

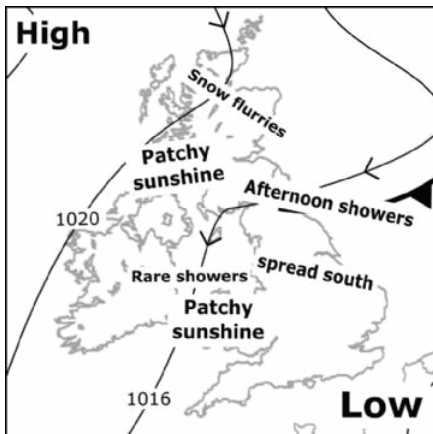
West Highlands

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 Tuesday, 5 May, 2026



British Mountain Summary:

Based on forecast chart for noon 5 May, 2026

Cold Scottish Highlands, high terrain stays frozen. Snow flurries north and east, more persistent later east. Well scattered showers south Scotland, afternoon showers over the Pennines, later east Lakeland; varied cloud on high northern slopes. A few odd showers north Wales with patchy cloud, dry south.

Headline for West Highlands

Cloud lifting mostly to summits, a few snow flurries, mostly inland

Detailed Forecast for Tuesday, 5 May, 2026

How windy? (On the Munros)	Northerly 10-15mph, risk stronger wind for a time high northern tops and coastal Lochaber, to 25mph high summits.
Effect of wind on you?	Small most of the day, though a risk of a period of stronger wind over summits which will affect stability.
How wet? (Precipitation and its impact)	Few snow showers, substantially dry A few snow showers will drift from the north, though many hills remain substantially dry. Falling as rain below 500-600m with time; highest rain level Glen Coe and south, where a risk of more precipitation late in the day.
Cloud on the hills?	Banks mostly on high inland terrain Scattered fog banks to middle slopes in the morning, most extensive well-inland. Fog lifts and breaks through morning, mostly just high inland terrain by afternoon and well-broken. A few summits breaks, variably lower in showers, and returning to coastal summits with time too.
Chance of cloud free Munros?	60%
Sunshine? Air clarity (below cloud)	Bursts of sunshine, more extensive along the coast for a few hours. Excellent visibility.
How Cold? (at 900m)	-2C rising to 0C, milder Glen Coe to southern islands, locally 2C.
Freezing Level	900-1100m at dawn, lowest north where may be near 800m. A slight rise, notably southern islands, but cooler air from the north preventing substantial rise.

West Highlands - Looking Ahead

	Wednesday 6 May	Thursday 7 May
How windy? (On the Munros) Effect of wind on you?	Variable trending southerly, 10 to 20mph, may become gustier 25mph in places during day. Fairly small, but feeling noticeably chillier if exposed to wind on higher tops.	Southwesterly 20-25mph, strongest west and a strengthening trend, top speeds to 35-40mph coastal Lochaber. Walking impeded in exposure, conditions increasingly strenuous along the coast and highest tops; significant wind chill.
How wet? (Precipitation and its impact)	Scattered showers, of snow on tops Local showers mostly near coast at first, then inland by afternoon, snow flurries above 800-900m, lower coastal Lochaber, possible soft hail; risk of a local cluster in Lochaber over an hour or so, but some locations staying fully dry.	Showery rain Spots of rain from dawn, perhaps well-scattered for a time, but may increase in frequency afternoon, falling as flurries from 1100m up. Some risk of heavier, persistent falls later in Lochaber too.
Cloud on the hills? Chance of cloud free Munros?	Mostly little, lifting above tops Some patchy cloud forming on mid to upper slopes in the morning, but rising to higher tops then most cloud above the hills by midday onward. Odd ragged patches may return around showers. 80%	Varied early, rising to summits, some breaks Banks of cloud above 600-700m near south coastal areas, nearer 800m and up well-inland but may be fairly extensive at dawn. Lifting to largely above 1200m, breaks off summit too. Later, risk more extensive cloud over Lochaber. 60%
Sunshine? Air clarity (below cloud)	Patchwork of sun, thin high cloud; tending to cloud over especially inland afternoon. Visibility excellent.	Mostly cloudy, a few glimpses of sun. Mixed visibility, often excellent but poor during rain.
How Cold? (at 900m) Freezing Level	-1C at first, rising to +1 or 2C afternoon, mildest Loch Lomond/southern islands. 600-800m from dawn, plus patchy frost inland glens if skies are clear. Rising to 900-1100m, highest Mull southward.	0 or +1C lifting to 4C. Feeling like -5C in direct wind. 1000m, a few patchy frosts in well-inland glens. Lifting to 1200-1300m.

Planning Outlook

All mountain areas of Britain from Wednesday, 6 May, 2026

Chilly through mid-week, particularly across the Scottish Highlands where morning freezing level sometimes below 800m; patchy frosts developing in the glens and corries, though always thawing soon after sunrise. Wednesday is likely the chilliest day. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards high terrain, often above summits though regions for best breaks are uncertain; often cloud with just glimpses of sun for most. Next weekend sees more unsettled weather, a stronger easterly wind establishing over England and Wales with more frequent, heavy showers here.

Forecast issued at 15:55 on Monday, 4 May, 2026

The Production of the Scottish forecasts is fully funded by 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.