

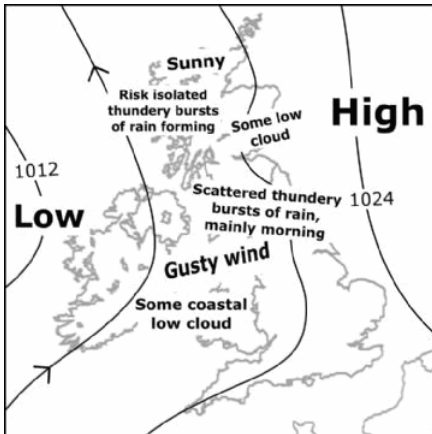
# West Highlands

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, 28 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 28 May, 2026**

Gusty winds, warm and humid, a mix of strong sun and high cloud - the warmest day this week for the Highlands, but locally low cloud southeast. Northern England starts with a risk of thunderstorms, but clearing. An isolated thunderstorm possible for Highlands, mainly NW later. Low cloud near west coast of Wales.

### Headline for West Highlands

Increasingly windy. Very warm sun, high cloud, chance a shower.

## Detailed Forecast for Thursday, 28 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southeasterly 15-25mph early, strongest coasts, locally higher gusts, strengthening into afternoon to 30-40mph, most powerful sustained speeds coasts &amp; islands, later shifting S'ly, slightly dropping. Into night, SW'ly 25-40mph, stronger later in night.</p> <p><b>Increasingly blustery, affecting ease of walking and balance on exposed terrain, becoming considerable buffeting in places, particularly coastal areas afternoon.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Largely dry, possible isolated showers</b></p> <p>Chance of an odd burst of rain as high cloud thickens, mainly southern areas in morning, low risk isolated thunder briefly. Odd spots or a brief burst drift north through middle of day into afternoon, but many places stay dry.</p> <p>Into night, bursts of rain develop more widely from west, possible thunder.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Some early low cloud south, clearing</b></p> <p>Banks of cloud mostly southern hills early in day, some higher slopes above cloud at first, then drifting upslope and dispersing. Later in day, low cloud banks drift onto coastal hills, filling in more widely over mountains into night.</p> <p><b>90%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Sun best early in day toward north/west of Ben Nevis group; high cloud soon tending to build from south, but may leave hazy sun. Beware sunburn and dehydration.</p> <p>Visibility starting very good, but increasingly very hazy.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>11C (some slopes start cooler near 7C if in cloud), rising to 14 to 16C afternoon, though moderated by wind; warmest Lochaber, humid. (Inland glens 25 to 27C afternoon). Cooling to 8C well into night.</p> <p>Well above the summits.</p>

## West Highlands - Looking Ahead

	Friday 29 May	Saturday 30 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwesterly 35 to 45mph, often 50mph with stronger gusts higher tops particularly in Ben Nevis group. <b>Challenging walking conditions, frequent buffeting affecting balance on high tops. Significant wind chill higher areas.</b>	South to southwesterly 25 to 40mph, may reach 50mph at least in gusts higher mountains, mainly Ben Nevis group. <b>Strenuous walking conditions on exposed terrain, more frequent buffeting higher up. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and showers</b> Rain fairly persistent over Lochaber hills in the morning, heavy for a time, patchier southeastwards; tending to break up into showery rain and some drizzle on windward slopes toward coasts.	<b>Rain and showery bursts</b> Patchy rain moving in from the west in morning, likely to become more persistent fairly widely, some heavier rain mixed in at times. Later showery, some heavy bursts possible.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Shrouding many higher mountains all day, often extensive above 600-800m west of Loch Linnhe, at times coastal areas further south. Some breaks above 1000m inland.	<b>Increasing extensive</b>  Patchy cloud banks mostly coastal hills at first, starting clearer inland. Cloud lowering and filling in over many mountains to 600-800m, or lower slopes near coast; higher bases mainly near Glen Spean.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>50% dropping to 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun well inland and south but largely cloudy. Visibility reduced in rain, otherwise good below cloud, but some haze.	Largely cloudy and dull after a brighter start. Visibility starts good, then reducing to poor in rain, general haze especially coasts.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	5 to 7C. Wind chill feeling like -7 to -10C on high tops. Above the summits.	7 or 8C, slightly higher inland afternoon. Wind chill feeling like -5C on tops. Above the summits.

**Planning Outlook****All mountain areas of Britain from Friday, 29 May, 2026**

Gale or near-gale force southwesterlies on Friday for the Highlands, strongest toward the northwest, where accompanied by rain, drizzle and low cloud. Nearer average temperatures for all into the weekend onward as changeable southwesterlies prevail - a generally unsettled theme is expected during the first ten days of June with lower pressure dominating. Frontal systems come in from the Atlantic - rain, drizzle and low cloud most common on western coastal mountains, but showery days are likely more widely at times, possibly rain more widely further south later in week. Wind speeds will vary, but reaching gale force on mountains for periods.

**Forecast issued at 16:16 on Wednesday, 27 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.