

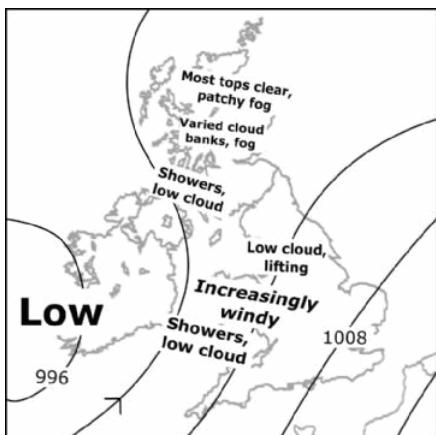
West Highlands

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, 16 January, 2026



British Mountain Summary:

Based on forecast chart for noon 16 January, 2026

Dry for much of the Highlands, many northern mountains clear, in places above patchy valley fog, some weak sun through high-level cloud above the mountains. Breezy toward the west, some showers southwest coasts of Scotland, also S/W Wales. Areas of low cloud over Pennines and S Lakes may linger.

Headline for West Highlands

Breezy near coast, increasing, local showers; low cloud south.

Detailed Forecast for Friday, 16 January, 2026

How windy? (On the Munros)	Variable or southeasterly, 10-15mph or less inland, some increase afternoon. Often 20mph up the west coast, increasingly in afternoon to 25mph, stronger gusts if in showers locally.
Effect of wind on you?	Mostly small, but marked wind chill if exposed, becoming more blustery coastal areas.
How wet? (Precipitation and its impact)	Mostly dry inland, coastal showers south. Largely dry through daylight toward Lochaber, an odd rare brief light shower. Showers for the southwest coast and Isles, may develop more often here into the afternoon, pushing inland with time from the southwest, snow flurries above 500-600m, possible hail Kintyre.
Cloud on the hills?	Banks of low cloud, focused in the south. Risk of stubborn patches of banks of low cloud, mostly across southern areas and central Highlands, some high tops for a time may poke above this, then drifting higher up. Also ribbons of fog in some glens. Clearer hills toward north.
Chance of cloud free Munros?	50%
Sunshine? Air clarity (below cloud)	Mostly cloudy, best of the sun coming through in the north. Visibility very good, away from any fog or showers.
How Cold? (at 900m)	-1C. Feeling like -7C to nearer -10C if exposed to wind on tops near coast in south.
Freezing Level	700-800m, frost into the glens at first light.

West Highlands - Looking Ahead

	Saturday 17 January	Sunday 18 January
How windy? (On the Munros)	Southeasterly 10 to 20mph, in places 25mph through some cols, passes and summits, particularly toward south.	South to southeasterly, 25 to 35mph, risk 40mph, very gusty in places around high summits, locally downslope to north.
Effect of wind on you?	Mostly small, but wind chill still significant where exposed to the strongest breeze.	Affecting ease of walking and balance over hills. More challenging in some exposed spots. Considerable wind chill.
How wet? (Precipitation and its impact)	Mostly dry, risk a little rain south Local fine spots of drizzle or snow grains possible across southern hills, local showers mainly Arran to Kintyre. Largely dry Lochaber.	Small amounts of precipitation Risk of patchy rain around the islands, snow grains on high tops near coast, or lower down inland, mainly Loch Lomond NP, but very little if any north Lochaber.
Cloud on the hills?	Varying banks some lower slopes up Variable amounts on hills. Banks or patches at varying heights mid to upper slopes, patchy fog also some glens. Some hills often clear, mainly coast near Mull, perhaps more widely west of Loch Linnhe.	Low cloud widely, breaks north Risk an extensive sheet of low cloud from mid-slopes up, particularly southern areas, but banks of cloud likely widely over hills - best breaks toward north/west of Ben Nevis group.
Chance of cloud free Munros?	30%, but 60% west Lochaber.	20% south, to 40% N/W Lochaber.
Sunshine? Air clarity (below cloud)	Glimpses of sun toward north/west of Fort William area, where visibility good. Rather misty and murky southern areas into central Highlands.	Glimpses of sun mainly north Lochaber where visibility very good out of cloud. Hazy near coast, mistier to some lower slopes in south.
How Cold? (at 900m)	-1 to +1C, but feeling closer to -8C in the strongest breeze.	-1C many areas, near or just above 0C coastal areas. Feeling like -10 to -13C in the wind.
Freezing Level	Varied across the area, 600-1000m, highest towards west coast/north Lochaber. Also frost into glens in morning.	Inland near or just below freezing from glens upward, but near coast & islands typically above freezing up to 900m.

Planning Outlook

All mountain areas of Britain from Saturday, 17 January, 2026

Often dry and chilly conditions into the weekend with a south to south-easterly airflow developing, gusty wind in places. General patterns into the second half of January favour a colder continental influence. The snow pack across the Scottish Highlands will be enhanced by further spells of snowfall where fronts edge in from the west, whilst for England and Wales snow accumulating on the hills at times, perhaps in the form of showers from the east.

Forecast issued at 16:00 on Thursday, 15 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.