

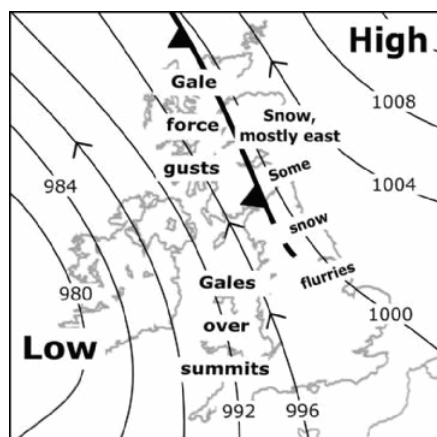
# West Highlands

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, 29 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 29 January, 2026

Freezing temperatures in Scotland and England; freezing level lowering with time to middle slopes, first in eastern hill groups. Blustery as well, gale force gusts on high terrain of Scotland and Wales. Snow flurries affecting eastern Scotland and the Pennines, mostly dry Lakeland to west Scottish Highlands.

### Headline for West Highlands

Blustery, gale force gusts; some well-inland flurries later

## Detailed Forecast for Thursday, 29 January, 2026

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	East to southeasterly 30 to 35mph from dawn, strengthening, reaching 40mph over many high summits, sustained winds to 45mph in southwest regions. Gusty too, including downslope west of major summits.  <b>Walking becomes challenging on exposed higher terrain, buffeting gusts locally lower down will constantly challenge stability. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional light snow inland afternoon</b> Small amounts of flurries around Creag Meagaidh and central highlands for much of the day, a risk of more frequent flurries reaching towards eastern parts of Glencoe and Loch Lomond, Ben Nevis too. Western and coastal hills likely remain dry.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Varied higher tops, breaks west</b> Cloud banks drifting over higher slopes above 800 to 1000 m from Arran to Rannoch Moor, as well as towards Mull. May become more extensive over central highland hills down to 800m later. Higher bases and broken westwards, clearer west of Loch Linnhe with only patches on tops.  <b>20% east to 60% coastal Lochaber</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun mostly toward coast, visibility generally good out of cloud, perhaps slight haze. Navigation more difficult in fog over snow cover on tops.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C inland areas, up to +1C locally over coastal mountains. Dropping through afternoon, first southeast, widely -2 or -3C into nighttime (to -6C Ben Nevis summit). Wind chill feeling like -12 to -15C.  700m well inland, higher westwards and more variable, just above freezing to some upper slopes near coast and on islands. Lowering with time to mostly 600m.

## West Highlands - Looking Ahead

	Friday 30 January	Saturday 31 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 40-55mph, very gusty in places around Ben Nevis group and downslope NW of major tops elsewhere.  <b>Arduous walking over high terrain, strong buffeting gusts making stability a constant challenge. Significant wind chill.</b>	Easterly 30-35mph, at times gusting 40mph in exposure. Speed may vary at times.  <b>Walking strenuous in exposure, often arduous on high terrain with buffeting. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Local snow mostly south</b> Patchy flurries, small amounts, most common toward central highlands. Showery rain or summit snow near Arran, some patches pushing north into Glencoe/Mull.	<b>Rain/snow south and central areas</b> Snow most frequent on Munros around and south of Rannoch Moor, patches drifting to Glencoe/Ben Nevis range. Sleet and rain also affecting the southern islands for periods. West of Loch Linnhe mostly dry.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive, breaks northwest</b>  Shrouding most hills in Loch Lomond NP, Arran and Kintyre, to some mid-slopes. Higher cloud base northwestward, mostly above 800-1000m, higher breaks near and west of Loch Linnhe; a risk of filling in towards Glencoe/Loch Linnhe later.  <b>30%</b>	<b>Most extensive east, high breaks Lochaber</b>  Blanket cloud to the middle slopes from Rannoch Moor south to Loch Lomond. The cloud more patchy west of Loch Lomond, though with periods of more extensive coverage. Best breaks west of Loch Linnhe, often above 800m, perhaps some summit breaks.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Weak sun through high cloud mostly west Lochaber. Cloudy and misty around southern hills, whiteout if in fog over snow.	A few sun glimpses of sun at times but mostly cloudy. Good visibility out of precipitation, though a light haze.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1 or -2C, locally rising to 0C Arran to Mull. Wind chill feeling like -10 to -15C.  500-600m, rising slightly, notably on coastal slopes, up to 900m around Arran to Mull.	-1 to -3C, highest temperature around southern islands; rising to -1 or 0C with time. Feeling like -10 to -15C in wind.  600-700m, highest west coast, rising more widely to 700m or higher with time.

## Planning Outlook

## All mountain areas of Britain from Friday, 30 January, 2026

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so: periods of precipitation will affect most mountains at least every few days. Scottish Munros generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead (with continued flooding risk too); much less northwestward. Hills in England and Wales will see varying freezing levels, at times dropping sub-zero to middle slopes, but largely isolated to the high terrain of Lakeland and Eryri NP (Snowdonia). Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

## Forecast issued at 16:12 on Wednesday, 28 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.