

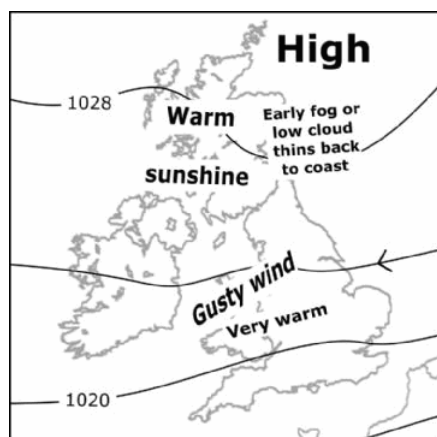
West Highlands

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 Tuesday, 14 July, 2026



British Mountain Summary:

Based on forecast chart for noon 14 July, 2026

Dry with strong sunshine, warmest in west.

Early fog and low cloud over eastern hills retreats toward the North Sea in the morning. Gusty easterlies mainly central Scotland southwards, strongest for Wales.

Extremely dry ground conditions - beware high risk of fire.

Headline for West Highlands

Warm sunshine, hills clear; fairly light wind, gusty south.

Detailed Forecast for Tuesday, 14 July, 2026

How windy? (On the Munros)	Easterly, 10mph or less in Lochaber especially north of Ben Nevis group, occasional gusts 15mph. Typically stronger further south, 15-20mph, gusty in places, at times 20-25mph near Clyde sea lochs, sometimes Arran.
Effect of wind on you?	Fairly small, but feeling noticeably breezier where exposed over southern hills.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Hills clear, patchy low fog just at first Local fog patches from dawn in some glens and lower slopes mainly around lochs, mainly in south; soon dispersing. The hills otherwise clear all day.
Chance of cloud free Munros?	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility. Some early ribbons of fog in glens. High UV, beware sunburn.
How Cold? (at 900m)	15C from dawn (warmer than many glens above a temperature inversion at first), rising to 17C (glens reach 25C), locally slightly warmer west Lochaber. Feeling fresher in the breeze especially south.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Wednesday 15 July	Thursday 16 July
How windy? (On the Munros) Effect of wind on you?	East or southeasterly 5 to 15mph, strongest southern areas, particularly on Arran gusty 20mph in places. Mostly small, locally feeling breezier on tops around the Firth of Clyde.	East to northeasterly, 5 to 10mph, local gusts 15-20mph mainly southern hills. Small.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Mountains clear From dawn, patchy fog some glens and over lochs, soon all dispersing.	Hills clear
Chance of cloud free Munros?	Practically certain	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.	Sunshine over the mountains dawn til dusk, occasional thin high cloud. Visibility excellent, some mist patches from dawn in glens and over lochs.
How Cold? (at 900m) Freezing Level	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally warmer west Lochaber). Above the summits.	16C from dawn, (warmer than glens at first), rising to 19C (glens reach 26C or locally warmer on western mainland). Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 15 July, 2026

Staying broadly fine likely through the weekend into early next week at least - dry with pleasantly warm temperatures and often plenty of sunshine. Some coastal fog rolling inland overnight for misty dawns in places this week.

Valley temperatures rising to 25C or above, typically warmer in Wales and Peak District. Gusty easterly winds for England and Wales. An ongoing very high risk of fire with extremely dry ground conditions. Into the weekend, northerly breezes develop more widely, a cooling trend for a time, particularly Scotland where summit temperatures likely dip back below 10C; some cloud may be drawn onto northern mountains at times, small chance of isolated showers.

Forecast issued at 16:00 on Monday, 13 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.