

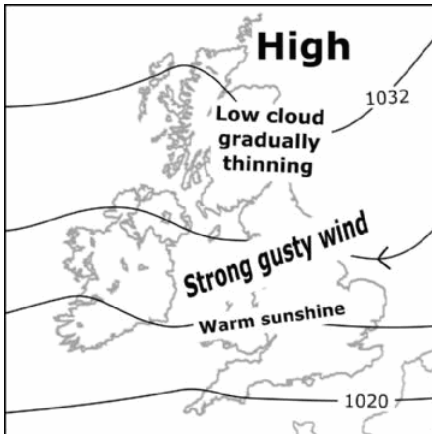
# West Highlands

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 Sunday, 12 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 12 July, 2026**

Cloud shrouds many hills in Scotland and NE England in the morning, more broken westwards; slowly tending to thin to leave patchier cloud on higher tops mainly eastern Scotland by afternoon. A notably strong gusty easterly wind for England & Wales, but mostly sunny. Warm for Wales & Peak District.

### Headline for West Highlands

Low cloud and early dampness, improving. Wind fairly light.

## Detailed Forecast for Sunday, 12 July, 2026

<b>How windy? (On the Munros)</b>	East-southeasterly 10mph, to 15mph Loch Lomond NP and Arran, local gusts 20mph; some variability, particularly north Lochaber where speeds often below 10mph.
<b>Effect of wind on you?</b>	<b>Small to negligible.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Spotty drizzle fades</b> Local pockets of drizzle early in the day, but fading out to be dry. Small chance an isolated light shower later in day inland.
<b>Cloud on the hills?</b>	<b>Fairly extensive early, thickest low cloud inland; increasingly broken</b> Fairly extensive at dawn, lowest bases well inland where fog in some glens; some clear windows between layers possible on higher terrain. Bases lifting and breaks forming, to banks above 1000-1100m inland, summits clear for periods mid-afternoon into evening.
<b>Chance of cloud free Munros?</b>	<b>20% rising to 50%, or 70% later in day, sooner west.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and misty poor visibility inland in morning, sun bursts increasingly common, particularly west where extensive on low slopes with excellent visibility.
<b>How Cold? (at 900m)</b>	10 to 12C at dawn, lifting to 14C afternoon as cloud clears, a degree or so warmer western hills near/north of Mull.
<b>Freezing Level</b>	Above the summits.

## West Highlands - Looking Ahead

	Monday 13 July	Tuesday 14 July
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Easterly 5-15mph, strongest south with notable gusts over tops and well downslope. <b>Fairly small, but nuisance gusts common southern hill groups with some light buffeting.</b>	East or southeasterly, 10mph or less in Lochaber, to 15-20mph further south, or often 20-25mph Arran and near Clyde. <b>Fairly small, but feeling noticeably breezier where exposed over southern hills.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No rain expected</b>	<b>No rain expected</b>
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Mostly little</b>  Patchy banks of cloud on middle slopes well inland, thickest around Great Glen/Lochaber; tops will be above any cloud layer. After dawn, banks begin lifting to upper terrain, may approach 1100-1200m, but mostly dissipating; a few lingering banks near the Great Glen. <b>80% (summits above cloud at least early)</b>	<b>Hills clear</b>  Local fog patches from dawn in some glens and lower slopes mainly around lochs, soon dispersing. The hills otherwise clear all day. <b>Above 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny. Excellent visibility.	Strong sunshine and excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	10C rising to 14 or 15C; westernmost slopes warmest, locally to 16C. Western sunny glens approaching 25C. Above the summits.	14C from dawn (warmer than many glens), rising to 17C (glens reach 25C), locally slightly warmer west Lochaber. Above the summits.

**Planning Outlook****All mountain areas of Britain from Monday, 13 July, 2026**

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure north of the country keeps the skies mostly clear, some low-level cloud rolling inland from the North Sea at times. A prevailing easterly flow, pushing the warmest temperatures to western hill groups, valley temperatures often 25C, or warmer for Wales and Peak District, at times 30C. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Notably dry ground conditions, beware very high fire risk. Later in the week, an increasing risk of thundery showers forming, with a cooling trend into the weekend 18-19th.

**Forecast issued at 16:00 on Saturday, 11 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.