

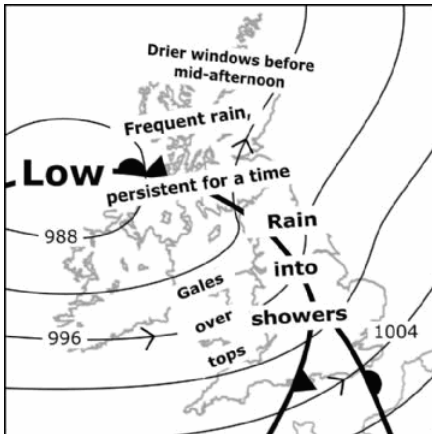
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

General Summary for Wednesday, 3 June, 2026



British Mountain Summary:

Based on forecast chart for noon 3 June, 2026

A band of rain sweeps across the country bringing several hours of persistent rain and extensive fog: first in Wales, then England and much of Scotland by early afternoon. Breaking to frequent showers, risk isolated lightning. Very windy England and Wales, gales over Wales summits.

Headline for West Highlands

Rain and fog most of the day; blustery to the south

Detailed Forecast for Wednesday, 3 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 15-20mph at dawn, strongest south and soon more widely at least 20mph, to 30-35mph Arran to Ben Lomond around noon, risk higher briefly. Direction and speed more variable afternoon, though always above 15mph.</p> <p>Variable effects: may be fairly small in places early and later, most likely northern hill groups, but also periods of impeded or strenuous walking with wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain fairly persistent, at times heavy</p> <p>Showery rain extends in from the southwest from dawn, becoming persistent over most mountains by midday, some heavier sustained falls especially in south, risk local thunder late in the day. Patchier rain north of Ben Nevis group, particularly late in the day.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, lowest southwest</p> <p>Covering many mountains all day, lowest persistent bases near coasts south from Mull, locally to 300-400m. Widely 600-800m inland, some higher breaks near Glen Spean mainly morning, perhaps higher bases coastal Lochaber late in the day too.</p> <p>Below 10%, to 20% inland Lochaber</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely cloudy, dull.</p> <p>Visibility good below cloud inland Lochaber mainly morning, but hazy or misty coastal hills, widely poorer in rain.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>5 or 6C at dawn, very slight rise afternoon, perhaps to 7C near and west of Glen Spean.</p> <p>Feeling near freezing in strongest wind.</p> <p>Above the summits.</p>

West Highlands - Looking Ahead

	Thursday 4 June	Friday 5 June
How windy? (On the Munros) Effect of wind on you?	Southerly 15 to 25mph, less for a time inland in morning. Turning westerly 25-35mph, to 40mph south summits later. Moderate effects early in day, but more blustery south, becoming widely strenuous, buffeting gusts. Considerable wind chill.	Westerly 30-35mph at dawn, shifting southwesterly and easing to 20-30mph. Ease of walking impacted on tops, perhaps strenuous early with considerable wind chill. Fairly small in places later.
How wet? (Precipitation and its impact)	Bursts of rain on and off, risk lightning Showery rain merging in places into more constant falls, some heavy bursts particularly areas more inland by afternoon and into the evening, risk of thunder. Further showery clusters may move in from west later.	Showery rain Just at dawn, an area of rain from Ben Nevis group northward, some heavy falls possible; some sleet mixed in on tops. Soon breaking to patchy rain, some extended falls towards coast, particularly south of Mull.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, varied Often covering the higher mountains all day, but varying in extent and height, some ragged patches from forest canopies up during and after rain, particularly west where bases often to middle slopes. Local breaks may form afternoon, also inland early. 20%	Lifting towards summits Fairly extensive above 600-700m at dawn, lowest bases coastal hills south of Mull, to 500m or locally lower. Soon beginning to lift after sunrise, breaks forming too, mostly above 1100m into afternoon. Bases generally lower with fewer breaks coast. Rising to 40%
Sunshine? Air clarity (below cloud)	Rare brief sun breaking through. Visibility often reduced by rain, sometimes poor; intermittently good below cloud.	Patchy sunshine, best well-inland. Very good visibility.
How Cold? (at 900m) Freezing Level	5 or 6C, may reach 7C well-inland. Lowering into night. Feeling below freezing in wind, near -5C in strongest wind. Above the summits, then well into the night dropping close to freezing to highest summits.	3 or 4C to start, locally rising to 5C south and well inland; coolest Lochaber. Feeling like -5C in strongest wind. May just touch the Ben Nevis summit at dawn, soon lifting above all summits.

Planning Outlook

All mountain areas of Britain from Thursday, 4 June, 2026

An unsettled spell this week with low pressure over the north Atlantic and west-southwesterly winds dominating. Periods of rain mixed with showery days widely - the most constant rain over western mountains with low cloud often shrouding the hills; bases will typically lift somewhat afternoon. Wind speed will vary, but up to gale-force for periods over the hills this week. Temperatures near average, cooler at times. A brief brighter window Friday afternoon, then unsettled again over the weekend, though detail is currently uncertain. Next week is probably unsettled as well, at least in the north, but higher pressure south of the UK may bring drier and brighter periods to Wales and south Pennines. Scotland remains often blustery and wet, and perhaps chilly, risk briefly freezing on highest tops.

Forecast issued at 15:40 on Tuesday, 2 June, 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.