

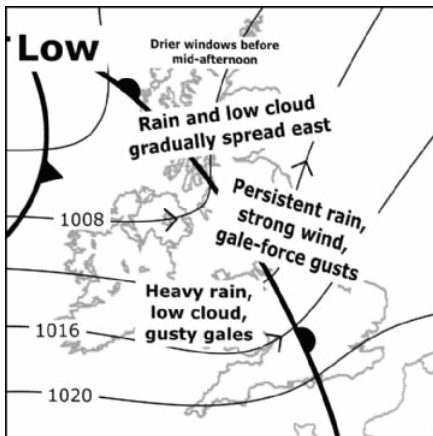
West Highlands

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, 11 June, 2026



British Mountain Summary:

Based on forecast chart for noon 11 June, 2026

Persistent rain onto western hills from dawn, soon spreading widely. Murky with heavy falls, extended heavy falls west Wales. Very windy England and Wales, gale-force gusts, strongest Wales. Rain and strong wind slower to reach north and east Scotland though blanket low cloud fills in.

Headline for West Highlands

Persistent rain, at times heavy, low cloud; becoming very windy

Detailed Forecast for Thursday, 11 June, 2026

How windy? (On the Munros)	Southwesterly 15-20mph at dawn, shifting southerly, 25-30mph for most by midday, or 35mph along the coast. Some variability for a few hours with lighter wind, but reorienting westerly, speeds rising from the south, 30-40mph into nighttime.
Effect of wind on you?	Varied, increasingly blustery in places affecting ease of walking and balance on exposed ridges with considerable wind chill, and gradually deteriorating to at least strenuous conditions (first in the south) through later afternoon.
How wet? (Precipitation and its impact)	Rain likely heavy at times Rain soon spreading in extensively from the southwest, lasting much of the day, persistent falls heavier at times, particularly southern areas, but at times more widely. May break up slightly later in the day, but a persistent drizzle lingers on high terrain with continued spells of rain.
Cloud on the hills?	Extensive, lowest south Soon blanket low cloud across the hills, from lower elevations upward around southern coasts all day, but shrouding most hills above 600-800m in Lochaber, best of any breaks north of Glen Spean, but above 1000m stays shrouded.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast and dull, murky coasts. Poor visibility much of day in rain.
How Cold? (at 900m)	3C just at dawn, soon rising a degree from the west early hours, then to 6 or 7C widely afternoon, to 8C southern islands. Feeling like 0 to -5C in direct wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 12 June	Saturday 13 June
How windy? (On the Munros) Effect of wind on you?	West or southwesterly, 25 to 40mph, trending towards high end of the range later in the day. Strenuous walking where exposed over high terrain, some buffeting gusts starting to affect balance. Marked wind chill.	Westerly 40-50mph at dawn, shifting northwesterly and gradually easing to 30-40mph, lightest along the coast. Difficult conditions and significant wind chill well into the day; an easing trend, but walking remains arduous over tops.
How wet? (Precipitation and its impact)	Showers from the west Frequently damp over many hills, with showers and drizzle on and off much of the day. Showers spread further inland later, risk turning heavier too.	Patchy rain, most in the north Patchy rain drifting from the northwest for much of the day, and likely several hours of persistent rain from Glen Coe northward. Tending to break into a showery pattern later, southernmost Munros substantially dry.
Cloud on the hills?	Extensive, lowest coasts Persistent across most hills, foggy from lower elevations up near coast and islands, cloud base rarely above 500-600m. Further inland, typically 600-800m, some higher bases at times northeast of Ben Nevis group.	Fairly extensive Most terrain above 700-800m stays in cloud most or all day; lower bases common coastal Munros from Arran to Mull, as well as west Lochaber. Occasional higher breaks possible at times, but also periods of more extensive cloud northern areas.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Largely cloudy. Some coastal haze, visibility reduced widely in rain, poor at times.	A few glimpses of weak sun. Visibility often poor in fog and rain, may improve south, though a coastal haze too.
How Cold? (at 900m) Freezing Level	5C, rising slightly inland and south, locally to 7C. Feeling like -5C where exposed to wind on higher tops. Above the summits.	5 or 6C, rising a degree inland. Feeling as cold as -7C in early wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 12 June, 2026

Damp westerly breezes on Friday will cloak most mountains in cloud and some drizzle, better conditions eastwards. Cool and strong westerlies persist in Scotland on Saturday, then warmer with lighter winds by Sunday. Some patchy rain remaining in west and northwest Scotland over the weekend. Pressure tends to rise from the south this weekend, bringing warmer air and drier conditions to England & Wales, although west coast mountains may hold onto cloud. Into next week, a mixed southwesterly pattern remains, windy at times with periods of rain, drizzle and low cloud most persistent in the west. Warmest in England and Wales, but cooler westerly air likely returns at times mid-late week. Higher pressure then shows more signs of expanding over the country by late next week bringing improving conditions.

Forecast issued at 15:57 on Wednesday, 10 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.