

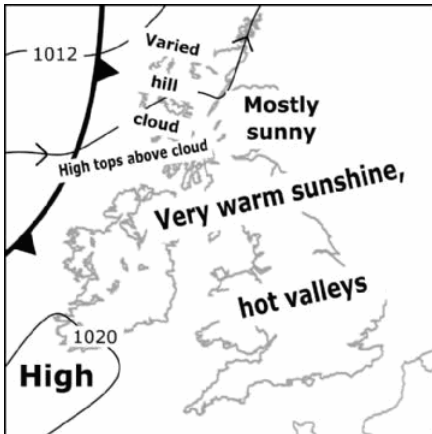
West Highlands

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 Thursday, 9 July, 2026



British Mountain Summary:

Based on forecast chart for noon 9 July, 2026

Warm-to-hot sun for most, risk of sunburn and dehydration. Early sea fog on low slopes near west coasts of England and Wales, may briefly lift but soon dissipating. Varied cloud western Scottish Highlands, mostly Mull to Skye, little or none eastward; high tops in and around Lochaber above the cloud layer.

Headline for West Highlands

Highest summits above broken cloud; warm

Detailed Forecast for Thursday, 9 July, 2026

How windy? (On the Munros)	West-southwesterly 15 to 20mph; in places quite gusty, approaching 30mph, not just over the tops. Lighter wind further south, locally 10mph Arran.
Effect of wind on you?	Feeling blustery early in the day around some higher slopes mainly in western Lochaber. Fairly small southern hills.
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. Dry further inland and south. A light drizzle may spread more widely along the Lochaber coastal summits late in the day.
Cloud on the hills?	Most persistent northwest; high tops above cloud Periods of blanket fog from lower elevations up along the coast from Mull to Knoydart. Cloud more patchy southward and inland, early bases to 300-400m along the coast, tops near 1000-1100m. Base lifts to 800-900m inland, and often breaking, particularly south.
Chance of cloud free Munros?	30% northwest; 80% inland and south (high tops above cloud layer)
Sunshine? Air clarity (below cloud)	Extensive sunshine in clear air on the high summits above cloud. Sunshine patchier on low slopes, particularly Lochaber where extended cloudy spells are likely; excellent visibility below cloud.
How Cold? (at 900m)	11C, rising up to 15C where not in cloud on high terrain; easternmost glens may approach 22 or 23C. Feeling like 3 to 5C early if exposed to stronger breeze.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 10 July	Saturday 11 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 10-15mph early in day, possible 20mph northwest Lochaber, but likely dropping below 10mph widely. Small.	Generally easterly but variable, 10-15mph, most notable breezes south of Glen Coe; locally lower speeds too. Small.
How wet? (Precipitation and its impact)	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 towards central highlands later.	Some patchy rain Patches of light rain here and there through the day, many hills see extended dry windows. A greater risk of steadier falls well inland early, perhaps later around Ben Nevis and Glencoe groups.
Cloud on the hills? Chance of cloud free Munros?	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, perhaps more broken Arran to Ben Lomond. 30% Lochaber, to 60% around Loch Lomond	Fairly extensive Extensive from lower slopes upward at dawn; some varied broken cloud northwest of Loch Linnhe. Bases lift, unlikely rising above 800m well inland. Some breaks approach 900m or higher towards the coast, but highly variable with lower banks returning. 20%
Sunshine? Air clarity (below cloud)	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.	Some brighter moments towards the coast but largely overcast; poor visibility on high terrain, to very good below cloud.
How Cold? (at 900m) Freezing Level	10C west of Loch Linnhe, up to 13 to 15C inland and south, rising slightly, up to 16C Ben Lomond to Arran. Above the summits.	12 to 14C, mildest to the south. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 10 July, 2026

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands on Friday and Saturday, some risk of heavier thundery bursts on Friday. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog beginning to affect northeastern hill groups later weekend.

Easterly wind will persist next week, sometimes quite strong England and Wales. Mostly sunny and quite hot, including Scottish Highlands. Low pressure south of the country may push showers into Wales, though confidence is low.

Otherwise, this hot and dry pattern is likely to persist until late next week, at least.

Forecast issued at 16:20 on Wednesday, 8 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.