

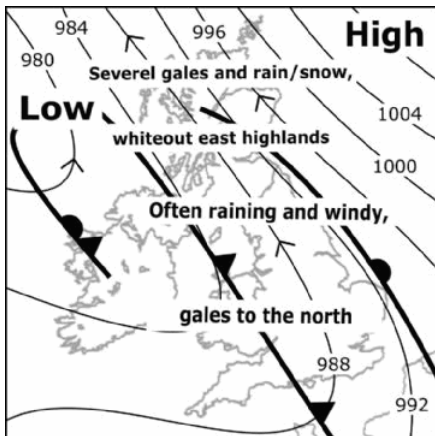
West Highlands

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 Thursday, 22 January, 2026



British Mountain Summary:

Based on forecast chart for noon 22 January, 2026

Gales in north England and Scotland, severe on the high Munros, gusting to storm force in the north; severe wind chills. Frequent or persistent rain across most mountains, falling as snow onto the high Munros from dawn, the snow level lowering with time; snow will be heavy with whiteout conditions in east Scotland.

Headline for West Highlands

Often raining, turning to snow on Munros; severe gales

Detailed Forecast for Thursday, 22 January, 2026

How windy? (On the Munros)	Southeasterly 45 to 60mph, in places 70mph around Ben Nevis; powerful gusts downslope toward west as well. May well strengthen further after nightfall.
Effect of wind on you?	Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Frequent/persistent rain, more patchy Lochaber Frequent or persistent rain from morning from the Clyde Sea Lochs towards the central highlands and Creag Meagaidh. With time, rain transitions to snow on high terrain of central highlands. Rain more patchy into Lochaber.
Cloud on the hills?	Fairly extensive, more broken W Lochaber Likely to cover many hills around the southern islands to the central highlands, to some middle or lower slopes in south. Higher cloud base northwestward, some local higher breaks northwest of Loch Linnhe, but high tops will struggle to clear.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	A little weak sun mostly near and west of Loch Linnhe where visibility locally good, otherwise cloudy. Visibility poor in rain, very poor where in snow.
How Cold? (at 900m)	+1C inland, to start the day, up to 3C in Lochaber. Temperature lowers from the east with time to -1C or locally cooler, staying at or just above freezing on coastal slopes. Wind chill feels as cold as -15 to -20C.
Freezing Level	Just on highest tops from dawn. Dropping through the day, reaching 600m well inland by evening. More variable on coastal slopes, between 700-900m.

West Highlands - Looking Ahead

	Friday 23 January	Saturday 24 January
How windy? (On the Munros) Effect of wind on you?	Easterly 40 to 50mph; to 65mph over Ben Nevis early; notable downslope gusts, particularly west Lochaber. Challenging conditions, mobility limited and gusts may knock you over not just on highest terrain. Severe wind chill.	Easterly 45 to 60mph, powerful gusts downslope to the west; may start to lessen with time - uncertain. Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.
How wet? (Precipitation and its impact)	Snow southern inland areas Frequent snow over hills from Loch Lomond to Rannoch Moor, patchier west and northward, mostly dry north of Mull. Near coast around Clyde to Arran, may fall as rain to some upper slopes.	Snow mostly hills east of Loch Lomond Snow mostly toward central highlands, sleet or rain low-mid slopes. Some flurries spilling northwest to Ben Nevis & Creag Meagaidh, very little further west. Light rain or sleet on and off Arran & Kintyre.
Cloud on the hills? Chance of cloud free Munros?	Varied cloud, more broken W Lochaber Likely to cover many hills around Loch Lomond NP and northward, to Creag Meagaidh; cloud variably to some midslopes in south/southern islands. Higher cloud base northwestward, some breaks to tops mainly coastal Lochaber 30%	Lowest south, breaks northwest Shrouding most of Loch Lomond NP and nearby coastal hills toward Arran all day, to some mid-slopes on southern aspects. Higher base northwest, often capping high tops, but some breaks west of Ben Nevis. 20% south, to 40% west of Loch Linnhe.
Sunshine? Air clarity (below cloud)	A little weak sun mostly near and west of Loch Linnhe where visibility locally good, otherwise cloudy and rather hazy.	Glimpses of sun west Lochaber, where visibility good below cloud, though some haze. Otherwise cloudy, sustained whiteout if in cloud and falling/blowing snow.
How Cold? (at 900m) Freezing Level	-1 to -2C inland, dropping a degree afternoon. Nearer 0C along the coast. Wind chill feels as cold as -15 to -20C. Variable in west, 700-900m near coast, but 600-800m inland and east; dropping to 600m more widely well inland.	-1C inland, up +1C tops nearest coasts and on the islands. Directly in the wind feeling like -15 to -18C. 600 to 800m inland, lowest in Creag Meagaidh to Loch Ossian area, but may be just above freezing some coastal tops.

Planning Outlook

All mountain areas of Britain from Friday, 23 January, 2026

Sustained gale force easterlies over most mountains into the weekend, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland on Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow, turning colder further south over the weekend, with freezing level dropping to the southern Pennines summits next week. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

Forecast issued at 16:19 on Wednesday, 21 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.