

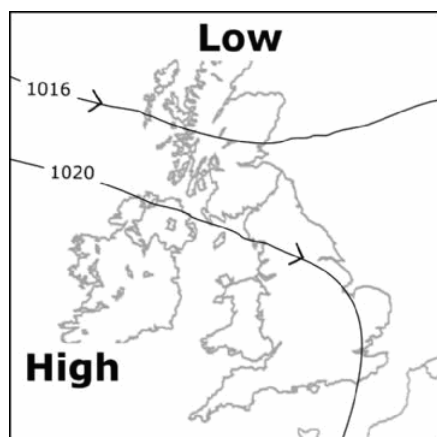
West Highlands

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 Saturday, 1 August, 2026



British Mountain Summary:

Based on forecast chart for noon 1 August, 2026

England and Wales extensively dry with periods of sun and particularly Wales fairly light wind. Increasingly showery northwards across Scotland, although mostly confined to afternoon eastern mountains. Fairly chilly, particularly morning.

Headline for West Highlands

Chilly and showery.

Detailed Forecast for Saturday, 1 August, 2026

How windy? (On the Munros)	Westerly 20-25mph..
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Showers, most along the coast Showers from time to time, some briefly heavy, although becoming few and far between from mid or late afternoon.
Cloud on the hills?	Extensive toward coast, base rising well inland - higher tops may not clear Extensive above 500-700m in the morning, lowest toward west coast. A lifting trend, particularly central highlands, where breaks above 900m increasingly by midday. Nevertheless cloud base dropping again near showers.
Chance of cloud free Munros?	10% western mountains; rising to 40% toward central highlands
Sunshine? Air clarity (below cloud)	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)	5 or 6C, rising slightly, to 8C well inland. Will feel close to or below freezing point directly in wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Sunday 2 August	Monday 3 August
How windy? (On the Munros) Effect of wind on you?	Westerly 10 to 20mph after dawn; strongest Lochaber. Will soon drop to 10mph or less. Becoming negligible.	Easterly 10-15mph; strengthening to around 25mph; very gusty in places. Mostly fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky.
How wet? (Precipitation and its impact)	A few showers; dying out Starting showery, particularly Lochaber. Showers will become confined to Lochaber and by about midday more or less all die out.	Deteriorating: rain increasingly likely Low confidence - timing of changes very uncertain: As cloud thickens from south, rain will probably spread northwards, and become widespread and constant.
Cloud on the hills? Chance of cloud free Munros?	Becoming confined to higher slopes, later may well almost all clear Progressively improving as extensive cloud above 700m Lochaber and more patchy above 900m elsewhere gradually rises. By mid afternoon, perhaps still fragments some higher tops; but the hills mostly cloud free. 30% gradually rising to 90%	Increasingly forming in rain Most, possibly all hills cloud free morning, possibly for most of day. In rain, fog will gradually shroud some or most higher slopes, even extending to some lower slopes, particularly Loch Lomond NP and Arran. 80% dropping to 30%
Sunshine? Air clarity (below cloud)	Patches of sun morning, mostly central highlands. Gradually becoming more sunny across region, but later the sun increasingly hazy. Very good or excellent visibility.	Little or no sunshine - although there may be some weak sunshine through thin high cloud. Excellent or superb visibility, but dropping markedly in rain.
How Cold? (at 900m) Freezing Level	6C rising to 9 to 13C, warmest central highlands and Loch Lomond NP. Above the summits.	9C Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 2 August, 2026

Still a few showers W & NW Highlands on Sunday, and threat of some rain by dusk western mountains. The rain will be ahead of a very complicated weather pattern early next week; areas of rain will drift slowly across central and mainly northern Britain, but the distribution of rain (and associated low cloud) remains very uncertain.

Despite some recent rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry: 'tinder dry'.

Forecast issued at 14:18 on Friday, 31 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.