

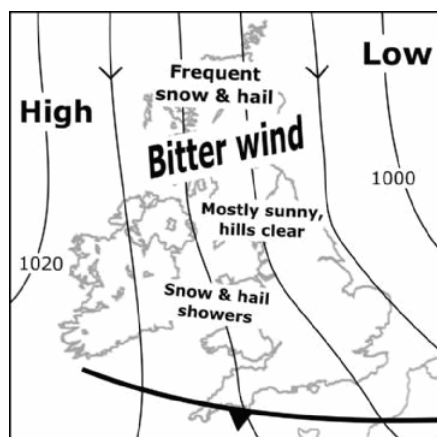
West Highlands

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 Friday, 2 January, 2026



British Mountain Summary:

Based on forecast chart for noon 2 January, 2026

Bitterly cold north-northwesterly winds, gale-force over many hills, typically strongest in morning, again late in day Scotland. Frequent snow and hail northern Scotland, blizzard conditions on mountains. Showers also affect Wales. Mostly dry, sunny and clear hills N England & S Scotland. Most terrain frozen.

Headline for West Highlands

Gales on tops, severe chill factor. Snow and hail showers.

Detailed Forecast for Friday, 2 January, 2026

How windy? (On the Munros)	Northerly 50mph at first, gusts over 60mph around and before dawn, then tending to lessen slightly to 35-40mph, least wind early afternoon, but some squally gusts. Increasing again after dark toward 50mph.
Effect of wind on you?	Severe wind chill over the mountains. Arduous conditions early morning, mobility difficult around high tops; frequent buffeting all day in exposure on higher terrain. Deteriorating again after dark.
How wet? (Precipitation and its impact)	Snow and hail most frequent north and coasts Showers coming in from the north into Lochaber, frequent snow for periods Ben Nevis to Creag Meagaidh, risk whiteout at times; showers also running down west coast, snow and hail falling and accumulating to sea level. More often dry Arran into Loch Lomond NP and central highlands.
Cloud on the hills?	Most persistent northern and coastal tops Often capping tops in Lochaber above 800-1000m, lower patches in showers north-facing slopes near Glen Spean. Often capping Mull, Jura and nearby mainland above 700-900m. Better breaks to tops around Loch Lomond.
Chance of cloud free Munros?	30% Lochaber/coasts, to 60% 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.
How Cold? (at 900m)	-5 or -6C (to -8C at 1200-1300m). Wind chill feeling like -17 to -22C on tops.
Freezing Level	Most terrain frozen, sub-zero all day glens upward. Just above freezing up to 300-400m nearest the coast and on islands.

West Highlands - Looking Ahead

	Saturday 3 January	Sunday 4 January
How windy? (On the Munros) Effect of wind on you?	North to northwesterly 35 to 50mph, strongest sustained speeds over Ben Nevis group; squally gusts in showers. Continued severe wind chill over the mountains. Frequent buffeting on exposed terrain, walking often challenging.	North to northwesterly 30 to 40mph, squally gusts in showers. Continued severe wind chill over the mountains. Arduous walking with frequent buffeting on exposed terrain.
How wet? (Precipitation and its impact)	Snow and hail coasts and north Ongoing showers running southward over coastal areas, also inland Lochaber for periods; snow and hail falling and accumulating to sea level. Drier Loch Lomond NP to central highlands.	Snow and hail coasts and north Ongoing showers running southward over coastal areas, some showers inland mainly Lochaber and Creag Meagaidh; snow and hail falling and accumulating to sea level. Drier Glencoe/Loch Lomond NP.
Cloud on the hills?	Varied over tops in north 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.	Varied, often covering northern tops Varying cloud bases near Mull above 700-900m, briefly lower in showers and towards the southern islands. Also often capping tops inland Lochaber above 800-1000m. Often clearer Loch Lomond NP.
Chance of cloud free Munros?	40% Lochaber-Mull, to 70% 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) Freezing Level	-5 or -6C (to -9C above 1200m). Wind chill feeling like -20C, nearer -25C on Ben Nevis summit in exposure. Terrain widely frozen, staying sub-zero from glens upward. Nearest the coast, partial thawing in sunlight to 300-400m.	-5 or -6C (to -8C above 1200m). Wind chill feeling like -20C, risk nearer -25C on Ben Nevis summit in exposure. Terrain widely frozen, staying sub-zero from glens upward. Nearest the coast, partial thawing in sunlight to 200-300m.

Planning Outlook

All mountain areas of Britain from Saturday, 3 January, 2026

Terrain extensively frozen this weekend and early next week; 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, lessening somewhat during Sunday. Some fluctuation of freezing level during next week, though most high terrain stays sub-zero, and as fronts come in from the west, upland snowfalls are possible more widely.

Forecast issued at 16:01 on Thursday, 1 January, 2026

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, 2026.