

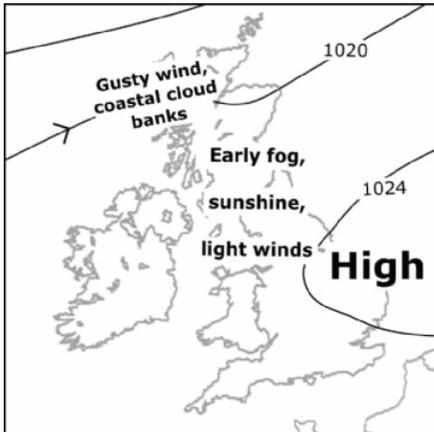
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

General Summary for Friday, 20 March, 2026



British Mountain Summary:

Based on forecast chart for noon 20 March, 2026

Southwesterly winds over the Highlands will be gusty in places, strongest toward far northwest where locally up to gale-force. Cloud banks near Scottish west coast, otherwise largely clear with strong early spring sunshine, beware sunburn. Early areas of fog clearing. Light winds England and Wales.

Headline for West Highlands

Gusty in places. Sun and patchy cloud.

Detailed Forecast for Friday, 20 March, 2026

How windy? (On the Munros)	South to southwesterly 15 to 25mph, locally gusty around some western areas, mainly near and west of Loch Linnhe.
Effect of wind on you?	Fairly small, but locally feeling more noticeable in exposure Ben Nevis to Mull, sudden gusts in places affecting balance.
How wet? (Precipitation and its impact)	Precipitation not expected
Cloud on the hills?	Mostly southern and west coast hills Patchy fog in glens at first, lifting into patchy cloud on some slopes Loch Lomond NP for a few hours; high tops likely above fog. Dispersing afternoon. Some cloud banks may linger coastal hills.
Chance of cloud free Munros?	70% south and coasts, to 90% inland.
Sunshine? Air clarity (below cloud)	Sunshine fairly widely, though southern and coastal areas cloudier for a time. Visibility very good, some haze lower down, particularly toward south.
How Cold? (at 900m)	5 or 6C, small change with added height; some cooler spots at first, then some slightly warmer spots by afternoon. Feeling like 0C if directly in wind.
Freezing Level	Above the summits, but slight frost inland glens and some sheltered higher areas at dawn.

West Highlands - Looking Ahead

	Saturday 21 March	Sunday 22 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly 10 to 20mph, at times gustier, particularly Ben Nevis group. Increasing evening-night to 30-45mph. Fairly small during day, locally may feel more noticeably gusty higher areas in Lochaber.	Southwest becoming mostly westerly, 25 to 35mph, stronger gusts for a time around rain, then squally in showers later. Blustery, affecting comfortable walking and balance at times on exposed high terrain. Considerable wind chill.
How wet? (Precipitation and its impact)	Local light rain Mostly west of Loch Linnhe, occasional light rain or drizzle. Largely dry further south and well inland.	Rain for a time, then snow flurries A brief band of rain moving southwards over an hour or so, steady rain mixed with showery moments, turning to snow flurries above 900m. Later in day, local showers with snow flurries to 600m in Lochaber.
Cloud on the hills?	Fairly extensive N/W, varied fog south Covering many mountains above 700 to 900m in Lochaber to Mull and Glen Etive areas, lowest near coast. Further south more varied with fog lower down in morning, patchy cloud drifting over tops.	Fairly extensive, then breaking Covering hills for a few hours at least, lowest around rain in morning, bases 600 to 800m. Then likely to lift and break from north, mostly above 900m, clearing toward higher tops for periods, varied patches.
Chance of cloud free Munros?	20% north/west; 40% south.	20% rising to 60% afternoon
Sunshine? Air clarity (below cloud)	Sun mostly weak through high cloud, becoming cloudier in northwest for a time, some haze.	Largely cloudy for a few hours, then brighter skies and sunshine breaking through from the northwest. Visibility poor for a time, later very good.
How Cold? (at 900m) Freezing Level	3 or 4C, may rise slightly higher inland. Above the summits. Patchy frost some inland glens at first.	+2 or 3C in morning, dropping during day from north to -1C. Feeling like -8 to -12C directly in wind. Above the summits at first, but lowering during morning, to 1000m before noon in Lochaber, 700-800m widely later in day.

Planning Outlook**All mountain areas of Britain from Saturday, 21 March, 2026**

High pressure slowly retreats over the weekend to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south rebuilds at times to settle things again.

Forecast issued at 15:00 on Thursday, 19 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.