

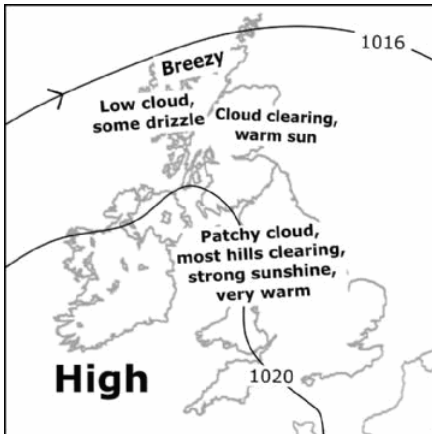
West Highlands

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 Wednesday, 8 July, 2026



British Mountain Summary:

Based on forecast chart for noon 8 July, 2026

Damp with blanket low cloud in W-NW Scotland, gusty locally. Highest Scottish tops may emerge above the cloud. Drizzle on western slopes easing, cloud thinning and breaking for central and southwest Scotland, sunnier and warmer overall in east. Very warm to hot sunshine for England & Wales.

Headline for West Highlands

Gusty toward northwest. Extensive low cloud, thinning.

Detailed Forecast for Wednesday, 8 July, 2026

How windy? (On the Munros)	West to southwesterly 15 to 25mph, but up to gusty 30mph Ben Nevis group for a few hours from dawn. Lower speeds more common all day Loch Lomond to Arran, whilst Mull to Knoydart may increase a little again toward evening.
Effect of wind on you?	Blustery mainly Lochaber mountains early in day, otherwise fairly small effect on walking. Often breezier western areas toward Mull, later more widely west Lochaber.
How wet? (Precipitation and its impact)	Drizzle west Lochaber in morning fading Pockets of fine drizzle on some windward slopes, mainly near coast, locally persistently damp west of Loch Linnhe much of morning, but rainfall amount small. Fading to become largely dry afternoon. Wet underfoot toward west Lochaber, still some high streams, slippery rocks where in mist.
Cloud on the hills? Chance of cloud free Munros?	Extensive low cloud, thinning from south, highest tops at times above cloud Shrouding many hills much of day, to lower slopes near coast and lochs in morning, some rise of base through day, but rarely above 700m west. High tops above 1100m near/above top of cloud, some cloud drifting higher. Breaks forming inland and cloud gradually thinning from south afternoon-evening. 30% (high tops poking out of cloud), rising to 50% south later.
Sunshine? Air clarity (below cloud)	Cloudy and misty many hills especially further west, some glimpses of sun inland, visibility locally good below cloud, some improvement from south afternoon. Possibly sunny and very clear air on highest summits above an inversion.
How Cold? (at 900m) Freezing Level	11C rising to 14C inland out of cloud. Feeling like 2 to 5C where exposed to stronger wind. Above the summits.

West Highlands - Looking Ahead

	Thursday 9 July	Friday 10 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20 to 25mph, in places gusty 30mph Ben Nevis to Mull in morning. 15-20mph Loch Lomond-Arran. Feeling blustery early in the day around some higher slopes mainly in western Lochaber. Fairly small southern hills.	Southwesterly 15mph early in day, possible 20mph in northwest Lochaber, but likely dropping below 10mph widely. Small.
How wet? (Precipitation and its impact)	A little local drizzle far west Pockets of fine drizzle mainly coastal areas around Mull, Ardnamurchan and sometimes Knoydart. Rare drizzle and largely dry further inland and south.	Risk of occasional rain Patchy drizzle mainly coastal hills. Some spots of rain possible from high cloud, chance of steadier light rain falling locally over a few hours, an odd heavier burst.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, persistent northwest Blanket fog from lower elevations up particularly coastal areas; Mull to Knoydart likely to persist. Base lifts to 600-800m inland. Tops above 1100m near or just above the cloud mainly morning. Some breaks mostly in south. 10% northwest, to 30% inland & south	Risk covering many hills Varied to perhaps fairly extensive low cloud across the hills, notably in western coastal areas, from lower elevations upward. May persist Lochaber to Mull. Some high tops may be above/between layers. 40%
Sunshine? Air clarity (below cloud)	Possible sunshine and clear air on highest tops for periods. Misty and poor visibility many hills; better lower down inland, plus some sun breaking through at times.	Mostly overcast, local weak sun through a thick veil of high cloud. Some misty areas, but possibly improving to be good visibility some inland areas.
How Cold? (at 900m) Freezing Level	11C up to 15C where not in cloud on high terrain. Feeling like 3 to 5C if exposed to stronger breeze in morning. Above the summits.	10C west of Loch Linnhe, up to 13 to 15C inland and south, may rise a degree or so warmer hills from Arrochar to Arran. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 9 July, 2026

Increasingly warm for Scotland, hot for England and Wales this week. Southwesterly winds easing for much of Scotland but remnants of fronts bring further low cloud and drizzle to the west late this week. Locally a chance of thundery downpours in eastern Highlands later Friday, some of which may linger into Saturday but likely fading. A generally fine summertime outlook through the weekend and well into next week as high pressure expands northwards to broadly reside across Britain. Warm but generally pleasant summer temperatures next week. Sunshine and fair-weather cloud, many hills often clear. Easterly breezes for England and Wales.

Forecast issued at 16:29 on Tuesday, 7 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.