

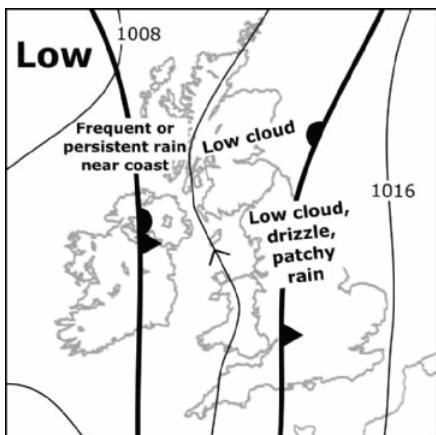
West Highlands

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 Monday, 19 January, 2026



British Mountain Summary:

Based on forecast chart for noon 19 January, 2026

Rain near the west coast of Scotland, largely dry inland, but low cloud covering southern Highlands widely, higher and more broken cloud northward. Rain or drizzle and blanket fog over the Pennines, drier for Lakes and Wales, with best cloud breaks northern areas. Southerly winds strongest N/W Scotland, gusty.

Headline for West Highlands

Windy; lowest cloud south, rain mostly coastal areas.

Detailed Forecast for Monday, 19 January, 2026

How windy? (On the Munros)	Southeasterly 25 to 35mph, gusty around some higher mountains and downslope to north, particularly Ben Nevis to Mull; easing a little during afternoon from south.
Effect of wind on you?	Blustery in exposure, starting to affect comfortable walking and balance on some ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	A little rain or high-level snow, mostly near coast Patchy areas of rain, or snow flurries mostly on higher terrain, most frequent near coast and on islands. Small amounts further inland.
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, but often capping high tops.
Chance of cloud free Munros?	10% south, to 40% N Lochaber.
Sunshine? Air clarity (below cloud)	Little if any sun, glimpses mainly north Lochaber where visibility good. Murky southern areas.
How Cold? (at 900m)	0C, small change with added height inland. Feeling like -10C where exposed to wind.
Freezing Level	800 to 1000m, lowest inland.

West Highlands - Looking Ahead

	Tuesday 20 January	Wednesday 21 January
How windy? (On the Munros)	Southeasterly 30 to 45mph, tending to strengthen, very gusty in places including downslope north of higher tops.	Southeasterly 40 to 50mph, in places 60mph, powerful gusts downslope N/W of major tops; may moderate from south.
Effect of wind on you?	Affecting comfortable walking and making balance challenging on exposed ridges; considerable wind chill.	Challenging conditions widely, walking difficult in exposure on high terrain. Significant wind chill.
How wet? (Precipitation and its impact)	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.	Patchy rain and upland snow Snow falling above 800m, rain lower down, most frequent Loch Lomond NP into central highlands, intermittently extending westward, but small amounts near/west of Ben Nevis group.
Cloud on the hills?	Fairly extensive Shrouding southern hills to mid slopes, higher bases Lochaber; bases may drift higher up during day with breaks locally mainly north/west of Ben Nevis group.	Most persistent south, higher north/west Covering hills in south above 600 to 800m. Higher cloud base northward, but often capping tops above 900-1000m, breaks best toward west of Fort William.
Chance of cloud free Munros?	20%	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, brightest in northwest Lochaber, visibility good below cloud. Hazier toward south, poor visibility in rain.	Glimpses of weak sun mostly toward west of Lochaber, where visibility very good. Very poor if in snow and cloud.
How Cold? (at 900m)	0 or 1C. Wind chill feeling like -10 to -13C.	0 to 2C, highest toward islands. Wind chill feeling like -10 to -15C where exposed on higher areas.
Freezing Level	900 to 1000m. Patchy slight frost some lower slopes.	900 to 1000m, but likely just above freezing to some higher slopes near coast and on islands.

Planning Outlook

All mountain areas of Britain from Tuesday, 20 January, 2026

South to southeasterly winds prevail during the week ahead, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. A slowly circulating weather system will bring areas of rain and high-level snow, becoming more persistent as the week progresses, cloud covering most hills; generally driest and clearest 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 16:17 on Sunday, 18 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.