

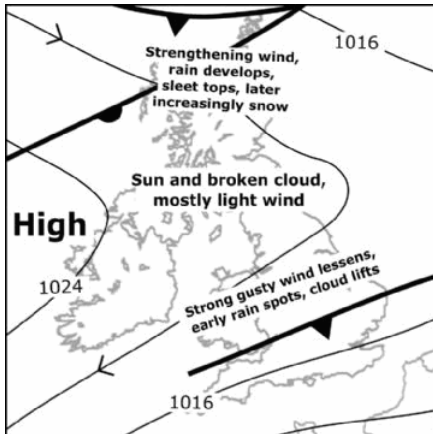
West Highlands

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, 10 May, 2026



British Mountain Summary:

Based on forecast chart for noon 10 May, 2026

Increasingly windy across the Highlands, rain and some sleet or snow on high tops moving in from the northwest, becoming persistent. By late in the day, snow falling in northern areas to lowering elevations. Chilly NE'ly wind England & Wales tends to ease, a largely fine day, early light rain east Wales.

Headline for West Highlands

Wind increases, rain develops, cloud lowers, some snow tops.

Detailed Forecast for Sunday, 10 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly 15-20mph from dawn, strengthening westerly into middle of day to 25-35mph, soonest Lochaber, more widely afternoon, reaching 40mph higher Ben Nevis group, gusts 50mph on tops. Switching northerly 25-30mph from dusk.</p> <p>Prepare for considerable wind chill, more significant higher tops in afternoon. Becoming more blustery, increasingly affecting comfortable walking, more challenging Ben Nevis area with buffeting gusts.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Showers develop, becoming wetter Lochaber, snow high tops</p> <p>Largely dry early in day, a few showers mostly coasts near Mull in the morning. With time, showers develop widely, extending inland, during afternoon more persistent rain west & north Lochaber, sleet or some snow falling on tops mostly above 1000m. During evening, turning to showers; snow falling toward mid-heights in north by dusk.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Lowering from northwest, becoming extensive during afternoon</p> <p>Many mountains start clear, just patches on some upper slopes in morning. Cloud banks increasingly form onto high tops, filling in widely above 700-900m afternoon, lowest and soonest near/west of Loch Linnhe.</p> <p>80% dropping to 30% afternoon.</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Frequent sun early in day, but cloud building, clouding over from northwest middle of day into afternoon.</p> <p>Visibility excellent, then reducing, becoming poor in rain/snow.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-1C rising to +2 or 3C, but from sunset lowering from north, at least in Lochaber to 0C, after dark more widely -2C inland.</p> <p>Feeling colder as wind increases, around -12C on exposed high tops afternoon.</p> <p>800m plus frost inland glens at dawn. Up to 1200m afternoon, but from dusk dropping in Lochaber toward 800m, widely 600-700m inland into night, higher coasts.</p>

West Highlands - Looking Ahead

	Monday 11 May	Tuesday 12 May
How windy? (On the Munros) Effect of wind on you?	North-northwesterly 15-20mph, occasionally less; turning westerly, tending to increase to 25-30mph evening. Fairly small much of day, but distinctly chilly over the mountains. Likely becoming more blustery toward evening.	Westerly 30 to 45mph, squally gusts around showers. Frequent buffeting across the hills, challenging walking at times in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Rare flurries, later drizzly rain Local showers early in day mostly western areas, snow flurries over the hills, fading. During afternoon, drizzly rain develops in west gradually up to higher slopes, more persistent by evening, mainly Lochaber.	Showery, hail and snow on tops A band of rain clears southeast at dawn, then a scattering of showers becoming more frequent, some heavy, snow falling at times to 800m, also hail to lower slopes. Chance of isolated thunder and lightning.
Cloud on the hills?	Patches lifting, lowering later west Patchy cloud banks over higher slopes in morning, but lifting above most tops. Later in day, cloud likely lowering onto coastal hills, but during evening risk low cloud extending further inland.	Varied on tops, lifting higher with breaks Cloud frequently changing, covering tops above 800m for periods, but tending to rise higher in afternoon, with time only occasionally capping tops.
Chance of cloud free Munros?	80%, dropping to 30% west evening.	40%
Sunshine? Air clarity (below cloud)	Patchy sun mostly south in morning, then weakening as high cloud builds from west. Visibility excellent, then reducing later in day mainly west Lochaber.	Brief bursts of sun. Visibility often very good, but intermittently very poor during showers.
How Cold? (at 900m) Freezing Level	0 to -3C at first, rising to +3C afternoon, or slightly milder by evening into night. Feeling colder as wind increases. 600 to 800m from dawn, nearer 1000m coast & islands; gradually rising widely to 1200m, or above all tops by evening.	1 to 3C. Feeling like -10 to -15C directly in the wind on tops.. 1000 to 1200m, highest inland toward central highlands afternoon.

Planning Outlook

All mountain areas of Britain from Monday, 11 May, 2026

Notably chilly across the hills for this time of year during the week ahead as air from the north-northwest prevails. Frequently near or below freezing over Scottish Munros, and at times dropping to freezing on high tops in England and Wales. Wind speed will vary, but increasing at times to gale force on hills, giving significant chill factor. Broadly showery, heavy bursts with hail and thunder in places, also often falling as snow on higher mountains, at least in Scotland, intermittently elsewhere. Some more persistent precipitation especially northwest Scotland. Also some drier windows - varying locally day-to-day - away from showers cloud will lift above hills and visibility will be very good.

Forecast issued at 16:00 on Saturday, 9 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.