

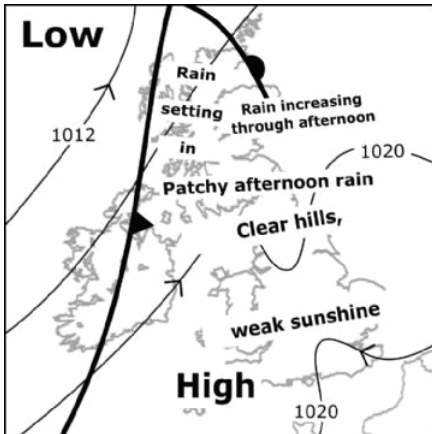
# West Highlands

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, 30 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 30 May, 2026**

Early patchy rain west Scotland, east hills dry and clear of cloud. Afternoon brings more substantial rain and cloud to west Scotland, spreading east with time; becoming blustery west too. Weak sun and clear hills England and Wales, mild-to-warm, notable breezes later for Eryri NP and Lakeland.

### Headline for West Highlands

Many hills clear early, little sun; increasing rain and wind afternoon

## Detailed Forecast for Saturday, 30 May, 2026

<b>How windy? (On the Munros)</b>	West-southwesterly at dawn 15-25mph, soon southwesterly and trending southerly. Strengthening, approaching 20-30mph, strongest along the coast from Mull southward, also gusting 35mph over highest summits.
<b>Effect of wind on you?</b>	<b>May be fairly small at dawn, but a notable breeze soon impacting walking, becoming strenuous on west coast summits through afternoon, as well as highest inland tops.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Substantially dry morning, increasingly wet through afternoon</b> Most hills dry through morning, a few odd spots of rain towards west coast hills. From midday, patchy rain begins driving in from the southwest, increasingly widespread, with extended falls likely in later afternoon.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Mostly clear morning, becoming extensive through afternoon</b> Patchy cloud banks mostly coastal hills at first, starting clearer inland, and perhaps a few clearer hours west too. Through afternoon 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>80% morning, dropping to 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, a few sunny glimpses through early afternoon, then overcast and dull. Visibility starts good, then reducing to poor in rain, a haze building near coasts.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 or 8C, 9C afternoon most hills except Mull northward where temperature unlikely to rise; small change with added height. Wind chill feeling near freezing on high tops.  Above the summits.

## West Highlands - Looking Ahead

	Sunday 31 May	Monday 1 June
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	West-southwesterly 20-25mph, a westerly trend with time and stronger for a few afternoon hours, often gusting 30mph. <b>Fairly small, ease of walking sometimes affected on high tops, greatest risk afternoon.</b>	South-southeasterly 10-20mph, speeds often varying, likely strongest near the coast. <b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<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; a lingering drizzle Mull and northward.	<b>Patchy rain becomes more frequent</b> Light patchy rain drifting from the southwest from dawn, this becoming more frequent for at least a few hours with a risk of heavier falls.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</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>Some early breaks, becoming extensive from south</b>  Terrain above 900-1000m mostly covered at dawn, variable lower banks, more extensive towards coast to 500m. Slight lift with breaks for a few hours best Creag Meagaidh, then a sheet of cloud arrives from the south, 500-700m up. Later clearest coastal Lochaber. <b>50%, lowering to 20% from the south</b>
<b>Sunshine?</b> Air clarity (below cloud)	A few bright or sunny glimpses but often cloudy. Mixed visibility, poor in rain (most often west), but intermittently very good.	Some glimpses of sun for a few morning hours, trending mostly overcast. Very good visibility where out of rain.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, mildest inland, where may reach 8C towards central highlands.  Above the summits.	5 or 6C, rising to 9C.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Sunday, 31 May, 2026

Changeable southwesterlies prevail as the weekend transitions into next week. Sunday sees showers for west hill groups, more widely and sometimes heavy in Scotland. Monday brings more widespread rain and wind into England and Wales, showers continue in Scotland.

An unsettled theme is expected during the first ten days of June. Frontal systems from the Atlantic bring periods of rain, wind, and low cloud. Wind speeds will vary, but reaching gale force on mountains for periods, England and Wales looking particularly vulnerable. A few brighter windows, but these brief and often interrupted by afternoon showers with a risk of local thunder. Sometimes chilly in Scotland when the wind turns northwesterly though staying above freezing to summits.

### Forecast issued at 15:52 on Friday, 29 May, 2026

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