

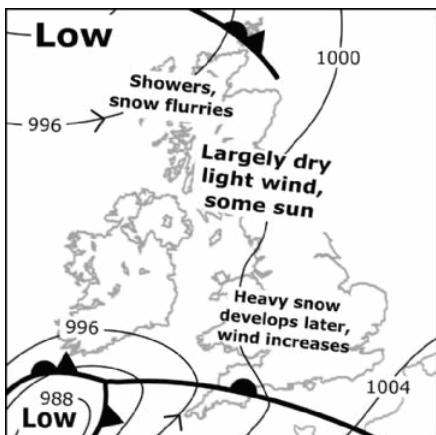
# West Highlands

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, 8 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 8 January, 2026

Fairly benign conditions, breezier in northern Scotland. Local snow flurries, patchy cloud and some sun. A developing system to the southwest moves into Wales with heavy snow setting in increasingly widely later, extending into the Peak District by evening, accompanied by gales.

#### Headline for West Highlands

Light-moderate wind. Local flurries, varied cloud.

## Detailed Forecast for Thursday, 8 January, 2026

<b>How windy? (On the Munros)</b>	South or southwesterly, 10 to 20mph, strongest around Ben Nevis to Mull, in places 25mph in morning.
<b>Effect of wind on you?</b>	<b>Fairly small, but noticeable chill factor and blustery around some northern tops in the morning.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy light snow, showers coasts</b> Occasional snow flurries, showers most common toward Mull, sleet or rain lower coastal slopes. Often dry well inland.
<b>Cloud on the hills?</b>	<b>Varied to fairly extensive</b> Cloud banks around upper slopes and corries, in places persistent to mid-slopes. Some mist lower down inland.
<b>Chance of cloud free Munros?</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, some glimpses of sun. Visibility very good where dry, reducing in showers. Beware difficult navigation if in fog over snow cover on tops.
<b>How Cold? (at 900m)</b>	-3C, up to -1C nearest coast / on islands. Where exposed to wind, feeling nearer -10C, particularly Lochaber.
<b>Freezing Level</b>	Most terrain frozen and snow covered, some glens stay sub-zero. Just above freezing to 600-700m coasts & islands.

## West Highlands - Looking Ahead

	Friday 9 January	Saturday 10 January
<b>How windy? (On the Munros)</b>	Variable direction, mostly below 15-20mph, in places often little wind.	Southwesterly 10 to 25mph, gusty in places on some downslopes to the north of higher mountains, mainly Lochaber.
<b>Effect of wind on you?</b>	<b>Likely small.</b>	<b>Fairly small some slopes, but gusty spots may feel more noticeable locally, giving considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Coastal showers</b> Showers mostly around the islands, falling as snow on tops, possibly hail at times; mostly rain on low-mid slopes.	<b>Coastal showers, flurries</b> Occasional showers, most common toward coast, brief snow flurries pushing inland, here falling to lower slopes, but near coast mostly rain below 500m, some hail.
<b>Cloud on the hills?</b>	<b>Varied patches</b> Patchy cloud clinging to some upper slopes and corries, but expect clearer spells over many mountains. Larger cloud banks near coast if showers occur.	<b>Varied patches</b> Patchy cloud around some slopes and tops, may linger around corries. Some mist possible lower slopes inland.
<b>Chance of cloud free Munros?</b>	<b>60%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Any sun weak due to a veil of high cloud. Visibility very good over many hills, some haze or mist inland glens.	Occasional sun. Visibility mostly very good.
<b>How Cold? (at 900m)</b>	-2 or -3C.	-2C, nearer 0C coastal tops. Feeling near -10C if in gusty wind.
<b>Freezing Level</b>	Terrain frozen into the glens, some slopes around 300-500m inland just above freezing point, or up to 700m coasts.	Terrain widely frozen inland; just above freezing around 300-500m, up to 600-700m near coast, slightly higher islands.

## Planning Outlook

## All mountain areas of Britain from Friday, 9 January, 2026

Terrain remaining widely frozen into the weekend, extensive deep snow cover for Highlands, less nearer the central belt. A fresh good covering for Wales and south Pennines from Thursday night too. Quiet weather for Saturday daytime. Then into Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely. A rise of freezing level from the southwest - some thawing develops, rising just above freezing toward higher slopes; more pronounced thawing in England and Wales to the tops. Uncertain patterns next week, colder air may return across Scotland, whilst further south often generally milder. Some further hill snow mainly in Scotland.

## Forecast issued at 16:16 on Wednesday, 7 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.