

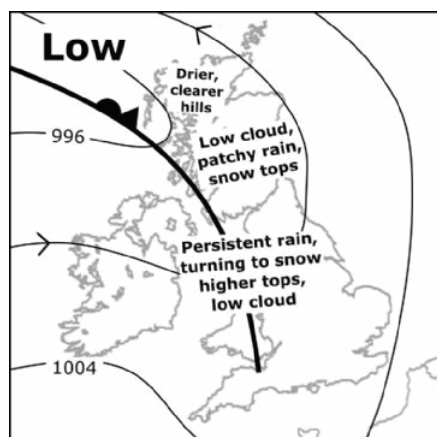
# West Highlands

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, 1 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 1 February, 2026

Extensive low cloud and patchy areas of rain, or snow on higher mountains, merging into more constant precipitation from the west over England, Wales and southwest Scotland. Driest conditions for the coastal northwest Highlands. Improving afternoon for Wales. Variable winds, dropping fairly light Highlands.

### Headline for West Highlands

Wind drops inland, increases again coast with showery rain.

## Detailed Forecast for Sunday, 1 February, 2026

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South-southeasterly 20mph, local gusts 30mph Ben Nevis area at first, but easing with time to southerly 10mph or less into afternoon. However, near coast south from Jura to Arran may switch westerly 20-30mph by afternoon.  <b>Blustery in places at first, but becoming mostly small. Locally toward coasts in south becoming more blustery with marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy snow inland tops; showery rain southern coasts</b> Spots of sleet/snow in well-inland areas early, mostly rain below 700m though higher up where near the coast. Showery rain arrives to the west coast with patches spreading inland, most widely south, locally more frequent rain.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive, some breaks north</b> Cloud shrouds most high terrain, some higher and broken areas in Lochaber toward northwest of Ben Nevis. Cloud often down to middle slopes from southern islands to Rannoch Moor, Creag Meagaidh often capped as well. Filling in more widely in rain south, then may lift on islands later.  <b>20%, to 40% northwest Lochaber.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some bright glimpses for a time in coastal Lochaber but otherwise cloudy. Visibility variable, at times good, most often west of Fort William, but locally poor toward south in precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0C most hills, 1C coastal tops and islands. Feeling like -10 to -13C in the wind.  Around 800-900m most hills, though up to 1000m along the coast.

## West Highlands - Looking Ahead

	Monday 2 February	Tuesday 3 February
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 20-30mph, gusty. Rising afternoon, top speeds to 45mph central & south areas afternoon through dusk.  <b>Fairly small early, deteriorating, becoming strenuous-to-arduous with significant wind chill, soonest toward south.</b>	Easterly 40 to 55mph, very gusty in places around higher mountains and downslope west of high terrain.  <b>Challenging walking conditions, more difficult in places, frequent buffeting affecting balance; significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation mostly inland and south</b> Patchy rain, or increasingly snow flurries above 700m, focused on inland areas south and east of Rannoch Moor, may become more persistent with time. Very little reaching coast and west Lochaber.	<b>Snow mostly well inland</b> Snow most frequent in areas south and east from Rannoch Moor. Patchy flurries extend west, light rain spots below 500m, but often dry much of west coast.
<b>Cloud on the hills?</b>     <b>Chance of cloud free Munros?</b>	<b>Mostly south and inland</b>  Cloud covers most high terrain from Loch Lomond to Creag Meagaidh, bases to mid-slopes during precipitation, also often shrouding tops on southern island hills. Well broken west of Loch Linnhe, some clear summits, but varied banks drifting westwards with time.  <b>30% inland, to 50% western Lochaber.</b>	<b>Fairly extensive, breaks west</b>  Often covering inland mountains above 800 to 1000m, banks of cloud drifting westwards, but more broken toward coast, best west of Loch Linnhe.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Regularly sunny west coast near Mull, some lower western inland slopes too. Very good visibility out of precipitation, but rapidly turning poor during snow/sleet.	Glimpses of sun mostly toward coast, where visibility mostly good. Some haze toward south. Very poor visibility in snow and cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C. Coast and island tops up to 0 or +1C. Feeling like -10 to -13C in the wind.  800 to 1000m, highest toward the coast, tending to lower inland later in daytime, toward 600m by dusk.	-3C well inland, to -1C coast and islands. Wind chill feeling like -15 to -18C.  400-500m well inland, to 600m further west, or locally varied higher up nearest coast and on the islands.

## Planning Outlook

## All mountain areas of Britain from Monday, 2 February, 2026

Southeast then easterly winds will prevail during the week ahead, strong to gale force over many hills for sustained periods. From Monday into Tuesday onward, colder air temperature and lower freezing level again, leaving mountain terrain widely frozen from mid-elevations upward, or to lower slopes in eastern Scotland. Further snow will affect eastern mountains, with additional accumulations and drifting. Some periods of hill snow for England and Wales into midweek. Cold easterly patterns are expected to continue onward into mid February, though higher pressure to the north may see reduced precipitation amounts, always driest with highest cloud in west.

## Forecast issued at 16:30 on Saturday, 31 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.