

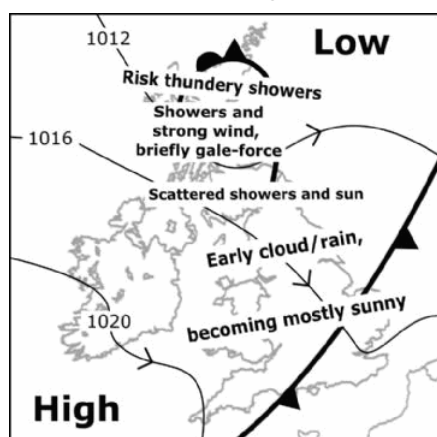
West Highlands

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, 30 July, 2026



British Mountain Summary:

Based on forecast chart for noon 30 July, 2026

Cool, windy, and showery in Scotland. Gales and heavy showers pass west-to-east across the highlands, showers most frequent with lightning risk north. Starting breezy with rain over the Pennines and Wales, this clearing east for sun, a few odd showers northwest England. Mild-to-warm England and Wales.

Headline for West Highlands

Showers, setting in for a time; strong wind, gales for a time

Detailed Forecast for Thursday, 30 July, 2026

How windy? (On the Munros)	Southwest then westerly, strengthening during morning to at least 35-45mph, likely stronger for several hours: sustained speeds over high tops of 55mph, gusting 70mph. Easing through afternoon, to 20-30mph by evening.
Effect of wind on you?	Soon deteriorating to make walking challenging, buffeting gusts with increasingly significant wind chill. Conditions will improve but walking remains impeded on high terrain.
How wet? (Precipitation and its impact)	Bursts of rain locally set in for a time Broadly showery, but some more frequent heavy bursts, a cluster of heavy rain moving east over a few hours north of Glencoe, risk of thunder and lightning. Fading later in day to scattered showers, soonest south.
Cloud on the hills?	Varied, periods of extensive cloud, particularly north Covering much high terrain in the morning, varying banks lifting to upper slopes with some breaks forming particularly inland. Lower patches around showers, with a period of more extensive cloud from Glencoe northward, bases to 600-700m with ragged patches to forest canopies of Lochaber.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some moments of sun breaking through, mostly southern areas. Visibility very good when dry, but reduced in showers.
How Cold? (at 900m)	6C, lowering to 4 or 5C later in daytime, coolest coastal Lochaber. Feeling like -5C in direct wind, to -10C or colder during strongest wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 31 July	Saturday 1 August
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20 to 30mph, gusty around showers, to 40mph but also some lighter speeds at times. Affecting ease of walking on high terrain, gusts challenging balance on high tops at times. Marked wind chill.	Westerly 20-30mph, some variability, strong gusts forming where showers develop. Locally fairly small, but ease of walking often impacted on high terrain, some more strenuous moments with wind chill.
How wet? (Precipitation and its impact)	Showery, turning heavy Showers, mostly near coast early, but developing increasingly widely, some heavy bursts forming, mainly inland into afternoon. Chance isolated thunder.	Showers, most along the coast Showers drive into western Munros most of the day, some more persistent falls at times. Well-scattered inland, except afternoon when more frequent with heavy bursts.
Cloud on the hills? Chance of cloud free Munros?	Often covering higher slopes Fairly widespread above 600 to 800m early in day, lowest near coast, tending to lift to 900m with breaks higher up at times. Variable as showers come and go, low ragged patches during/after rain. 30%	Lifting to high terrain, some varied breaks Mostly above 600-800m at dawn, lowest and most extensive towards the coast. A lifting trend, breaks to or above 1000m forming inland, locally higher, but banks return to middle slopes in/after showers. Western summits will struggle to clear. 30%
Sunshine? Air clarity (below cloud)	Patchy sun in the morning, clouding over into the afternoon. Visibility very good below cloud, but reduced in showers.	Patchy cloud and sun, trending cloudier, though western areas brighten up later. Very good visibility out of cloud, becoming hazy in the west.
How Cold? (at 900m) Freezing Level	5 or 6C, slight rise afternoon. Feeling nearer -5C in strongest gusts on tops. Above the summits.	5 or 6C, rising slightly, to 8C inland. Feeling like -5C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 31 July, 2026

Cool and showery westerlies into the weekend, windy over high terrain; western hills often capped in cloud. Southern Pennines and Wales likely see only scattered showers and remain warm. Cloud encroaches from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, trending northerly and strengthening, to gales over high summits on Tuesday. A window of improvement from midweek, which may persist into the weekend, but a showery northwesterly persists in Scotland. Beware ongoing fire management restricting access to some mountains.

Forecast issued at 16:29 on Wednesday, 29 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.