

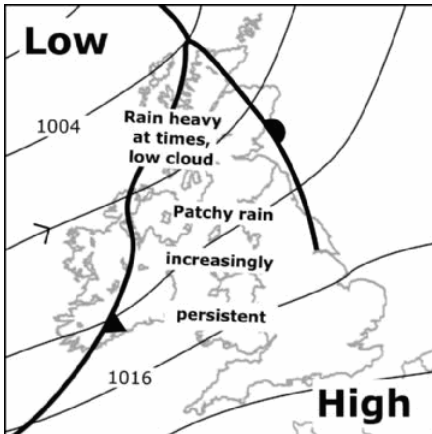
# West Highlands

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 Sunday, 7 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 June, 2026**

Scotland: Strong and gusty south-westerly winds will drive hill fog and frequent rainfall across western mountains, setting in during afternoon. Rainfall patchier across eastern hills with higher bases. England and Wales: Windy with patchy light rain onto western hills, becoming more widely damp or wet through the day.

### Headline for West Highlands

Windy with frequent rain, at times heavy. High terrain often covered in fog. Chilly.

## Detailed Forecast for Sunday, 7 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 25-35mph, may well strengthen to 40mph at times; greatest risk south.
<b>Effect of wind on you?</b>	<b>Walking often strenuous on high tops, some risk of more challenging conditions for periods with notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Frequent rainfall</b> Broad areas of rain drifting from the southwest through much of the day, a few dry windows well-inland and north. Some chance of extended heavy falls, mostly south. A breaking tendency later in Lochaber.
<b>Cloud on the hills?</b>	<b>High terrain probably stays shrouded</b> Cloud fairly extensive from middle slopes up near the coast early, a few inland breaks, but lowering to at least middle coastal slopes from Mull southward, nearer 800-1000m inland. Some breaks forming Lochaber later.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some glimpses of sun here and there. Variable visibility, good when out of cloud and rain, hazy to the south.
<b>How Cold? (at 900m)</b>	6 or 7C, rising to 8C well-inland; notably cooling from west into evening. Feeling as cold as -5C in strongest wind.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	Monday 8 June	Tuesday 9 June
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 20 to 30mph, at times 35mph high tops Lochaber to Mull.  <b>Feeling blustery, starting to affect comfortable walking and a noticeable chill on exposed high terrain.</b>	Southwesterly 10 to 15mph, but tending to strengthen towards and into the afternoon to 20 to 25mph, perhaps 30mph tops.  <b>May impede ease of walking over some tops in afternoon, with a considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain</b> Broadly showery, frequent rain for periods, some heavier bursts, risk isolated thunder, greater risk well inland later afternoon.	<b>Widespread showers</b> Showers, concentrated near coast at first, will develop widely, with snow falling over highest tops. Some hail, and risk thunder. Showers easing near west coast later.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive tops</b>  Covering higher slopes frequently through the day, bases varying in and out of showers, some patches to 600m near coast, but lifting at times above 900m.  <b>20%</b>	<b>Frequent across upper slopes</b>  From dawn, fairly extensive above 600-800m, especially near coast. Bases will lift through morning, by afternoon often 900-1100m, but varying in and out of showers.  <b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.	Often cloudy, some patches of sun. Visibility sometimes poor due to precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	4C. Feeling like -5 to -8C directly in the wind.  Just above highest summits.	3 or 4C  1300-1400m

**Planning Outlook****All mountain areas of Britain from Monday, 8 June, 2026**

The unsettled period of weather will persist over the coming week with low pressure area centres tracking just to the northwest of Scotland, allowing south-westerly winds to prevail. Rainfall often showery in nature, but coming in frequently to western mountains with the greatest falls for western Scotland. Chilly and windy at times; freezing level touching highest tops Scotland on Tuesday and Wednesday, when showers will fall as snow over the tops. Temperatures trending milder again next weekend, pressure may begin to rise in the south to give drier weather more widely.

**Forecast issued at 16:47 on Saturday, 6 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.