

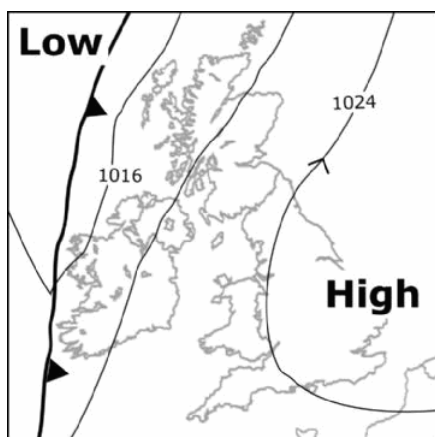
West Highlands

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, 8 March, 2026



British Mountain Summary:

Based on forecast chart for noon 8 March, 2026

A blanket of low cloud and haze (particularly Pennines) over England, Wales and SW Scotland will spread to the Borders and S Highlands later in day - albeit cloud breaks in places. The Scottish highlands mostly fine albeit windy in the NW with chance of a little rain.

Headline for West Highlands

Gusty winds, particularly west coast. Chance of a little drizzle.

Detailed Forecast for Sunday, 8 March, 2026

How windy? (On the Munros)	Southerly varying from 20 to locally 30mph in gusts central highlands to 30 to 35mph west of Loch Linnhe, perhaps 40mph Mull.
Effect of wind on you?	Blustery and gusty higher terrain - and local sudden gusts lower slopes north of major ridges and summits. Arduous walking and notable wind chill near Mull.
How wet? (Precipitation and its impact)	Rain unlikely A little fine drizzle on some slopes, mainly near Clyde sea lochs.
Cloud on the hills?	Extensive Patches, in some areas extensive from dawn above 500 to 750m (higher Munros may be above this cloud). Most or all clearing by midday or early afternoon. Very low cloud will begin to north from dusk.
Chance of cloud free Munros?	70% middle of day - later dropping to 20% from south.
Sunshine? Air clarity (below cloud)	Extensive cloud - though particularly well inland from west coast, thinning at times to allow sunshine for a few hours. Excellent or superb visibility - though turning hazy from south later in day.
How Cold? (at 900m)	0 to 2C. Little temperature change above 900m.
Freezing Level	Poorly defined: 900 to 1200m. Frost many glens at dawn.

West Highlands - Looking Ahead

	Monday 9 March	Tuesday 10 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly 15mph, perhaps 20 to 25mph near central belt. Mostly small	South to on higher slopes southwesterly; increasingly markedly with height to a gusty 40mph on higher exposed areas. Markedly increasing buffeting and wind chill with height. Balance may well be difficult for periods on higher slopes.
How wet? (Precipitation and its impact)	Patchy rain moving east, snow for tops. A weakening front will bring rain (snow above 900m) here and there, most likely near and west of Loch Linnhe. What rain there is, may well tend to fizzle with time.	Rain now and again Rain and drizzle on and off, total rainfall fairly small - very little reaching central highlands.
Cloud on the hills? Chance of cloud free Munros?	Extensive particularly morning; may break off some higher summits Confidence in detail presently low: Almost blanket fog probable from dawn, the base very low near the coast. An improvement very likely, perhaps substantial as some or perhaps many, higher areas clear in afternoon. 10% rising to 30%	Persistent; lowest cloud base toward coast and Loch Lomond NP Generally persistent cloud above 450 to 600m, but near the coast and southern Loch Lomond NP, sometimes below 300m. Highest cloud base will be toward and north of Lochs Rannoch and Treig and Glen Spean, where typically 750-900m 10%
Sunshine? Air clarity (below cloud)	Cloud will tend to break, perhaps substantially in some areas (most likely Lochaber and central highlands) afternoon. Visibility becoming very good or excellent.	Glimpses of sun mainly or only lower slopes near and north of Lochs Rannoch and Treig and Glen Spean, Hazy, particularly near the coast.
How Cold? (at 900m) Freezing Level	3C, later 1 or 2C. Above summits at first, but may lower to 1000-1200m in afternoon.	1C - little temperature drop above 900m. Will feel as cold as minus 10C directly in the wind. Above the summits - some terrain above 900m may be frozen.

Planning Outlook

All mountain areas of Britain from Monday, 9 March, 2026

Increasingly wet and windy, particularly western mountains through next week. From Wednesday, bouts of upland severe or storm force winds will reach the Scottish Highlands and the gales periodically affecting other mountain areas later in the week. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

Forecast issued at 7:42 on Sunday, 8 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.