

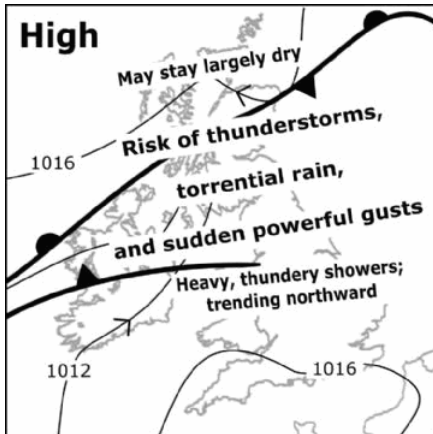
# West Highlands

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 Friday, 26 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 26 June, 2026**

Starting hot and humid again, a cooling trend afternoon. Thundery showers for many in the morning, tending to clear in Wales. Afternoon thunderstorms and torrential rain in north England and Scotland, risk of localised flash flooding near heaviest downpours. Driest south Wales and Northwest Highlands.

### Headline for West Highlands

Very warm; thunderstorms, risk of flash flooding

## Detailed Forecast for Friday, 26 June, 2026

|  |   |
|--|---|
| <b>How windy? (On the Munros)</b>              | Variable 5-15mph through morning and into afternoon, trending southeasterly afternoon, speeds rising somewhat, between 10 to 20mph but with some powerful gusts around thunderstorms, later to 30mph.   |
| <b>Effect of wind on you?</b>                  | <b>Mostly small but a rising risk of buffeting gusts around thunderstorms which may briefly affect stability.</b>   |
| <b>How wet? (Precipitation and its impact)</b> | <b>Thunderstorms, prolonged torrential downpours</b><br>A scattering of showers, heavy bursts with risk of thunderstorms too. Through afternoon, rising risk of showers clustering together into prolonged torrential downpours with hail and lightning; rapidly rising rivers and streams with flash flood risk. |
| <b>Cloud on the hills?</b>                     | <b>Fairly extensive and variable</b><br>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 to at least middle slopes as rain sets in more widely.         |
| <b>Chance of cloud free Munros?</b>            | <b>20%</b>  |
| <b>Sunshine? Air clarity (below cloud)</b>     | Rare glimpses of weak sun, becoming overcast and murky. Variable visibility, often poor due to cloud and rain, locally better, becoming hazy far south.   |
| <b>How Cold? (at 900m)</b>                     | 15 to 17C, or starting a degree milder in the far south. May slightly rise, but trending towards 15C widely in the afternoon as rain sets in. Very humid.   |
| <b>Freezing Level</b>                          | Above the summits.  |

## West Highlands - Looking Ahead

|  | <b>Saturday 27 June</b>   | <b>Sunday 28 June</b>  |
|--|---|--|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southerly, 20-30mph, peak speeds approaching 45-55mph afternoon, with a risk of stronger speeds along the coast.<br><br><b>Expect strenuous walking conditions, more challenging in places with buffeting gusts knocking you off balance.</b>   | Southwesterly 20-25mph, approaching 30mph Lochaber and later more widely 30-40mph, stronger gusts possible.<br><br><b>May be fairly small at first, but walking increasingly impacted, likely at least strenuous later and feeling chilly.</b>   |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Bursts of rain, risk thunder</b><br>Clusters of heavy showery rain likely tracking northeastward, increasing risk of more frequent bursts developing widely, sudden downpours, thunder and lightning. An early drizzle in hill cloud.  | <b>Light patchy rain, mostly west</b><br>Light patchy rain drifts onto the hills from the southwest, dry windows too, particularly inland. Some steadier falls for a few hours around dawn with heavier moments.   |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free Munros?</b>  | <b>Often covering hills, some low banks</b><br><br>Fairly extensive cloud banks in the morning, to some lower slopes in southern areas. Some rise of base, local breaks mainly toward north Lochaber; clearer north aspects in general. In rain, lowering, filling in, low ragged patches to forest canopies.<br><br><b>20%</b> | <b>Fairly extensive early, many hills clear afternoon</b><br><br>From dawn, fairly extensive to the middle slopes, notably during rain where ragged patches form lower. Bases lift with increasing breaks as noon approaches, probably just caps over high tops afternoon, or more cloud coastal high terrain.<br><br><b>20% rising to 60% afternoon</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | 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.   | Mostly cloudy morning, breaking to a patchwork of cloud and sun afternoon. Very good visibility, a haze offshore Lochaber.   |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 12 to 14C, small variation all day, then may lower overnight from west. Still rather humid. Feeling cooler directly in wind.<br><br>Above the summits.  | 7 to 9C; later a degree cooler Mull and northward.<br>Feeling near/below freezing in later wind.<br>Above the summits.   |

**Planning Outlook****All mountain areas of Britain from Saturday, 27 June, 2026**

The transition away from the exceptionally hot and humid weather begins on Saturday as wind shifts southwesterly and strengthens. Rain and thunderstorms may continue on Saturday as well as perhaps early Sunday, but a front will push east across the country on Sunday, followed by fresher, sunnier weather; patchy rain will likely linger here and there, notably northwest Scotland.

Westerly Atlantic patterns dominate next week: high pressure south and low pressure north will bring alternating settled and unsettled windows. Wind generally on the strong side, mild to sometimes warm temperatures, and periods of rain punctuated by bright sunshine. North and western areas most vulnerable to extensive cloud and prolonged rain.

**Forecast issued at 16:29 on Thursday, 25 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.