

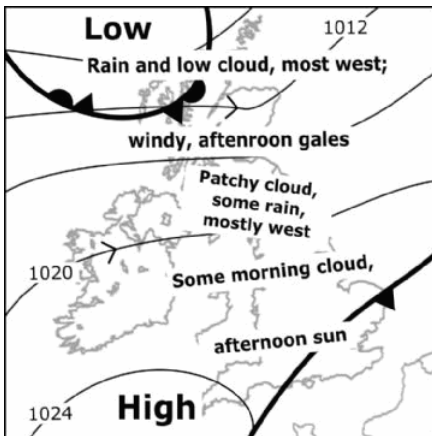
# West Highlands

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, 29 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 29 May, 2026**

Very windy Scottish Highlands, afternoon gales, strongest north. Extensive low cloud and rain, most west, some breaks east but little sun. Morning cloud over England and Wales, clearing Wales and S Pennines for afternoon sun. Cloud slow to clear west slopes of Lakeland and N Pennines, spotty rain and blustery here.

### Headline for West Highlands

Powerful gales, persistent rain, low clouds

## Detailed Forecast for Friday, 29 May, 2026

<p><b>How windy? (On the Munros)</b></p>	<p>Southwesterly 30-35mph at dawn, soon strengthening widely, mostly 40-50mph, gusting 60mph over Ben Nevis and high tops north of here for several afternoon hours. Trending westerly in direction. Gradually easing overnight.</p>
<p><b>Effect of wind on you?</b></p>	<p><b>Challenging walking conditions, frequent buffeting challenging balance on high tops, particularly afternoon when standing upright will be difficult. Significant wind chill higher areas.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Morning rain and showers, afternoon drizzle</b> Rain fairly persistent over Lochaber hills most of the day, heavy at times. Patchier southeastwards though perhaps more widespread for a few midday hours, rain only drizzly in the far south. A gradual easing through afternoon but a lingering drizzle.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Extensive</b> Coastal slopes shrouded above 500m likely all day, often to coastal cliffs Lochaber, Mull, and Loch Linnhe. Extensive inland at first, lifting, but any breaks above 800m unlikely. As evening approaches, breaks forming southern islands and towards Ben Lomond.</p> <p><b>Less than 10%, to 30% southernmost Munros late in the day</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Overcast and dull, some sun glimpses in the far south late in the day. Poor visibility in cloud and rain, also hazy towards the coast.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>6 to 8C, up to 9C southern islands. Wind chill feeling like -7 to -10C on high tops.</p> <p>Above the summits.</p>

## West Highlands - Looking Ahead

	<b>Saturday 30 May</b>	<b>Sunday 31 May</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	South-southwesterly soon rising to 20 to 35mph, may reach 45mph in gusts higher mountains, mainly Ben Nevis group. <b>Strenuous walking conditions on exposed terrain, more frequent buffeting higher up. Considerable wind chill.</b>	West-southwesterly 20-30mph. <b>Ease of walking affected on high terrain, at times strenuous over highest summits with a chilly feeling.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and showery bursts</b> Patchy rain soon moving in from the west, likely to become more persistent fairly widely with time, some heavier rain mixed in. Later trending showery, but quite frequent.	<b>Some showers</b> Showers drive in from the west in the morning, perhaps a brief period of more persistent rain. With time, the showers easing, particularly south of Loch Linnhe, extended afternoon dry spells.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Increasingly 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 from Loch Linnhe southward; higher bases mainly near Glen Spean.  <b>50% dropping to 10%</b>	<b>Fairly extensive, some improvement</b>  Cloud shrouds most hills from 400-600m up from dawn, lowest west coast. A lifting trend and rising chance of breaks with time, but bases will struggle to rise above 800m near the coast, to 1000m well inland, an may occasionally return more extensively.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Soon largely cloudy and dull after a brighter start. Visibility starts good, then reducing to poor in rain, a haze building near coasts.	A few bright or sunny glimpses but often cloudy. Mixed visibility, poor in rain (most often west), but intermittently very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 or 8C, 9C afternoon most hills except Mull northward; small change with added height. Wind chill feeling near 0C on tops. Above the summits.	6C, rising to 7 or 8C inland and south. Mull and coastal Lochaber seeing little change. Feeling near freezing in direct wind. Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 30 May, 2026**

Nearer average temperatures for all into the weekend onward as changeable southwesterlies prevail. England and Wales remain fairly sunny through Saturday, only beginning to deteriorate afternoon. Sunday will see showers for all, most in the west, and more frequent with heavy bursts in Scotland. 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. Occasional cooler spells when the wind turns northwesterly.

**Forecast issued at 15:55 on Thursday, 28 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.