

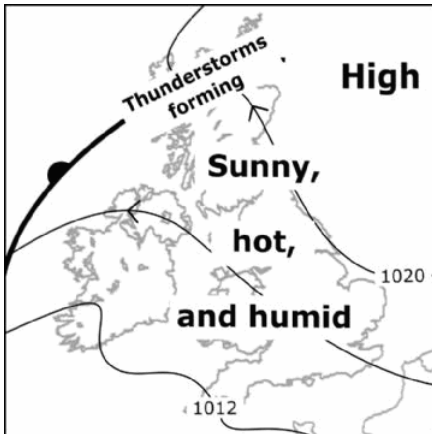
West Highlands

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, 25 June, 2026



British Mountain Summary:

Based on forecast chart for noon 25 June, 2026

An even hotter day across the mountains; sunny and humid - risk of sunburn and dehydration. Rain soon arrives into Northwest Highlands, thunderstorms afternoon, later stretching east and south. Moderate breezes, lightest early, strengthening into evening, walking becoming strenuous over high tops.

Headline for West Highlands

Very warm, particularly south; rising risk thunderstorms

Detailed Forecast for Thursday, 25 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>South to southeasterly between 10 and 20mph; perhaps particularly gusty at times, but also lighter periods too. Trending towards the higher end of the range later, approaching 30mph over high tops into night.</p> <p>Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes. Notably deteriorating evening into nighttime.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy rain, becoming heavy and thundery with time</p> <p>May be entirely dry through morning, though a risk of some patchy rain primarily coastal areas near and north of Mull. Through afternoon, a rising risk of thunderstorms, (again, primarily northern areas) where extended torrential falls are possible. The south may stay dry until late in the day.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Banks increasingly on high terrain as rain sets in</p> <p>Some ragged patches at dawn soon dissipate for largely cloud-free mountains. Where rain occurs, banks of cloud forming on higher slopes, or more extensive to middle/lower slopes in heavier rain/thunderstorms. Southern mountains clear the longest, possibly until late in the day.</p> <p>90%, lowering to 50% north</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Sun through high level cloud - perhaps more widely sunny with little cloud in southern areas. With time, a tendency for cloud filling in more widely across the sky.</p> <p>Very good visibility.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>16C rising to a very warm and humid 19C, to 22C southern islands. Western glens in the lee of high mountains south of Mull may see temperatures rise to 28C or locally higher.</p> <p>Above the summits.</p>

West Highlands - Looking Ahead

	Friday 26 June	Saturday 27 June
How windy? (On the Munros) Effect of wind on you?	A variable southeasterly 10-20mph, notable gusts around showers, and significantly rising overnight, 35mph+. Fairly small at times but frequent buffeting gusts will affect stability, including to lower slopes, and deteriorating into night.	Southerly, some uncertainty of peak speed, in range 35mph to possibly 50mph, at least in gusts, most sustained nearer coasts. Expect strenuous walking conditions, more challenging in places with buffeting gusts knocking you off balance.
How wet? (Precipitation and its impact)	Thundery showers, clustering afternoon A scattering of showers, heavy bursts with risk of thunderstorms too. Through afternoon, rising risk of showers clustering together into prolonged thundery downpours.	Bursts of rain, risk thunder Some uncertainty, but clusters of heavy showery rain likely tracking northeastward, increasing risk with time that more frequent bursts of rain develop widely, sudden downpours, thunder and lightning.
Cloud on the hills?	Fairly extensive and variable Most slopes shrouded above 700-800m most of the day, lower banks likely early. A few breaks here and there for a time, and perhaps some local clear spots between cloud banks, but then becoming extensive as rain sets in more widely.	Often covering hills, some low banks Fairly extensive cloud banks in the morning, to some lower slopes in southern areas. Some rise of base, local breaks mainly toward north Lochaber. In rain, lowering, filling in, low ragged patches.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Rare glimpses of weak sun. Variable visibility, often poor due to cloud and rain, locally better, becoming hazy far south.	Brief glimpses of sun, mainly north. Misty many slopes in morning. Visibility improving for a time if dry below cloud, but poor around rain, murky in places.
How Cold? (at 900m) Freezing Level	15 to 17C, trending towards 15C widely as rain sets in. Very humid. Above the summits.	12 to 14C, small variation all day, then may lower into evening from west. Still rather humid. Feeling cooler directly in wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 26 June, 2026

Exceptionally warm and humid most mountain areas until later Friday; valley temperatures approaching the low-to-middle 30s in England and Wales, with hill temperatures approaching the mid-to-high 20s. Scotland will be slightly cooler, though temperatures will still reach the low 20s on many slopes.

A risk of extended torrential thunderstorms on Friday afternoon in northern areas. Thunderstorms may continue in the north on Saturday as well, but progressively less warm as the weekend goes: fronts begin to come in off the Atlantic, bringing a strengthening wind and bands of rain and low cloud, particularly affecting western mountains. Into next week, Atlantic westerlies will dominate with mixed weather.

Forecast issued at 16:29 on Wednesday, 24 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.