

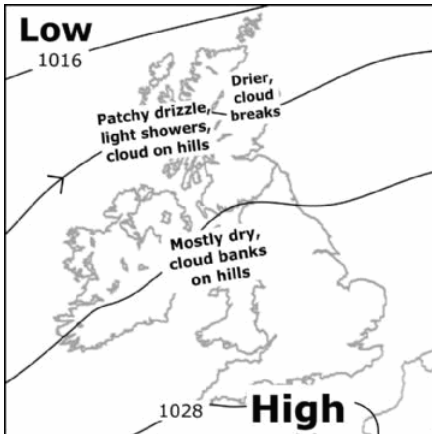
# West Highlands

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 Monday, 29 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 29 June, 2026**

Southwesterly breezes, strongest in the morning. Cloud covering many western hills, some drizzly rain and light showers, mostly western Scotland. Cloud higher and more broken toward east. Some improvements in the west as cloud base rises, some breaks forming afternoon. Rain develops from west into night.

### Headline for West Highlands

Strongest wind easing. Rain on and off, lowest cloud coasts.

## Detailed Forecast for Monday, 29 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 30-35mph early morning, gusting up to 40mph high tops Ben Nevis range. Easing to 25mph middle of day, later toward evening 15-20mph, locally lower inland Lochaber; still nearer 25mph Arran.
<b>Effect of wind on you?</b>	<b>Strenuous walking early with considerable buffeting and wind chill in exposure; easing to more moderate conditions, fairly small by evening inland and northern areas.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain and showers</b> Rain on and off, drifting in from the west, dry windows best well inland in the morning, while coastal slopes often damp. More frequent showers inland for a few afternoon hours. Late evening and night, more persistent rain spreads from southwest, some heavier.
<b>Cloud on the hills?</b>	<b>Most extensive along coast, lifting higher inland</b> Most terrain above 600-700m shrouded dawn to early morning, with bases as low as 300m along the coast. A lifting trend with time, to 900m, some breaks forming above 1100m mainly northeast from Ben Nevis, but staying lower along the coast where breaks rarely rise above 700m.
<b>Chance of cloud free Munros?</b>	<b>30%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sun breaking out, sunniest on lower inland aspects. Very good visibility out of cloud, some west coast haze.
<b>How Cold? (at 900m)</b>	5 or 6C, rising to 8C inland, or locally 9C towards Ben Lomond afternoon. Feeling like 0 to -3C in strongest wind in morning.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	<b>Tuesday 30 June</b>	<b>Wednesday 1 July</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southerly 15 to 25mph, strongest toward south; tending to drop lighter and variable. May be westerly 20-25mph later coasts. <b>Fairly small, but starting more blustery especially toward southern coasts and islands, possibly again later.</b>	South to southwesterly, starting 10mph or less, strengthening during day, to 30-40mph afternoon, later risk 50mph+. <b>Small early in day, but deteriorating, walking becoming uncomfortable, later more arduous, marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and showers</b> Frequent or more persistent rain for a time in the morning, then becoming areas of slow-moving showers into the afternoon, some places drier, but locally heavy bursts, risk of isolated thunder.	<b>Rain likely later</b> Generally dry for many hours, except for an odd isolated shower. Later afternoon-evening, increasing risk of rain moving in from west, may set in heavy.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Shrouding most high terrain all day, varying bases around rain, some ragged patches to lower slopes. Local breaks may form higher up, mainly north Lochaber.	<b>Lowest in morning, some breaks form</b> Covering most hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes, best well inland, but capping high tops, most often near coast. Lowering later if rain arrives.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>20% rising to 40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, rare brief sun. Visibility occasionally very good if dry, but reduced in rain, poor for periods.	Fairly cloudy, some sun breaks through, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	7C, rising to 9C mainly inland and south. Feeling near to freezing on high tops in wind early and late. Above the summits.	8C, little variation all day. Feeling like freezing as wind increases, risk later near -5C in exposure on tops. Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 30 June, 2026**

A changeable westerly Atlantic pattern dominates this week. Western hill groups from Lakeland northward will see the most cloud and rain, while east and southern areas are drier and sunnier. A spell of stronger winds and more widespread rain likely develops later Wednesday to early Thursday. Possibly another windy and wetter spell into Friday. A rather cool and windy westerly pattern is likely to continue into next weekend with showery rain. Drier and warmer conditions are indicated into the week of 5th July, though southwesterlies may still bring more cloud to the west, some rain in northwest Scotland.

**Forecast issued at 16:00 on Sunday, 28 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.