

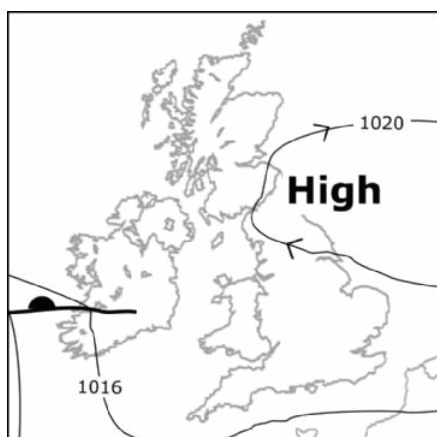
West Highlands

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, 2 August, 2026



British Mountain Summary:

Based on forecast chart for noon 2 August, 2026

A temporary ridge of high pressure will bring a fine day with light wind almost everywhere. Cloud will be above nearly all summits and the air will be very clear. Nevertheless a few showers at first NW Scotland and later cloud thickening many areas ahead of rain.

Headline for West Highlands

Wind soon light; intermittent sunshine.

Detailed Forecast for Sunday, 2 August, 2026

How windy? (On the Munros)	Westerly 10 to 20mph after dawn; strongest Lochaber. Will soon drop to 10mph or less.
Effect of wind on you?	Becoming negligible.
How wet? (Precipitation and its impact)	Risk of a passing shower morning Possibly the odd brief shower morning, probably only Lochaber
Cloud on the hills?	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.
Chance of cloud free Munros?	30% gradually rising to 90%
Sunshine? Air clarity (below cloud)	Patchwork of sunshine although cloudy at times. Excellent visibility.
How Cold? (at 900m)	6C rising to 10 to 13C, coldest coastal summits.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Monday 3 August	Tuesday 4 August
How windy? (On the Munros) Effect of wind on you?	Easterly 10mph; tending to strengthen from south toward 20 or most likely near central belt 25mph; very gusty in places. Mostly fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky.	Easterly 25 to in places a gusty 35mph although will probably ease to 15mph from the south (timing uncertain). Risk sudden buffeting in gusty winds both higher up and on some lower slopes and valleys. Expect balance to be tricky.
How wet? (Precipitation and its impact)	Deteriorating: rain increasingly likely Low confidence - timing of changes uncertain: As cloud thickens from south, rain will spread northwards, and become widespread and constant - though rarely heavy.	Intermittent rain Bands of rain will circulate within an area of low pressure. Least rainfall probably on west coastal hills, where in places frequently dry.
Cloud on the hills? Chance of cloud free Munros?	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%	Never clearing most summits Blanket of fog across higher areas, sometimes the cloud below 450m particularly central highlands and Arran. Breaks likely to 700, sometimes 900m within a few miles of the west coast elsewhere. 10%
Sunshine? Air clarity (below cloud)	Little or no sunshine - although there may be some weak sunshine through thin high cloud. Excellent or superb visibility, but dropping markedly in rain.	Little or probably no sunshine. Visibility often poor due to rain.
How Cold? (at 900m) Freezing Level	9C Above the summits.	9C Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 3 August, 2026

Confidence in the detail remains low through the first half of the coming week. Areas of rain (and accompanying low cloud) will circulate across Scotland - quite large falls in some areas. Although total rain fairly small across England and Wales, bursts of rain, in places thundery, will occur in some areas.

Later in the week, very little rainfall England and Wales, whilst mainly in western Scotland, some rain from time to time - though probably total rainfall small.

Terrain remains exceptionally dry, ('tinder dry') except for W Scotland.

Forecast issued at 14:07 on Saturday, 1 August, 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.