

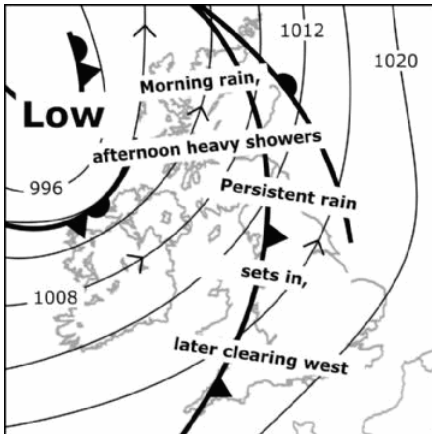
West Highlands

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 Friday, 17 April, 2026



British Mountain Summary:

Based on forecast chart for noon 17 April, 2026

Strong, gusty wind all day, gales in Scotland, risk severe coastal northwest. Persistent early rain in Scotland breaks to heavy showers, frequent west, clusters spreading east. Several hours of heavy rain sweeps east across England and Wales; driest start Pennines, and dry windows later in Snowdonia and Lakeland.

Headline for West Highlands

Heavy rain and showers; gales, risk severe Lochaber coast

Detailed Forecast for Friday, 17 April, 2026

How windy? (On the Munros)	Southerly 40-45mph, variable and quite gusty, a strengthening trend Mull and Lochaber with a risk of gusts approaching 60mph on high coastal tops.
Effect of wind on you?	Walking often arduous in exposure with considerable wind chill, increasingly difficult along coastal Lochaber where significant effort needed to maintain balance.
How wet? (Precipitation and its impact)	Morning rain then showers, at times heavy with hail Rain and drizzle from before dawn soon sets in persistently for several hours with heavy falls, the heaviest rain in southern and coastal areas. The rain will break into frequent showers, regular heavy bursts, and perhaps a cluster of heavy hail showers later. Becoming very wet underfoot.
Cloud on the hills?	Fairly extensive Cloud covers high terrain much of the day, extensive to middle slopes south in the morning during rain, and likely lower slopes towards the coast. Higher bases through afternoon, some breaks well inland, though highest summits will struggle to clear, and variably lowering during showers to middle slopes with ragged lower patches.
Chance of cloud free Munros?	10%, 30% well inland late in the day
Sunshine? Air clarity (below cloud)	Mostly cloudy and often dull in rain with poor visibility. Sunny glimpses through afternoon with good visibility, but these quite brief.
How Cold? (at 900m)	4 or 5C. Little change much of the day, but beginning to cool as evening approaches, by several degrees overnight. Feeling as cold as -10C in strongest wind.
Freezing Level	Above the summits during daylight, lowering onto the high summits overnight, towards 1100-1200m.

West Highlands - Looking Ahead

	Saturday 18 April	Sunday 19 April
How windy? (On the Munros) Effect of wind on you?	Westerly 30 to 40mph, likely strongest over tops in Lochaber early in day, tending to drop a little, but gusty in showers. Blustery conditions affecting comfortable walking in exposure, likely improving. Considerable wind chill.	Northwesterly 15-20mph early, shifting northerly and easing to 10-15mph or less. May feel breezy in exposure early in the day, but easing to small effects.
How wet? (Precipitation and its impact)	Showery, hail, snow higher tops Showery rain on and off throughout the day, frequent for periods near coast, and also more widespread at times. Some hail, also snow falling on the Munros, perhaps later toward 800m.	Scattered showers/flurries, easing Scattered showers drift in from the northwest through morning, falling as snow flurries above 700m in the morning, this level lifting to summits, and the showers easing from midday to dry conditions.
Cloud on the hills?	Varying over tops Covering higher slopes fairly widely, typically 700-1000m in morning, some breaks higher up, lower patches in showers; base rising during the day, but frequently capping higher summits.	Summits clearing Fog banks at various heights from dawn, only thin mist below 600-700m. Bases soon lift after sunrise, soon above 900m and the summits likely clear by afternoon. Lochaber and Mull perhaps slower to clear.
Chance of cloud free Munros?	30%	50% rising to 90%
Sunshine? Air clarity (below cloud)	Mostly cloudy early, then brief bursts of sun the rest of the day. Visibility varying, at times very good, but poor during showers.	A patchwork of cloud and sun. Excellent visibility, occasionally deteriorating briefly in flurries.
How Cold? (at 900m) Freezing Level	2 or 3C, slight drop from late afternoon. Feeling like -10 to -13C directly in the wind. 1100-1200m at dawn, lowering to 900-1000m before dusk.	0C rising to 3C. Staying lifted for several hours into night. 900m in the morning, though some local lower frosts well-inland. Lifting to just touch the highest summits or above.

Planning Outlook**All mountain areas of Britain from Saturday, 18 April, 2026**

Saturday stays showery, heavy at times with hail, most frequent and heavy in Scotland and northern England. Sun between the showers, conditions improving from the south, and then the weather more widely settled on Sunday: light or negligible wind, often sunny with chilly morning temperatures, though widely rising by at least a few degrees.

High pressure north of Scotland next week facilitates east-to northeasterly winds, which may be quite blustery and gusty at times. Generally cooler temperatures too. Occasional light showers drifting from the east, notably early week, snow flurries on higher terrain. Variable freezing levels, likely lowest early in the week, and also some valley frosts at dawn. A mix of cloud and sunshine, most often sunny to the west of high hill groups where temperatures more mild.

Forecast issued at 15:32 on Thursday, 16 April, 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.