

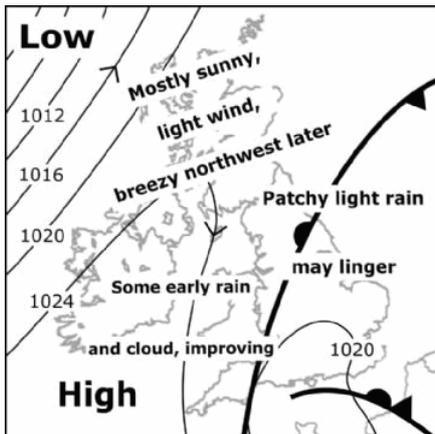
West Highlands

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 March, 2026



British Mountain Summary:

Based on forecast chart for noon 6 March, 2026

A dry and sunny day for the Highlands and Galloway with early mist banks dispersing. Southerly winds strengthening in northwest later. England and Wales: Colder; patchy precipitation, snow to lower slopes N England, eases into afternoon, but still with extensive low cloud over hills, clearer breaks forming west coast.

Headline for West Highlands

A dry and fine day with sunshine. Wind strengthening for the west coast.

Detailed Forecast for Friday, 6 March, 2026

How windy? (On the Munros)	Variable 15mph, lower speeds south, perhaps a lull. Trending southerly 15-30mph west coast afternoon and evening, strongest west Loch Linnhe.
Effect of wind on you?	Small during daylight, though blustery in exposure west of Loch Linnhe later and feeling chilly.
How wet? (Precipitation and its impact)	Precipitation not expected
Cloud on the hills?	Little or none Some ragged cloud at various elevations lingering from before dawn, including mist in sheltered glens and corries. Cloud lifts and dissipates after daybreak for clear hills.
Chance of cloud free Munros?	90%
Sunshine? Air clarity (below cloud)	Extensive sunshine, occasionally shrouded by low cloud near coasts. Excellent visibility.
How Cold? (at 900m)	-2 or -1C from dawn, lifting to 0C evening, rising further overnight. Later, feeling as cold as -10C in the wind.
Freezing Level	Lifting to 700-800m, though frosts to lower slopes and glens at dawn. 900m by evening, above summits overnight.

West Highlands - Looking Ahead

	Saturday 7 March	Sunday 8 March
How windy? (On the Munros) Effect of wind on you?	Southerly 15 to 25mph, but risk gusty 30mph in places around higher mountains, greater risk toward Mull. Fairly small, but locally gusty spots may be more uncomfortable.	Southerly 20 to 30mph, perhaps up to 40mph at times; mainly western coastal hills and the Isles. Blustery and rather gusty at times across higher terrain. May well be fairly arduous at times towards the west coast.
How wet? (Precipitation and its impact)	Precipitation unlikely	Rain and drizzle on and off Rain and drizzle on and off through the day. May set in for a few hours.
Cloud on the hills?	Mostly little if any Local patches around some south-facing slopes for a time, mostly lifting above 700-800m, may linger a for a time near Arran.	Extensive Be prepared for low cloud to be extensive with general bases around 400 to 700m across southern areas. More confined above 800m N Lochaber with breaks.
Chance of cloud free Munros?	70%	30%
Sunshine? Air clarity (below cloud)	Mostly sunny Visibility excellent.	Little or no sun. Rather hazy.
How Cold? (at 900m) Freezing Level	4C, but some lower slopes colder in the morning; small change with added height. Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops.	2 to 4C, chilliest on southern hills. Above the summits, but some frost for inland glens at dawn.

Planning Outlook**All mountain areas of Britain from Saturday, 7 March, 2026**

More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into parts of Scotland, hazy elsewhere. Patchy rain likely in the west at least early in the new week, likely dropping back just below freezing on the Munros for a time with some snowfall on higher areas. Winds fairly light early week, then a risk of strengthening southwesterly later in the week; changeable weather conditions with spells of rain coming in from the Atlantic. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only very patchy snow remains around highest tops in England and Wales.

Forecast issued at 16:38 on Thursday, 5 March, 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.