

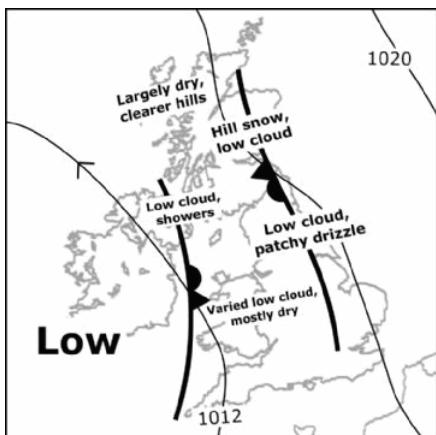
West Highlands

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

General Summary for Saturday, 17 January, 2026



British Mountain Summary:

Based on forecast chart for noon 17 January, 2026

A slow-moving area of snowfall in central-eastern Highlands, may be often patchy and light, but risk locally more persistent, low cloud extensive. Clearer northwest coasts of Scotland. Low cloud much of northern England, some early rain and hill snow. Drier for Wales with varied low cloud. Light-moderate SE'ly winds.

Headline for West Highlands

Low cloud, some snow flurries. Light-moderate breeze.

Detailed Forecast for Saturday, 17 January, 2026

How windy? (On the Munros)	Southeasterly 10 to 20mph, in places 25mph through some cols, passes and summits, particularly toward south.
Effect of wind on you?	Mostly small, but marked wind chill in exposure on higher terrain.
How wet? (Precipitation and its impact)	Local snow flurries at times Patchy light snow, drizzly rain lower slopes, mostly inland areas toward central highlands, may persist for a few hours. Small amounts if any toward western Lochaber. Local brief showers on islands.
Cloud on the hills?	Most persistent low cloud south and inland 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 and areas west of Loch Linnhe.
Chance of cloud free Munros?	20% south, to 60% west 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.
How Cold? (at 900m)	-1 to +1C, but feeling closer to -8C in the strongest breeze.
Freezing Level	Varied across the area, 600-1000m, highest towards west coast/north Lochaber. Also frost into glens in morning.

West Highlands - Looking Ahead

	Sunday 18 January	Monday 19 January
How windy? (On the Munros)	South to southeasterly, 25 to 35mph, strongest west; very gusty around high summits, downslope northwest of tops.	Southeasterly 20 to 30mph, gusty around some higher mountains and downslope to north, particularly Ben Nevis to Mull.
Effect of wind on you?	Affecting ease of walking and balance over hills. More challenging in some exposed spots. Considerable wind chill.	Blustery in exposure, starting to affect comfortable walking and balance on some ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Small amounts of precipitation Patchy showery 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.	A little rain or snow Patchy areas of rain, or snow flurries mostly on higher terrain, most likely near coast and on islands. Small amounts further inland.
Cloud on the hills?	Low cloud widely, higher northwest 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, but many tops often covered.	Fairly extensive, breaks north Low cloud shrouding most hills Loch Lomond NP and up coast to Mull, to many mid-slopes. Higher bases northward, some breaks to tops near/west of Ben Nevis.
Chance of cloud free Munros?	10% south, to 30% N/W Lochaber.	10% south, to 40% N/W Lochaber.
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly north Lochaber where visibility very good out of cloud. Hazy near coast, mistier to some lower slopes in south.	Little if any sun, glimpses mainly north Lochaber where visibility good. Murky southern areas.
How Cold? (at 900m)	-1C many areas, near or just above 0C coastal areas. Feeling like -10C directly in the wind.	0C, small change with height inland. Feeling like -10C where exposed to wind.
Freezing Level	Inland near or just below freezing from glens upward, but near coast & islands typically above freezing up to 900m.	800 to 1000m. Also slight frost inland glens early morning.

Planning Outlook**All mountain areas of Britain from Sunday, 18 January, 2026**

A slow-moving weather pattern onward into early next week with chilly air in place across the British Isles, mountains staying near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. Some weak fronts try to push in from the west bringing occasional rain and hill snow, amounts generally small. High pressure around Scandinavia is likely to dominate the patterns into the later stages of January, with colder air trying to push in from the east, much mountain terrain will be frozen. Occasional snow likely, generally driest in the northwest.

Forecast issued at 16:27 on Friday, 16 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.