

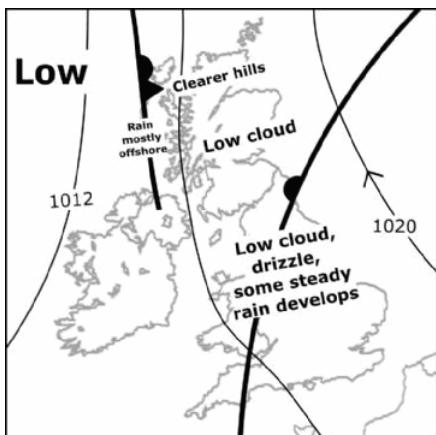
West Highlands

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.

West Highlands - Looking Ahead

	Monday 19 January	Tuesday 20 January
How windy? (On the Munros)	Southeasterly 25 to 35mph, gusty around some higher mountains and downslope to north, particularly Ben Nevis to Mull.	Southeasterly 30 to 45mph, tending to strengthen, very gusty in places including downslope north of higher tops.
Effect of wind on you?	Blustery in exposure, starting to affect comfortable walking and balance on some ridges. Considerable wind chill.	Affecting comfortable walking and making balance challenging on exposed ridges; considerable wind chill.
How wet? (Precipitation and its impact)	A little rain or snow Patchy areas of rain, or snow flurries mostly on higher terrain, most frequent near coast and on islands. Small amounts further inland.	Rain mostly south, snow on tops Frequent or persistent rain coastal areas in south, snow falling mostly above 800-900m. Patchier inland and northwards into Lochaber, but occasional flurries on tops.
Cloud on the hills?	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.	Fairly extensive Shrouding southern hills to mid slopes all day, higher bases Lochaber, some breaks.
Chance of cloud free Munros?	10% south, to 40% N/W Lochaber.	20%
Sunshine? Air clarity (below cloud)	Little if any sun, glimpses mainly north Lochaber where visibility good. Murky southern areas.	Largely cloudy, brightest in north Lochaber, visibility good below cloud. Hazier toward south, poor visibility in rain.
How Cold? (at 900m)	0C, small change with height inland. Feeling like -10C where exposed to wind.	0 or 1C. Wind chill feeling like -10 to -13C.
Freezing Level	800 to 1000m. Also slight frost inland glens early morning.	900 to 1000m. Patchy slight frost some lower slopes.

Planning Outlook

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.