

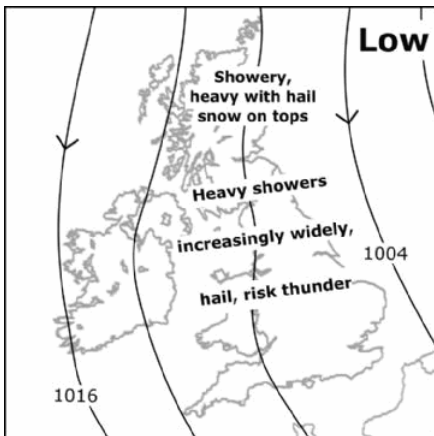
# West Highlands

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 Thursday, 14 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 14 May, 2026**

Another cold day for May with considerable chill factor in exposure to brisk northerly winds. Showers focused on north-facing areas in the morning, but forming increasingly widely, falling as snow on Scottish Munros, at times higher tops elsewhere; heavy bursts with hail, isolated thunder.

### Headline for West Highlands

Cold and windy. Showery with hail, snow on tops.

## Detailed Forecast for Thursday, 14 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>North-northwesterly 25 to 30mph, strongest sustained speeds near coast and higher Ben Nevis group; squally gusts around showers. Increasing more widely later in day, to 35-40mph inland Lochaber.</p> <p><b>Considerable wind chill for mid-May. Ease of walking and sometimes balance affected on exposed high terrain.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Showers, increasingly widespread inland.</b></p> <p>Initially mostly dry inland, but showers will develop widely through day, containing hail with snow above 700-900m, briefly heavy. Fewer showers coastal areas into afternoon.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Bases varied, breaks into afternoon</b></p> <p>Cloud bases varying through day, particularly in and out of showers, but banks may be fairly persistent on tops above 800-1000m in the morning. Rising higher and breaking in the afternoon to tops. Best breaks in south.</p> <p><b>50% rising to 80% afternoon.</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Skies often filled in with cloud limiting the sun to glimpses; improving near coast later afternoon.</p> <p>Visibility very good, but lowering to become poor in showers.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>0 or 1C, rising to 2 or 3C afternoon.</p> <p>Feeling like -10C directly in wind.</p> <p>900-1000m rising to 1100-1200m into afternoon, lowest north Lochaber, then lowering toward 800m from dusk.</p>

## West Highlands - Looking Ahead

	Friday 15 May	Saturday 16 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Northwesterly 20 to 30mph at dawn, briefly 35mph well inland, but easing to 10 to 20mph through day, less later. <b>Very blustery start with significant wind chill and buffeting, but hour by hour easing down, to become mostly small.</b>	Variable below 10mph at first. Becoming southerly 15 to 25mph, soonest coasts; by evening westerly 20mph. <b>Small early in day, becoming breezier, feeling noticeable and rather chilly on exposed higher terrain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Isolated snow and hail showers</b> Often dry, but local brief snow and hail showers, by afternoon mainly toward central highlands. Snow falling above 500m initially, rising to 900-1000m.	<b>Rain develops near coast</b> Likely dry morning. Patchy rain pushes onto islands and coastal areas in afternoon, becoming more persistent later and extending inland; starting as snow flurries above 1100m.
<b>Cloud on the hills?</b>	<b>Patchy cloud rising, breaks form</b>  Patches tending to come and go over higher slopes in morning, most persistent over the tops of the Ben Nevis group, but bases rise and increasingly clearing many tops into afternoon.	<b>Little if any until later</b>  Patchy cloud around some slopes in morning, lifting and clearing. Late in day, some cloud banks forming onto higher slopes, soonest near coast.
<b>Chance of cloud free Munros?</b>	<b>50% rising to 80%</b>	<b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sun, best early morning inland, then improving west coast afternoon. Visibility excellent, briefly lowering in showers.	Sun weakens as high cloud thickens during day, more overcast afternoon. Visibility excellent, reducing later near coast as rain develops.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	-1 or -2C at dawn, but lifting to +1 to 3C into afternoon. Feeling like -10C in early wind. 700-800m at dawn, will lift to 1000-1200m, lowest toward north Lochaber.	-1C rising to 3C afternoon. Feeling nearer -5C if exposed to wind. 700m plus frost inland glens at dawn. Rising toward 1300m or just above during afternoon.

## Planning Outlook

### All mountain areas of Britain from Friday, 15 May, 2026

Becoming gradually less cold into the weekend as northerly winds ease and then switch toward west-southwesterly. Fewer showers by Friday with sunny spells. A dry start to Saturday, frost at dawn where skies are clear. Rain and lowering cloud moves onto west coast areas during Saturday, persistent rain later western Scotland. By Sunday and Monday, areas of showery rain will pass eastwards during the daytimes, leaving western areas generally drier with cloud breaks afternoon-evenings. South-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday on western hills, particularly Scotland. A drier and warmer theme later in the week as higher pressure builds.

### Forecast issued at 16:30 on Wednesday, 13 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.