

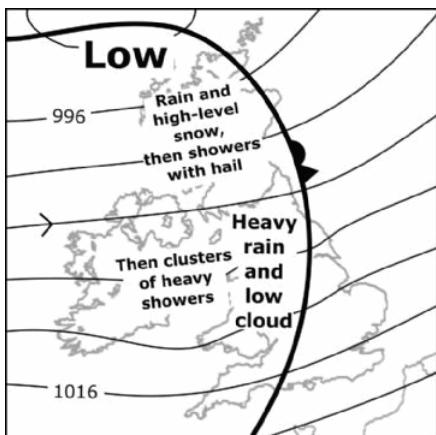
West Highlands

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, 20 February, 2026



British Mountain Summary:

Based on forecast chart for noon 20 February, 2026

Extensive gale-force southwesterlies. A rise of freezing level toward higher tops in Scotland, where early hill snow soon turns mostly to rain. Lifting above freezing to highest tops in England & Wales by dawn, a few hours of heavy rain. Clusters of heavy showers follow into all western areas with hail, a chance of thunder.

Headline for West Highlands

Upland gales. Rain much of day, showery bursts.

Detailed Forecast for Friday, 20 February, 2026

How windy? (On the Munros)	Southwesterly very soon from dawn rising to 45-55mph; a westerly shift in afternoon. Powerful squally gusts.
Effect of wind on you?	Walking soon widely challenging with significant wind chill on high terrain; maintaining stability a constant effort.
How wet? (Precipitation and its impact)	Hill snow becoming rain, then showery Snow over hills inland from before dawn to around 600m, but increasingly rain to higher elevations into early morning, particularly toward coasts. Turning showery with time, but rain frequent or persistent, heavy bursts with hail, chance of isolated thunder. Becoming wet underfoot where snow melts on mid-slopes.
Cloud on the hills?	Fairly extensive Cloud shrouds the mountains from middle slopes upward most of the day, often reaching the low slopes during rain. Some variability during cessations in rain, a chance of fleeting higher breaks.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Likely cloudy, a few bright moments here and there inland. Visibility often poor, but excellent during breaks in cloud and rain.
How Cold? (at 900m)	0C at and before dawn, soon rising, reaching +2 or 3C. Feeling like -13 to -15C in direct wind.
Freezing Level	Varied around 800m at first, locally lower inland, but soon generally rising, to 1100-1200m.

West Highlands - Looking Ahead

	Saturday 21 February	Sunday 22 February
How windy? (On the Munros)	Southwesterly 35 to 50mph; gales from overnight briefly lessen early morning, then re-strengthen during the day.	Southwesterly 40 to 55mph, frequent squally gusts in showers, over 60mph on higher tops.
Effect of wind on you?	Expect arduous walking conditions over exposed high terrain most of day, a brief relative lull early in morning.	Challenging conditions over the mountains, frequent buffeting making walking arduous in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Rain most of day, heavier afternoon Rain affects most places throughout the day, but for a few hours may be on and off, starting as sleet on high tops, locally fading occasionally inland Lochaber. Likely to set in widely heavier afternoon.	Frequent rain, hail, snow high tops Generally showery, but merging into near-constant precipitation, particularly west Lochaber, heavy bursts with hail, snow falling above 900-1000m. Risk of isolated thunder, mainly toward coast.
Cloud on the hills?	Extensive Blanketing the mountains all day, from lower elevations upward toward the coasts and islands. Bases rarely above 600m inland, highest toward Loch Laggan.	Fairly extensive higher areas Covering the mountains much of the time above 800 to 1000m, but cloud bases will vary in and out of showers. Occasionally forming to 600m near coast. Some breaks higher up well inland.
Chance of cloud free Munros?	Below 10%	20%
Sunshine? Air clarity (below cloud)	Overcast and dull. Visibility generally poor.	Rare brief glimpses of sun. Visibility occasionally very good, but often reduced by showers, at times poor.
How Cold? (at 900m)	2C soon rising to 4C. Where exposed to stronger winds on tops, feeling like -10C.	1 or 2C. Wind chill feeling like -12 to -15C on tops.
Freezing Level	1200m from dawn in Lochaber, soon rising above the highest summits.	1000 to 1200m, lowest inland Lochaber.

Planning Outlook

All mountain areas of Britain from Saturday, 21 February, 2026

Southwesterly winds brings milder conditions into this weekend - lifting above freezing to tops in England and Wales with substantial thawing, and generally higher freezing levels in Scotland; periods of thawing to Munro summits will occur but also further snowfall and refreezing on higher terrain during the day-to-day variability of precipitation and freezing levels onward into early next week. Likely colder later next week, back below freezing on higher terrain for a run of days. Often windy with periods of upland gales. Some spells of heavy rain over all western hills and low cloud frequently covering the hills.

Forecast issued at 16:30 on Thursday, 19 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.