

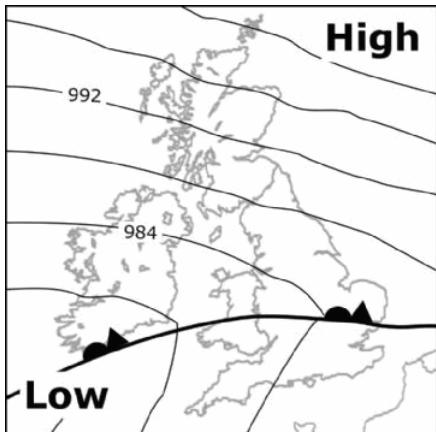
West Highlands

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 Friday, 6 February, 2026



British Mountain Summary:

Based on forecast chart for noon 6 February, 2026

Widely very poor conditions on the hills: upland gales, and persistent fog and rain, or on higher areas (widely Scottish Highlands) snow. But western Scotland, mainly westernmost slopes, often dry with higher cloud base (sometimes clearing). Wales: some improvement from south during day.

Headline for West Highlands

Upland gales; snow flurries. Fog.

Detailed Forecast for Friday, 6 February, 2026

How windy? (On the Munros)	Easterly 40 to locally 55mph, powerful gusts around higher mountains and particularly downslope (west) of major ridges and summits.
Effect of wind on you?	Difficult mobility, particularly on high terrain, buffeting gusts knocking you off balance or over even on some lower slopes. Severe wind chill.
How wet? (Precipitation and its impact)	Snow mostly central Highlands Snow to the east will spill over to the central highlands, but often only flurries. Elsewhere, just the odd flurry, but substantially dry.
Cloud on the hills?	Blanket of fog most mountains - breaking up toward west coast Persistent cloud base 500 to 700m central highlands. Westward, cloud base rising to 800-1000m may sometimes or rarely clear summits toward the coast (including near Loch Linnhe).
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Largely dull and on eastern hills hazy (appalling visibility in snow). On western hills, particularly near the coast, sunshine, locally extensive and excellent visibility.
How Cold? (at 900m)	-4C north and east, to -2C, locally 0C toward west coast. Will feel as cold as -15 to -20C directly in the wind.
Freezing Level	450m tending to rise toward 600m, but locally as high as 900m near west coast.

West Highlands - Looking Ahead

	Saturday 7 February	Sunday 8 February
How windy? (On the Munros)	Easterly 25 to 35mph at first, tending to lower to 15 to 25mph and veer into south-east.	Between southeast and south typically 15 to 25mph, although possibly below 15mph near the coast.
Effect of wind on you?	Walking fairly arduous at first with significant wind chill and buffeting, but tending to ease down from the south.	Mostly small
How wet? (Precipitation and its impact)	Patchy precipitation petering out A few snow flurries from dawn, rain below 500m, perhaps fairly constant Ben Alder down to Loch Lomond NP. Likely to fizzle out during afternoon. Very little if any west coast.	Little or no precipitation Rain, or above 600 to 900m snow here and there, mostly amounting to very little.
Cloud on the hills?	Covering upper terrain, clearer west coast. Be prepared for extensive coverage across higher terrain above 800-1000m, more like 600m central Highlands. Best breaks in cloud, and chance of clear tops, hills west of Loch Linnhe.	Most mountains persistently covered. May clear some western hills. Persistent fog most of region, but by afternoon perhaps breaks to 600m and here and there higher slopes briefly clearing or between cloud layers. Again on westernmost areas, cloud may sometimes or fleetingly clear, revealing higher slopes or summits.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Patchy sun toward west coast in an otherwise overcast atmosphere. Hazy, best visibility west coast, poor in any rain and snow flurries.	Glimpses of sunshine here and there - possibly bright sun for an hour or two near coast. Widely misty or murky, possibly very good visibility westernmost hills.
How Cold? (at 900m)	Around -1C.	0 or 1C
Freezing Level	Poorly defined: 600 to 900m, but locally 1100m westernmost summits: generally only slow temperature drop with height.	800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.

Planning Outlook

All mountain areas of Britain from Saturday, 7 February, 2026

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (although lower total rainfall in eastern Scotland and Wales than recently) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the chance of the return of low freezing level toward the middle of next week.

Forecast issued at 12:26 on Thursday, 5 February, 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.