

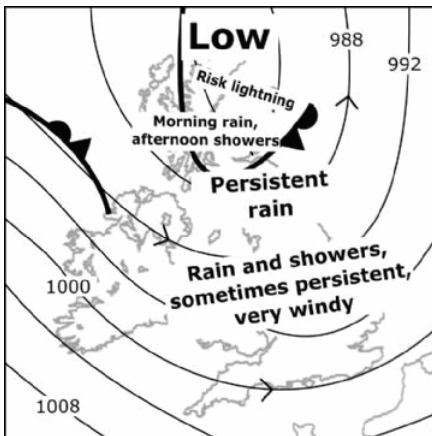
West Highlands

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, 4 June, 2026



British Mountain Summary:

Based on forecast chart for noon 4 June, 2026

Rain and showers in Scotland, showers heaviest east afternoon with risk of thunder. Light wind early, increasingly blustery from south. Persistent rain and windy south Scotland and Lakeland/N Pennines. Very windy Peak District and Wales too, gales later, morning rain and afternoon showers.

Headline for West Highlands

Often raining; strong wind south spreads widely

Detailed Forecast for Thursday, 4 June, 2026

How windy? (On the Munros)	Variable at dawn, 10mph or less around Lochaber, but speeds nearer 20-25mph southern islands, generally westerly. Stronger speeds soon spread northward, 30-35mph across all Munros by afternoon, strongest south, up to 40mph or higher
Effect of wind on you?	Negligible at dawn, but starting blustery south, and conditions deteriorating to strenuous or arduous conditions over tops. Balance becomes challenging in southern areas with significant wind chill.
How wet? (Precipitation and its impact)	Frequent showery rain, heavy bursts afternoon Showery rain most of the day, merging in places into more constant falls, some heavy bursts particularly areas more inland by afternoon and into the evening, small risk of odd lightning flashes. Some chance of drier slopes for a few hours around midday in northern areas.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, varied, later deteriorating Covering the high Munros likely 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. Some brief higher breaks early in the north, as well as later inland. Becoming extensive towards coast from later afternoon, locally lower slopes. 20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, rare brief glimpses of sun, best chance between afternoon showers. Visibility often very poor due to rain and fog, but briefly very good during dry windows, best chance afternoon.
How Cold? (at 900m) Freezing Level	5 or 6C, may reach 7C well-inland, small chance towards 8C Creag Meagaidh. Notable drop later overnight hours. Feeling below freezing in strongest wind later. Above the summits.

West Highlands - Looking Ahead

	Friday 5 June	Saturday 6 June
How windy? (On the Munros) Effect of wind on you?	Westerly 30-40mph early, gusting 50mph summits at first. Turning southwesterly, easing to 20-35mph, lowest south. Arduous walking over summits at dawn, strongest wind knocking you off balance with significant wind chill. Easing trend.	S-SE'ly, later SW'ly, high uncertainty of extent of stronger winds - likely in range 25 to 40mph, but risk 50-60mph for a time. Beware of changing conditions and monitor subsequent forecasts - risk of being difficult at least part of the day.
How wet? (Precipitation and its impact)	Showery rain Rain from Ben Lomond to Lochaber at dawn, some heavy falls towards the coast, some sleet onto high tops. Soon passing north, patchy rain follows, sometimes more frequent and showery in nature; greatest risk Mull and south.	Risk of rain developing Early in the day at least may be substantially dry, for longest inland Lochaber, but risk of patchy rain moving in from the west, becoming more persistent and some heavier rain especially over southern hills.
Cloud on the hills? Chance of cloud free Munros?	Lifting towards summits Fairly extensive above 600-700m at dawn, lowest bases Ben Lomond to Lochaber to 500m or locally lower. Soon beginning to lift from south, breaks forming too, mostly above 1000m into afternoon. Bases generally lower with fewer breaks coast. Rising to 40%	Becoming extensive Cloud banks likely covering coastal hills from early in day, varied patches inland, locally clearer near Glen Spean for a time. Cloud likely to fill in and lower more widely across hills, to low-mid slopes near coast. 20%
Sunshine? Air clarity (below cloud)	Patchy sunshine, best well-inland. Very good visibility.	Sun weak at best through high cloud early in day, likely overcast, increasingly dull. Visibility very good where dry, but reducing in rain, risk becoming poor.
How Cold? (at 900m) Freezing Level	3 or 4C to start, rising to 5C, locally 6C inland north of Ben Nevis. Feeling like -7C in strongest wind. May just touch the Ben Nevis summit in the morning but soon lifting above.	5C rising to 7C afternoon, then lowering into late evening-night. Feeling below freezing in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 5 June, 2026

Friday sees a slight settling trend compared to recent days with sunny spells in east Scotland as well as England and Wales, some patchy showers. Unsettled again over the weekend, as southwesterly flow draws several areas of rain across the country, best of dry slopes to the northeast. Showers affect most hills Monday and Tuesday, lowest cloud and most persistent rain along western slopes, but with some breaks as well with sunshine. Wednesday is likely more unsettled as gales spread across most tops and heavy rain drives into northwest England and Scotland. Conditions settling into the weekend as high pressure builds from the south. Low cloud will gradually dissipate for increased sun. Scotland slower to settle, some cloud and drizzly rain lingering in the west.

Forecast issued at 16:29 on Wednesday, 3 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.