

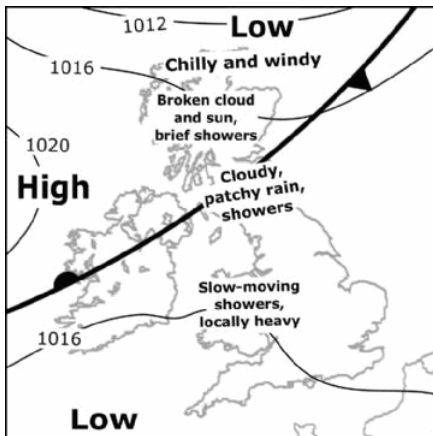
West Highlands

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, 8 May, 2026



British Mountain Summary:

Based on forecast chart for noon 8 May, 2026

Near freezing all day on higher Scottish mountains, considerable chill factor in the north with brisk winds, though tending to ease. A few showers, snow flurries on Scottish tops, but a fair amount of dry weather for the Highlands. Lighter winds England, Wales & southern Scotland, localised heavy bursts of rain forming.

Headline for West Highlands

Strongest winds easing. Chilly but often dry, isolated showers.

Detailed Forecast for Friday, 8 May, 2026

How windy? (On the Munros)	Southwesterly 20-30mph, strongest around Ben Nevis early morning. Shifting westerly and easing with time, to 10-15mph south, staying near 20mph north into afternoon; slightly less by evening, then northwesterly.
Effect of wind on you?	Walking inconvenienced, locally strenuous in the morning with marked wind chill, an easing trend with time to fairly small effects.
How wet? (Precipitation and its impact)	Rare showers Remnants of overnight showery rain and summit snow fades up to dawn. Then largely dry bar an odd brief light shower.
Cloud on the hills?	Low cloud lifting with good breaks Varied cloud banks from 600-800m up in the morning, tending to lift higher up and break with time, clearing many mountains into afternoon, though occasional cloud caps over the high western tops.
Chance of cloud free Munros?	Rising to 80%
Sunshine? Air clarity (below cloud)	Patchy cloud and sun, more often cloudy south. Very good visibility.
How Cold? (at 900m)	1 to 3C, coolest western Lochaber; locally rising a degree or so further inland, then falling to 0C into night. Feeling like -10C if exposed to stronger wind early in day, but improving.
Freezing Level	1000 to 1200m, lowest west of Loch Linnhe early and late in day; lifting above freezing to tops well inland afternoon. Dropping into night to 800-900m.

West Highlands - Looking Ahead

	Saturday 9 May	Sunday 10 May
How windy? (On the Munros) Effect of wind on you?	Northerly 15 to 20mph, often less well inland and toward Loch Lomond. Mostly small.	Westerly - timing uncertain, but likely to strengthen to 30mph, at least in Lochaber, perhaps widely with time, later NW'ly. Prepare for considerable wind chill. Likely to become more blustery, may start to affect comfortable walking in exposure.
How wet? (Precipitation and its impact)	Rare showers, mainly south late in day One or two brief light showers, mostly well inland by afternoon. Falling as a brief flurry of snow on the Munros. Late in day, risk of local heavier showers forming around Loch Lomond to Arran.	Showers develop, becoming wetter NW Largely dry early in day, a few showers mostly coasts near Mull in the morning, snow flurries on high summits. With time, showers develop widely, extending inland, later more persistent rain west Lochaber, sleet then snow high tops.
Cloud on the hills? Chance of cloud free Munros?	Lifting, clearing most summits Occasional patches of cloud on upper slopes in the morning, patches may come and go for a few hours in Lochaber, but tending to lift above most or all tops. 80%	Lowering from northwest Many mountains start clear, just patches on some upper slopes in morning, but drifting onto tops near Mull more often. Cloud banks increasingly form onto many high tops, lowering west of Loch Linnhe. 80% dropping to 30% later.
Sunshine? Air clarity (below cloud)	Patchwork of sun, best near to coast in afternoon. Some high cloud toward south. Visibility excellent.	Frequent sun early in day, but cloud building, clouding over from northwest. Visibility excellent, then reducing in showers.
How Cold? (at 900m) Freezing Level	-1C rising to +2 or 3C. 800 to 1000m, lowest in Lochaber in morning, lifting toward 1200m. Also frost in sheltered glens mainly Lochaber at dawn.	-1C rising to +2 or 3C, but after sunset likely to lower, at least in Lochaber to 0C. Feeling colder as wind increases. 800m plus frost inland glens at dawn. Up to 1200m afternoon, but from dusk may drop in Lochaber toward 800m.

Planning Outlook

All mountain areas of Britain from Saturday, 9 May, 2026

A chilly outlook into mid-May, with higher Scottish mountains staying near or often below freezing point as northwesterly air prevails. Higher tops in England and Wales also dropping intermittently to freezing point. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery weather over the next 10-day period, plus some fronts bringing persistent rain mostly to northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

Forecast issued at 16:26 on Thursday, 7 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.