. Drier Loch Lomond NP to central highlands.
Cloud on the hills?	Mostly coastal tops and Ben Nevis	Varied over tops in north
	Varying cloud bases over coastal hills above 700-900m, briefly lower in showers. Also often capping tops in Lochaber above 800-1000m. Better breaks southward.	Varying cloud bases near Mull above 700-900m, briefly lower in showers. Also often capping tops inland Lochaber above 800-1000m. Often clearer Loch Lomond NP.
Chance of cloud free Munros?	30% Lochaber/coasts, to 60% south.	40% Lochaber-Mull, to 70% south.
Sunshine? Air clarity (below cloud)	Bursts of sunshine, sunniest Loch Lomond. Visibility excellent away from showers, but very poor where snow falls or blows around and also if in cloud.	Bursts of sunshine, sunniest Loch Lomond. Visibility excellent away from showers, but very poor where snow falls or blows around and also if in cloud.
How Cold? (at 900m)	-5C (to -8C at 1200-1300m). Wind chill feeling like -15 to -20C on tops.	-5 or -6C (to -9C above 1200m). Wind chill feeling like -20C, risk nearer -25C on Ben Nevis summit in exposure.
Freezing Level	Most terrain frozen, sub-zero all day glens upward. Just above freezing up to 300-400m nearest the coast and on	Terrain widely frozen, staying sub-zero from glens upward. Nearest the coast, partial thawing in sunlight to 300-400m.

Planning Outlook

All mountain areas of Britain from Friday, 2 January, 2026

Terrain extensively frozen onward into the weekend and early next week at least; sub-zero temperatures from the glens upward in Scotland and some valleys inland in northern England. Substantial fresh snow accumulations in the North West Highlands and Cairngorms, heavy showers streaming in from the north also containing hail. Largely dry and sunny from central Scotland to northern England. Hail and snow showers will run into north and west Wales from the sea. Bitter northerly winds, up to gale force higher tops, tending to lessen into Sunday. Some fluctuation of freezing level during next week, but some fronts moving in from northwest likely bring snowfall to hills at times more widely.

Forecast issued at 15:55 on Wednesday, 31 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.