

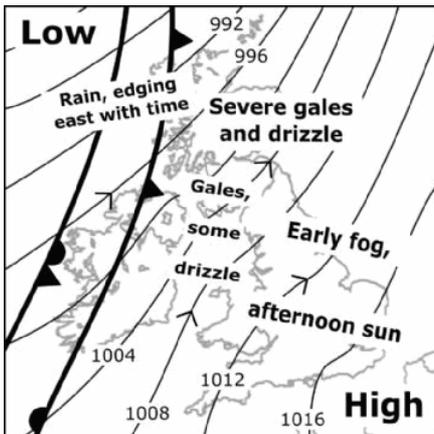
West Highlands

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 Tuesday, 17 March, 2026



British Mountain Summary:

Based on forecast chart for noon 17 March, 2026

Widely windy, severe gales in Scotland. Rain in the western Scottish highlands edges into central highlands with time; early drizzle over many high slopes, lingering in Scotland, Lakeland, and Snowdonia. Sun breaking out afternoon over Wales and the Pennines with milder temperatures, though a chill in wind.

Headline for West Highlands

Severe gales; often drizzly, periods of broader rain

Detailed Forecast for Tuesday, 17 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly 50-65mph, risk up to 70mph coastal Lochaber afternoon. Powerful gusts over high terrain, and possibly lower slopes too. An easing trend into and overnight, staying at least 50mph during daylight.</p> <p>Mobility widely difficult with significant wind chill; you could be blown over in powerful gusts, including to some lower slopes.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Often drizzly, periods of rain too</p> <p>Several hours of rain in the morning (briefly dry at/just before dawn). Remaining drizzly on high terrain after rain passes, dry periods well inland. The drizzle most persistent west of Loch Linnhe, rain arriving here afternoon, spreading widely again for several hours.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, highest cloud base central highlands</p> <p>Loch Lomond NP and Arran: Persistent fog, covering some south facing coastal cliffs from 200-400m up all day. Further inland, bases often nearer 600-700m, to some higher breaks northward around Glen Spean, but later more extensive with arrival of rain.</p> <p>Less than 10%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely overcast and dull.</p> <p>Glimpses of sun here and there north toward Glen Spean and east of Ben Nevis where visibility momentarily good.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>4 or 5C, mildest Lochaber/Creag Meagaidh. Beginning to lower afternoon, to 2C by dusk, lowering further overnight.</p> <p>Feeling like -10 to 13C in strongest wind.</p> <p>Above the summits, lowering to touch the highest summits as dusk approaches, lowering overnight towards 900-1000m.</p>

West Highlands - Looking Ahead

	Wednesday 18 March	Thursday 19 March
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20-30mph, stronger gusts in exposure; easing and shifting W'ly, 15mph north, less than 10mph south. Strenuous walking with buffeting and wind chill in exposure to start, gradually easing to mostly small effects.	South-southeasterly 10mph or less. Negligible.
How wet? (Precipitation and its impact)	Most hills dry A few light showers affecting coastal Lochaber, falling as snow from 700m up at first, the snowfall level rising. Later, an increased risk of patchy rain from Islay to Loch Lomond.	Precipitation unlikely Small chance of some early light rain around Loch Lomond, though soon clear, and perhaps none at all.
Cloud on the hills? Chance of cloud free Munros?	Variable early, lifting From dawn, banks of cloud at variable heights, including lower slopes, particularly in the south; some summits above cloud layers. Most cloud will lift to high terrain, some higher breaks, best clearing inland north of Glencoe. 60%	Mostly just banks on high terrain well inland Some fog in sheltered glens at dawn, some banks further upslope towards the north but largely below 600m. After sunrise, fog lifts and substantially dissipates, though banks likely come and go from Islay eastwards towards Loch Lomond and Bridge of Orchy, mostly 900m and above. Rising to 70%
Sunshine? Air clarity (below cloud)	Best sunshine well-inland, more of a patchwork near the coast, though high cloud weakening the sun. Very good visibility.	Mostly sunny though some high cloud around. Excellent visibility.
How Cold? (at 900m) Freezing Level	0C from dawn, lifting to 3 to 4C, up to 5C possible near Arran. Feeling like -10C in early wind. 900m from dawn, lifting to 1200m, off the summits south of Mull.	3 to 5C, mildest south, most hills rising to at least 5C, perhaps to 7C near Clyde sea lochs. Likely above the summits, though may just touch high tops towards the north in the morning (including Ben Nevis).

Planning Outlook

All mountain areas of Britain from Wednesday, 18 March, 2026

Pressure begins to rise on Wednesday, bringing fairly widely settled conditions across the country. Some cloud and spotty light rain lingers in north England/south Scotland for a few days, elsewhere becoming mostly sunny; valley fog in many lowland areas early, lifting and dissipating after sunrise for clear hills. Generally milder temperatures and light wind but the occasional stronger gust. East Scotland stays cooler for a time, some overnight frosts possible under clear-sky nights. Over the weekend, first indications of a cool easterly wind building, perhaps some patchy rain here and there. Into next week, detail is uncertain; low pressure may occasionally unsettle the weather, bringing cooler, wetter, and windier periods.

Forecast issued at 15:16 on Monday, 16 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.