

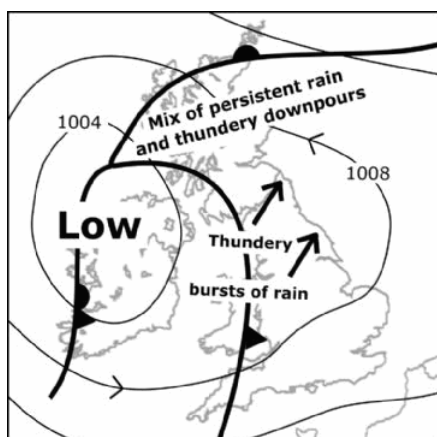
West Highlands

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, 4 August, 2026



British Mountain Summary:

Based on forecast chart for noon 4 August, 2026

Extensive rain and low cloud across Scotland, becoming thundery downpours into the afternoon from the south into the Highlands. For England & Wales, rain and low cloud most persistent in the morning, heavy showery bursts in middle of day tending to clear eastward afternoon. Strong and gusty winds widely.

Headline for West Highlands

Rain and thundery downpours, low cloud; strongest wind easing.

Detailed Forecast for Tuesday, 4 August, 2026

How windy? (On the Munros)	East-southeasterly 30 to 35mph early morning, gusts over 40mph for a few hours from dawn in Lochaber. Turning southerly and lowering to 20-25mph afternoon, but sudden powerful gusts around rain.
Effect of wind on you?	Challenging conditions at first, buffeting gusts higher and lower slopes around Ben Nevis range at least. Staying blustery all day though some improvement. Feeling cool in exposure higher up.
How wet? (Precipitation and its impact)	Frequent or persistent rain; thundery bursts Rain affects much of the region all day, some heavier falls at times. Least rainfall on west coastal hills, where in places occasionally dry. Some heavy downpours forming inland particularly afternoon onward, drifting northwards, with risk of thunder and lightning.
Cloud on the hills?	Never clearing most summits Blanket of fog all day across higher areas, sometimes the cloud below 400-500m particularly central highlands and Arran. Breaks likely to 700, sometimes 900m within a few miles of the west coast.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast and murky. Visibility often poor due to rain.
How Cold? (at 900m)	9C. Feeling near to freezing directly in the wind, colder early in day in Lochaber.
Freezing Level	Above the summits.

All mountain areas of Britain from Wednesday, 5 August, 2026

Low pressure over the country during midweek brings strong winds, rain and thundery showers. Trending toward westerlies later in the week and into weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times, accompanied by periods of strong to gale force mountain winds at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

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.