

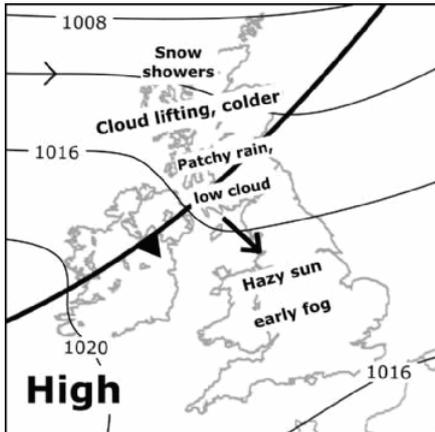
# West Highlands

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, 22 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 22 March, 2026**

A band of patchy rain and low cloud moves southeastwards, improving with rising cloud bases across the Highlands, but brisk winds and below freezing on higher terrain - snow showers mostly in northwest. England & Wales start with low-level fog, hazy sun then cloud lowering, a little rain develops.

### Headline for West Highlands

Morning rain and low cloud, clearing. Chilly and windy.

## Detailed Forecast for Sunday, 22 March, 2026

<b>How windy? (On the Munros)</b>	Southwest at first soon westerly, 25 to 35mph, or 40mph around dawn Ben Nevis group, stronger gusts for a time around rain, then squally in showers later.
<b>Effect of wind on you?</b>	<b>Blustery, affecting comfortable walking and balance at times on exposed high terrain. Considerable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain for a time, then rare snow flurries</b> A brief band of rain moving southwards over an hour or so in morning, steady rain mixed with showery moments, turning to snow flurries above 900m. Into afternoon, brief showers with snow flurries to 600m, mostly in Lochaber.
<b>Cloud on the hills?</b>	<b>Fairly extensive early in day, then breaking, patches some tops</b> Covering hills for a few hours at least, lowest around rain in morning, bases 600 to 800m, briefly lower near coast. Then lifts and breaks from north, mostly above 900m, clearing toward higher tops for periods, varied patches.
<b>Chance of cloud free Munros?</b>	<b>20% early morning, rising to 70% afternoon.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Largely cloudy for a few hours in morning, then brighter skies and sunshine breaking through from the northwest. Visibility poor for a time, increasingly very good toward middle of day and onward.
<b>How Cold? (at 900m)</b>	+2 or 3C early morning, dropping during day from north to -1C. Feeling like -8 to -12C directly in wind.
<b>Freezing Level</b>	Above the summits at first, but lowering during morning, to 1000m before noon in Lochaber, 700-800m widely later in day, then 600m after dark inland.

## West Highlands - Looking Ahead

	Monday 23 March	Tuesday 24 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwesterly, strengthening during day, from 25-30mph early morning, to 50-60mph, later 70mph Ben Nevis area. <b>Deteriorating significantly as gales arrive, making walking increasingly difficult, risk becoming severe, especially Lochaber.</b>	West to southwesterly 45 to 60mph, up to 70mph Ben Nevis in morning, but powerful squally gusts all day. <b>Difficult conditions across the mountains, any mobility very challenging on higher terrain in exposure. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain developing</b> Likely dry morning, then during afternoon patchy rain arriving from west, briefly snow may fall on high tops, then rain becoming more persistent, heavier into evening.	<b>Rain then heavy snow/hail showers</b> Heavy rain from dawn into early morning, finishing as snow on high terrain. Then showery, increasingly heavy and frequent, falling as snow toward lowering elevations, also hail, risk isolated thunder.
<b>Cloud on the hills?</b>	<b>Very little, then lowering over hills</b>  Some patches starting to form over higher slopes in the afternoon, then quickly filling in and lowering as rain develops.	<b>Varied, but fairly extensive tops</b>  Shrouding mountains widely, to some lower elevations in rain. Then base rising but changing rapidly around showers, often capping hills above 700-900m.
<b>Chance of cloud free Munros?</b>	<b>90%, dropping to 20% later in day.</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Weak sun through high cloud, thickening to become overcast. Visibility very good, then poor later in rain.	Brief glimpses of sun develop inland. Visibility very poor at times, appalling in snow and cloud; intermittently good.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	-2C rising to +2C by late afternoon. As wind increases, chill factor feeling like -12 to -15C in exposure. 700m plus frost inland glens around dawn. Tending to rise, by late afternoon likely lifting just above freezing to highest tops.	+2C at first, lowering to -2C afternoon. Feeling like -15 to -18C in the wind.  Above summits prior to dawn, then dropping from northwest to 1000m early in day, 700-800m by noon, 500-600m later.

**Planning Outlook****All mountain areas of Britain from Monday, 23 March, 2026**

A fine start to the week for many places, but strengthening winds and a spell of heavy rain arriving from the northwest during Monday advances southwards into Tuesday. Cold, wintry conditions follow across the mountains into midweek, falling sub-zero across all hills of Britain above 600-700 m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling toward lower elevations. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow likely continues to bring more changeable conditions to west and northwest Scotland.

**Forecast issued at 16:00 on Saturday, 21 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.