

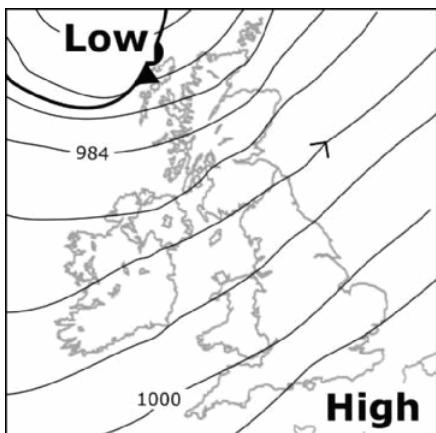
# West Highlands

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, 12 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 12 January, 2026

Extensive upland gales, although storm force at first N Scotland. Bands of showers, of hail, and snow higher areas, will merge to give periods of almost constant precipitation on many western mountains. Small risk thunder. Driest conditions will be on easternmost mountains and S Wales.

#### Headline for West Highlands

Severe gale or storm force upland wind. Snow and fog.

## Detailed Forecast for Monday, 12 January, 2026

<b>How windy? (On the Munros)</b>	South to southwesterly 50 to at first in morning approaching 70mph Lochaber. Will ease slowly toward 40mph near central belt, particularly Arran.
<b>Effect of wind on you?</b>	<b>Walking widely challenging, frequent buffeting even lower elevations, particularly Lochaber.</b> <b>Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent snow and hail; risk lightning</b> Heavy showers, or sometimes constant precipitation with small risk lightning. Expect hail and above 750m snow - giving intermittent whiteout.. Least precipitation central mountains near/north of Loch Ossian and Treig. Very wet underfoot.
<b>Cloud on the hills?</b>	<b>Almost all higher areas persistently foggy</b> Cloud intermittently below 400m and rare if any breaks above 750m. Higher cloud base near/north of Loch Ossian and Treig, often 700, rarely 950m - but patches below 600m near showers.
<b>Chance of cloud free Munros?</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Rare or no sun. A general haze; visibility very poor in precipitation.
<b>How Cold? (at 900m)</b>	1C. Will feel as cold as -16C where exposed to the wind.
<b>Freezing Level</b>	1050m. Some terrain lower down still frozen and icy.

## West Highlands - Looking Ahead

	Tuesday 13 January	Wednesday 14 January
<b>How windy? (On the Munros)</b>	Forecast confidence remains low: Most likely southwest or westerly 20mph, although there could be a lull.	West backing southerly around 25mph before later in day strengthening to 40-50mph.
<b>Effect of wind on you?</b>	<b>Probably small.</b>	<b>May well be fairly small for several hours before walking. becomes increasingly difficult and wind chill significant.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Intermittent rain; snow higher areas</b> Unlikely to be dry at least near the coast north from Mull and Loch Etive where showery rain, or above 700m snow, may well be on and off. Fewer showers, with increasing chance of dry during daylight progressively eastwards.	<b>Risk of snow and hail showers</b> Showers may come in off the sea giving hail and snow, although rain lower coastal slopes. Increasing threat precipitation setting in late in day.
<b>Cloud on the hills?</b>	<b>Generally extensive</b>  Higher areas probably cloud covered, but in rain, particularly near the coast, cloud base may drop below 400m for periods. There may be breaks above 900m, particularly well inland.	<b>Probably remaining extensive on most or all higher areas</b>  Cloud sometimes forming below 450m near the coast, but cloud base generally rising to 600 to 750m, highest well inland where there may be breaks to 1000m.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or perhaps no sunshine. Visibility sometimes very good although in rain poor or in snow appalling.	Occasional sunshine, mainly well inland. Visibility often very good, but very poor in snow.
<b>How Cold? (at 900m)</b>	0 or -1C	-2C
<b>Freezing Level</b>	800 to perhaps 950m.	600m coastal hills, 400m elsewhere.

## Planning Outlook

## All mountain areas of Britain from Tuesday, 13 January, 2026

High rainfall and intermittently windy across most mountains over the next week or more as a series of Atlantic lows cross Britain. With uncertainty in the tracks of some lows, Tuesday's forecast remains very uncertain - but by Wednesday a transient weak ridge of high pressure will bring a brief improvement. Higher summits sometimes below freezing point S Scotland southwards: snow may accumulate on highest summits. Mostly below freezing Scottish Highlands enabling snow to accumulate widely.

## Forecast issued at 13:43 on Sunday, 11 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.