

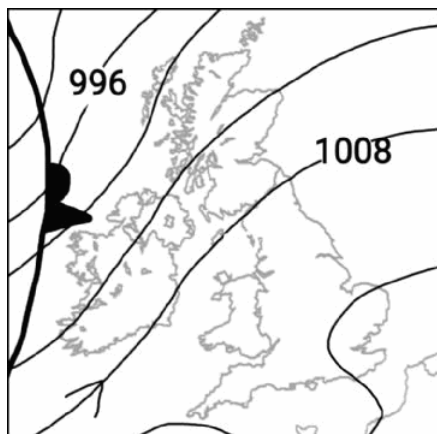
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

General Summary for Wednesday, 14 January, 2026



British Mountain Summary:

Based on forecast chart for noon 14 January, 2026

Cold westerly winds, backing southerly and strengthening ahead of a front which will move into western Scotland during the afternoon, with snow setting in for western mountains, patchier further east. Ahead of this front, scattered snow showers. Mostly dry for England and Wales until front edges precipitation into west later.

Headline for West Highlands

Snow showers morning, then persistent snow and gales increasingly afternoon.

Detailed Forecast for Wednesday, 14 January, 2026

How windy? (On the Munros)	Westerly 30mph morning. Then backing southerly and strengthening to 40-50mph by mid or late afternoon.
Effect of wind on you?	Fairly small particularly lower slopes morning. Walking then increasingly difficult and wind chill becoming significant.
How wet? (Precipitation and its impact)	Morning: snow and hail showers. Afternoon: snow, incessant near Skye Showers of hail and snow, mostly rain lower coastal slopes. Around midday snow (rain lower slopes) reaching Mull. Will spread across region in the afternoon; whiteout increasingly.
Cloud on the hills?	Probably remaining extensive on most or all higher areas Near coast: Cloud sometimes below 450m, and forming lower slopes in rain afternoon. Elsewhere: cloud base generally rising to 600 to 750m for a few hours, perhaps breaks to 1000m before cloud fills in across the hills, particularly Loch Lomond NP.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Occasional sunshine morning, mainly well inland. Visibility often very good, but appalling in snow.
How Cold? (at 900m)	-1C. Directly in wind will feel as cold as minus 14C.
Freezing Level	700m coastal hills, 500m elsewhere. Frost some glens after dawn.

West Highlands - Looking Ahead

	Thursday 15 January	Friday 16 January
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to perhaps 35mph Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.	Low confidence in track of small potent low. May track east leaving little wind, but risk for a time, northwesterly 25 to 45mph. High uncertainty over track of low. May stay to the east, but risk of arduous conditions for a time and marked wind chill.
How wet? (Precipitation and its impact)	Heavy hail and snow showers Succession of hail and snow showers (mostly rain lower coastal slopes). Small risk thunder.	May well be dry, but risk spell of snow. May well be mostly dry, but risk of precipitation moving up from the south on a small scale low, which would give a spell of snow, rain below 500m.
Cloud on the hills? Chance of cloud free Munros?	Unlikely to clear the Munros Higher areas almost always cloud covered. Cloud base typically 400 to 700m near the coast and 500 to 900m elsewhere. Highest cloud base bear and north of Glen Spean and lochs Treig and Ossian. 10%	Risk fairly extensive, best breaks west. Risk of hill fog for several hours across upper slopes, down to mid slopes should spell of snow develop. Otherwise, best breaks toward the west coast. 40%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine. Very varied visibility: sometimes excellent, but appalling in snow.	Mostly cloudy, best glimpses of sun toward west coast. Visibility perhaps very good, but poor or very poor should rain/snow develop.
How Cold? (at 900m) Freezing Level	-1C 750m, marginally higher close to the coast.	-1C 700-800m, may be down to 500-600m should persistent precipitation develop.

Planning Outlook

All mountain areas of Britain from Thursday, 15 January, 2026

Very uncertain forecast late Thursday and into Friday, as a small scale and rather potent low pressure system edges northwards across the country on a very uncertain track. May bring a spell of strong winds and upland heavy snowfall overnight and into Friday morning before pulling away to the east. Thereafter, a drier and chilly weekend will follow. Looking further ahead, a colder continental influence may be drawn in on south to east winds, with the snow pack across the Scottish Highlands being enhanced by further spells of snowfall where fronts edge in from the west, whilst further south snow accumulates on higher areas, and occasional falls reach lower slopes.

Forecast issued at 15:58 on Tuesday, 13 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.