

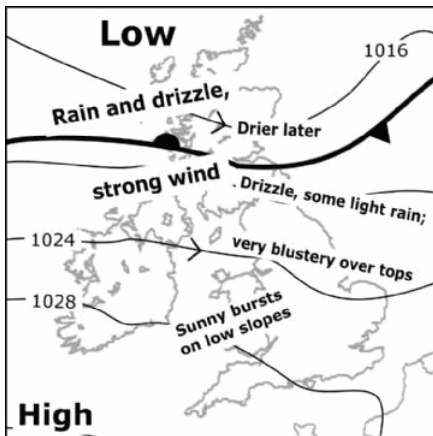
West Highlands

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 Saturday, 4 July, 2026



British Mountain Summary:

Based on forecast chart for noon 4 July, 2026

Rain sweeps east through Scotland, persistent for several hours; easing afternoon but staying drizzly and dull west. Mild but feeling chilly in strong wind. Lakeland and Pennines very windy and drizzly with hill cloud. Drier in Wales, sunny breaks on low slopes. Warm Wales and England though notable wind chill.

Headline for West Highlands

Rain followed by drizzle; blustery, gale-force gusts

Detailed Forecast for Saturday, 4 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>West-southwesterly, 30 to 40mph, but strengthening to sustained speeds of 40-45mph for several hours, gusting 55mph higher over the high tops. Lessening afternoon, shifting westerly, may locally drop below 30mph northern areas.</p> <p>Strenuous walking in exposure likely all day, more challenging for a time on high tops with gusts knocking you around and considerable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Persistent rain through morning, drizzle afternoon</p> <p>Persistent rain sets in from the west soon after dawn, extended heavy falls towards western hill groups and high tops. Rain eases afternoon but leaves behind a persistent drizzle, perhaps to middle slopes west, and patchy rain continues south of Mull. Very slippery rock surfaces.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, lowest west</p> <p>Blanket cloud across many hills, from mid-slopes upwards and lower towards the coast where into glens during heaviest rain. Some breaks towards 700m further inland north and east of Rannoch Moor, perhaps briefly towards 900m later.</p> <p>10%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Cloudy, murky and misty, some better visibility below cloud in glens well inland, particularly later in the day towards Rannoch Moor/Creag Meagaidh.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>9 or 10C, mildest south. Little change all day, later a slight cooling Lochaber. Feeling like 0 to -3C where directly in wind on high tops.</p> <p>Above the summits.</p>

West Highlands - Looking Ahead

	Sunday 5 July	Monday 6 July
How windy? (On the Munros) Effect of wind on you?	Westerly, perhaps starting near 15-20mph, but strengthening to 30-40mph, gusting stronger over the tops. Walking becomes strenuous in exposure, challenging at times during strongest gusts with considerable wind chill.	Westerly 30-40mph, gusts approaching 50mph over highest summits. Strenuous walking in exposure, challenging at times during strongest gusts with considerable wind chill.
How wet? (Precipitation and its impact)	Persistent rain Rain affects all Munros most or all day, nearly constant towards the coast with extended heavy falls. May start patchier inland but trending towards more steady falls here as well, always drizzly between rain.	Rain and drizzle Patchy rain most of the day, windows of persistent rain near the coast, heavy falls. Windows of patchier rain but staying drizzly and damp on the high tops with slippery rock surfaces.
Cloud on the hills?	Extensive Blanket cloud to middle slopes at least, persistently to lower slopes towards the west coast and locally to glen level/coastal cliffs.	Extensive Blanket cloud to middle slopes at least, to lower slopes towards the west coast and locally to glen level/coastal cliffs. Some rise inland with time, a few breaks towards 600-700m near and north of Rannoch Moor.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Overcast and dull. Poor visibility.	Overcast and dull. Poor visibility.
How Cold? (at 900m) Freezing Level	8 or 9C, rising only a degree, if at all. Feeling at or below freezing in strongest wind. Above the summits.	9 or 10C, little change all day. Feeling at or below freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Sunday, 5 July, 2026**

Rain, drizzle and low cloud persist over western hills from Lake District northward through the weekend and into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty in the north. Northeast areas are drier with higher cloud bases but patchy rain reaches here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time ; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

Forecast issued at 15:59 on Friday, 3 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.