

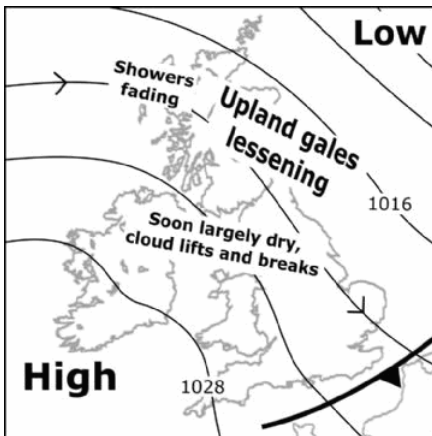
West Highlands

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 Thursday, 2 July, 2026



British Mountain Summary: Based on forecast chart for noon 2 July, 2026

Gales early, severe over tops of north England and Scotland. Wind gradually eases, though staying blustery north. Showers, drizzle, and low cloud early, particularly west hills. England, Wales, and east Scotland largely dry afternoon, few cloud caps over high tops; cloud and drizzle linger in west Scotland.

Headline for West Highlands

Severe gales, easing with time; drizzle, some light showers

Detailed Forecast for Thursday, 2 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly, 60-70mph early hours, lessening to 40-50mph through morning and around noon, further easing to 25-30mph through afternoon and into evening and trending westerly; may become quite gusty over high terrain.</p> <p>Severe conditions from overnight and still difficult in morning at least, walking and balance challenging with significant wind chill; gradually improving, though walking remains impeded in exposure all day.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Drizzly, some showery rain</p> <p>Heavy rain from overnight likely clears as dawn approaches to leave drizzle on high terrain, some showers with brief heavier moments, mostly western hills from Mull northward.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>High tops stay covered</p> <p>Covering high terrain fairly widely from dawn, lowest west where locally to 300-400m. Lifting through the day, to upper slopes inland, but capping higher tops most or all day. Some breaks forming, best inland; bases stay lowest coast, 700-900m.</p> <p>30%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun breaking through, mostly well inland.</p> <p>A general haze near coast, visibility good below cloud further inland.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>6 or 7C, little variation all day, rising up to 8C well-inland.</p> <p>Directly in the stronger winds feeling like -5 to -10C on tops, nearer 0 to -3C later.</p> <p>Above the summits.</p>

West Highlands - Looking Ahead

	Friday 3 July	Saturday 4 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 40mph, speeds likely to fluctuate during the day, some stronger gusts over high tops, later deteriorating. Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.	West-southwesterly, 30 to 45mph, gusting 50mph in the morning, tending to lessen a little afternoon. Strenuous walking, particularly early, powerful gusts constantly challenging balance with considerable wind chill.
How wet? (Precipitation and its impact)	Generally damp, some rain Drizzly over many hills, patchy rain an occasionally periods of steadier rain near the west coast, notably later. Rock surfaces slippery even if only small amounts of rain.	Rain and drizzle Damp likely all day, drizzle and some more persistent rain widely. Extended heavy falls with proximity to the coast. Rock surfaces remain very slippery.
Cloud on the hills?	Fairly extensive, lowest coasts Covering many hills much of the day, lowest bases over coastal areas and islands, sometimes to 500-600m. More often above 800m inland, local breaks.	Extensive, lowest west Blanket cloud across many hills, from mid-slopes in coastal areas and often lower. Some breaks towards 700-800m further inland north and east of Rannoch Moor. Some chance of rising bases with odd breaks late in the day.
Chance of cloud free Munros?	10%, to 30% well inland.	10%
Sunshine? Air clarity (below cloud)	Brief glimpses of sun inland glens. Some haze below cloud near coast, better visibility inland where out of cloud.	Largely cloudy and misty, some better visibility below cloud in glens well inland.
How Cold? (at 900m) Freezing Level	7 to 9C mildest inland and southern islands. Feeling like 0 to -5C directly in the wind. Above the summits.	9 or 10C, slight cooling with time. Feeling like 0 to -5C where directly in wind on high tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 3 July, 2026

Westerlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops, which could regularly be quite strong and gusty. An improving trend from the south into and over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. A drier and warmer window looks probable from early-to-middle next week, very warm sunshine on some days England and Wales, southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest. This pattern looks to continue into the following weekend with high pressure to the southwest maintaining drier conditions here with cloudier/damper conditions in the north and west.

Forecast issued at 16:04 on Wednesday, 1 July, 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.