

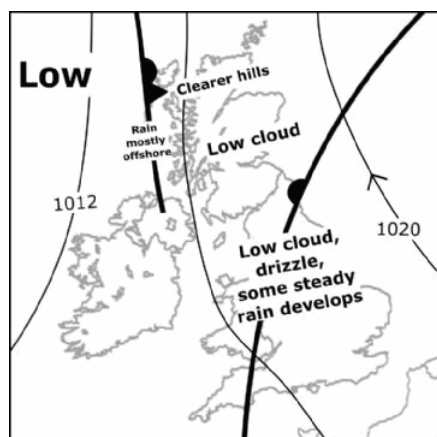
West Highlands

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 Sunday, 18 January, 2026



British Mountain Summary:

Based on forecast chart for noon 18 January, 2026

Cloudy and damp air over many hills, more persistent rain and drizzle develops over northern England and east Wales. Clearer toward north-northwest Scotland. Near or below freezing on Scottish mountains. South to southeasterly winds, gusty in places; strongest toward Skye.

Headline for West Highlands

Gusty wind. Largely dry; low cloud south, some breaks northwest.

Detailed Forecast for Sunday, 18 January, 2026

How windy? (On the Munros)	South to southeasterly, 25 to 35mph, strongest western mountains; very gusty around high summits, downslope northwest of tops.
Effect of wind on you?	Affecting ease of walking and balance over higher tops and ridges, particularly western areas. Varied inland, but in places very blustery. Considerable wind chill.
How wet? (Precipitation and its impact)	Rare if any precipitation Patchy showery rain around the islands, mostly staying offshore from the mainland; snow grains on some high tops near coast. Substantially dry inland, rare flurries mainly southern hills.
Cloud on the hills?	Low cloud widely, higher northwest An extensive sheet of low cloud from mid-slopes up, particularly southern inland areas, higher bases and some breaks toward the coast and north/west of Ben Nevis group, but many high tops often covered.
Chance of cloud free Munros?	10% Loch Lomond NP, to 30% N/W Lochaber and coast.
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly north Lochaber where visibility very good out of cloud. Hazier toward coast, mistier to some lower slopes Loch Lomond NP.
How Cold? (at 900m)	-1C many areas, near or just above 0C coastal areas. Feeling like -10C directly in the wind.
Freezing Level	Inland near or just below freezing from glens upward, but near coast & islands typically above freezing up to 900m.

All mountain areas of Britain from Monday, 19 January, 2026

South to southeasterly winds prevail into the new week, trending more easterly in Scotland, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains staying near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days . Initially weak fronts try to push in from the west bringing occasional rain and high-level snow, then some more persistent falls later in the week; generally driest in northwest Scotland. Colder air trying to move in from the east into later January, leaving most mountain terrain frozen in the longer range.

Forecast issued at 15:30 on Saturday, 17 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.