

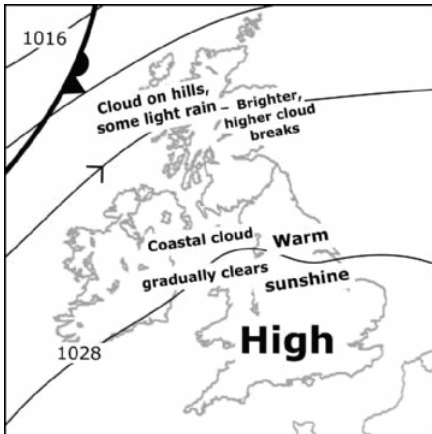
West Highlands

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 Saturday, 23 May, 2026



British Mountain Summary:

Based on forecast chart for noon 23 May, 2026

Scotland: Gusty south-westerly will feed extensive low cloud and patchy drizzle into the west. Mostly dry for eastern hills where cloud will lift and break off the hills.

England and Wales: Low cloud and local drizzle morning western hills, mainly coasts, but burning off to leave warm sunshine widely.

Headline for West Highlands

Blustery, low cloud and drizzle; focused Lochaber morning. Improving afternoon.

Detailed Forecast for Saturday, 23 May, 2026

How windy? (On the Munros)	Southwesterly 20-30mph, often gusting 35mph over high terrain, sustained speeds approaching 35mph Lochaber coast later.
Effect of wind on you?	Locally fairly small, though nuisance gusts over most high terrain. Walking strenuous north and west with time, feeling chilly.
How wet? (Precipitation and its impact)	Drizzly showers Drizzly showers across Lochaber, may be fairly constant in the morning near and west of Loch Linnhe, but small amounts. Small chance of odd spots of light rain elsewhere, but most hills dry.
Cloud on the hills?	Fairly extensive, lifting to high terrain with breaks Fairly extensive above 700m at dawn, lowest Mull to south islands, banks to 500m. Lifting with a breaking trend, to banks above 900-1000m afternoon, summit breaks likely inland. Some thin banks linger near 800m Mull and south islands.
Chance of cloud free Munros?	20% rising to 70%
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun (weakened by a thin layer of high cloud). Visibility increasingly very good.
How Cold? (at 900m)	5 to 7C, mildest southern islands where may rise to 10C; only to 8C north of Mull. Feeling near freezing in direct wind later.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Sunday 24 May	Monday 25 May
How windy? (On the Munros) Effect of wind on you?	South to south-westerly 25 to 35mph, in excess of 40mph for a time west coast, and some cols and summits elsewhere. Be prepared for widely blustery conditions, perhaps arduous at times, especially for the west coast, with considerable buffeting.	South-westerly 20 to 35mph, strongest across Lochaber in the morning. Blustery and gusty, especially across northern hills in the morning with considerable buffeting.
How wet? (Precipitation and its impact)	Drizzly rain, little in the south The humid south-westerly will continue to feed in drizzly rain in across hills, mainly near and west of Loch Linnhe. Very little if any south of Glencoe.	Drizzly Lochaber, but fizzling out. Drizzly conditions into Lochaber and perhaps north Argyll in the morning, but tending to fizzle out to leave all areas dry during the afternoon.
Cloud on the hills?	Extensive, clearer to the south An extensive feed of low cloud will feed in to the hills, mainly near and north of Oban and Mull. Higher bases toward Loch Treig. Arran to Loch Lomond may be clearer.	Extensive morning, then breaking off hills May be fairly extensive in the morning, focused on Lochaber, and capping tops elsewhere. By afternoon, mostly lifting to become confined to western tops.
Chance of cloud free Munros?	20% north, 60% south.	20% lifting to 60%
Sunshine? Air clarity (below cloud)	Mostly overcast, but some sunny breaks, mainly in the south. Visibility poor in drizzly rain, but away from this, mostly very good.	Mostly cloudy, but thinning and breaking in places, especially in the central highlands. Visibility poor at times in drizzle, but away from drizzle, very good.
How Cold? (at 900m) Freezing Level	8 to 10C, lowest west coast. Above the summits	7 to 10C, lowest toward west coast of Lochaber. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 24 May, 2026

Pressure builds this weekend, centred over England and Wales where it will be warm and sunny. To the north of the high, a blustery and gusty south-westerly will persist across the Highlands with patchy rain and hill fog, mainly in the west and northwest. Very warm by Sunday and Monday valleys of Wales and England, mid to high 20s. Low 20s glens into southern and eastern Scotland. Next week, high pressure extends over Scotland, cutting of the low cloud and drizzle from northwest Scotland by midweek with warm sunny weather, cooler in the north and east coast. Still very warm into the valleys of England and Wales with extensive sunshine.

Forecast issued at 15:09 on Friday, 22 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.