

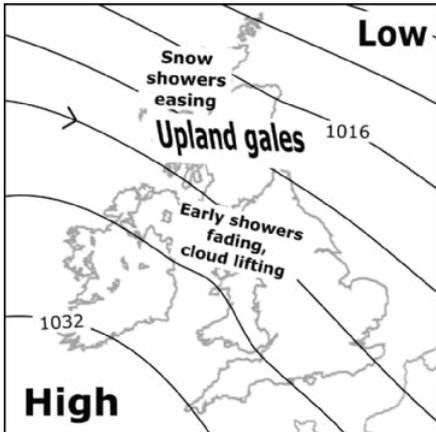
West Highlands

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 Monday, 30 March, 2026



British Mountain Summary:

Based on forecast chart for noon 30 March, 2026

Gale-force west-northwesterlies, severe over higher Scottish mountains toward the north, squally gusts around showers of snow, also hail toward north early in the day. Light showers of rain or upland snow tending to fade with time, some breaks in cloud forming, best eastwards.

Headline for West Highlands

Gales over mountains. Snow showers, fading.

Detailed Forecast for Monday, 30 March, 2026

How windy? (On the Munros)	West to northwesterly, 40 to 50mph, nearer 60mph with stronger gusts over higher Ben Nevis range in the morning.
Effect of wind on you?	Challenging conditions, difficult walking in exposure especially morning, gusts could knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Snow showers mostly morning Showery snow, possible soft hail at first, frequent for a time in Lochaber. Tending to ease to lighter and more scattered showers afternoon, by then mostly rain below 600-700m. Rain and drizzle into night.
Cloud on the hills?	Often covering higher tops, rising, breaks inland Covering higher terrain widely in morning, bases 600-900m, lowest near coast near Mull, tending to rise. Some higher breaks forming above 1000m, or increasingly higher up inland. Will then lower from southwest into night, possibly over coastal tops by dusk.
Chance of cloud free Munros?	30% rising to 70% well inland
Sunshine? Air clarity (below cloud)	Occasional sun, most common south. Visibility good out of showers, but some haze near coast, briefly poor in snow.
How Cold? (at 900m)	-2C rising to +1C afternoon, then higher after dark. Wind chill feeling like -15 to -18C.
Freezing Level	700m from dawn, rising to 1000m afternoon, then lifting above the summits into night.

West Highlands - Looking Ahead

	Tuesday 31 March	Wednesday 1 April
How windy? (On the Munros) Effect of wind on you?	West to southwesterly, 25 to 35mph, very gusty in places around exposed high tops and ridges. Blustery over high terrain, affecting comfortable walking and balance on some exposed ridges. Considerable wind chill.	Southwesterly 35 to 50mph, stronger gusts for a time - may last much of day, but later possible switch northerly 20-30mph. Arduous walking conditions with buffeting gusts in exposure around high tops, may lessen later. Significant wind chill.
How wet? (Precipitation and its impact)	Drizzly rain Drizzly much of the day, most persistent westwards, some steadier light rain at times. Combined with some snow melt, rock surfaces will be very slippery. Smaller amounts of occasional drizzle well inland.	Rain turns heavy, increasingly snow Rain and drizzle most persistent Lochaber early in day, becoming more widespread, risk widely heavy for a time, turning to snow on high terrain, possibly to lowering elevations in Lochaber.
Cloud on the hills?	Extensive, lowest toward coast Blanket low cloud across the mountains, from lower elevations upward near to coast and islands in the morning. Tending to rise a little during day, but likely to shroud hills all day above 600-800m, highest inland.	Extensive Shrouding the mountains likely all day, base may vary at 500-800m, lowest over western mountains during constant precipitation. May later rise from north.
Chance of cloud free Munros?	Below 10%	10%
Sunshine? Air clarity (below cloud)	Cloudy and misty, some brighter moments may emerge mainly well inland, where visibility good if below cloud, but generally poor over the hills.	Overcast, poor visibility in rain, becoming very poor if in snow and cloud on tops.
How Cold? (at 900m) Freezing Level	3 to 5C. Feeling like -5 to -8C directly in the wind. Close to freezing only on higher Ben Nevis plateau, but generally above the tops.	4C in morning, tending to drop, to 0C during day, later -2C in Lochaber. Feeling like -10C in exposure to wind. Above all summits for several hours at least, then dropping onto high tops, later possibly more rapidly to 600m Lochaber.

Planning Outlook**All mountain areas of Britain from Tuesday, 31 March, 2026**

A drop of temperature is expected again across Scotland during Wednesday as a band of rain then upland snow drifts slowly southwards. Atlantic weather patterns and west-southwesterly winds likely continue into the start of the Easter period at least, a risk of further gales over the mountains. Temperature may remain variable, possibly often cold over the mountains with snow and hail showers at times to lower elevations at least in Scotland, sometimes more widely, mixed with some spells of rain - precipitation generally most frequent west and northwest. Some windows of drier and brighter conditions, but day-to-day detail is uncertain.

Forecast issued at 16:01 on Sunday, 29 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.