

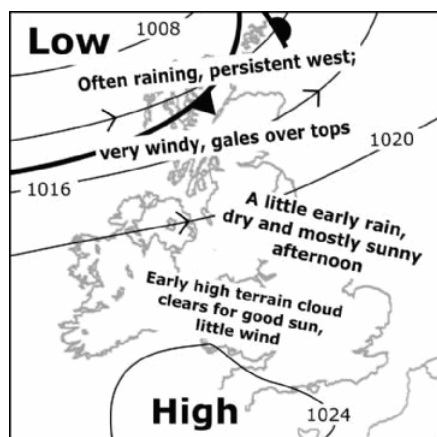
West Highlands

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.



New SWIFT LT - Ultra-compact, featherweight lighting - USB-C rechargeable, rain resistant headlamp. 380 Lumens, perfect for lightweight adventures or as a reliable backup. Find out more at [petzl.com](https://www.petzl.com)

General Summary for Friday, 7 August, 2026



British Mountain Summary:

Based on forecast chart for noon 7 August, 2026

Rain in the Scottish Highlands, persistent central/west areas; windy too, gales developing over summits. Some early rain in England, cloud covering high terrain, improving for frequent sun and minimal hill cloud. Light wind and mostly sunny Wales, just some early cloud and dampness high Snowdonia terrain.

Headline for West Highlands

Rain most of the day, wind strengthens to gales over tops

Detailed Forecast for Friday, 7 August, 2026

How windy? (On the Munros)	Southwesterly 20-35mph in the morning, strongest north. Strengthening, sustained speeds to 50mph Mull and Lochaber, some stronger gusts over the high tops; staying nearer 35-40mph southern hills.
Effect of wind on you?	Blustery from dawn, deteriorating to difficult conditions with significant wind chill; strongest wind over the high tops will become a constant challenge to balance and forward progress.
How wet? (Precipitation and its impact)	Rain most of the day Persistent rain in the morning, some steady heavy falls along the coast, sometimes drifting well-inland. Rain will tend to ease in frequency and intensity towards southern areas, though still often wet before sunset, the falls remaining frequent and sometimes heavy Mull and northward; becoming wet underfoot.
Cloud on the hills?	Extensive Extensive to middle slopes (at least) at dawn, to lower slopes west of Loch Linnhe; ragged patches to forest canopies during heavier rains. Some variability further south, may rise towards 800m during breaks in rain, but also returning lower.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Largely overcast and dull, poor visibility with a haze building along the coast. A few brighter glimpses here and there in the far south.
How Cold? (at 900m)	6 or 7C, rising a degree, locally towards 9C but some coastal areas may see little or no rise as well. Feeling like 0 to -5C in direct wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Saturday 8 August	Sunday 9 August
How windy? (On the Munros) Effect of wind on you?	Southwesterly 40-55mph, strongest speeds north with stronger gusts over high tops. Challenging conditions in exposure with significant wind chill; strongest gusts can knock you over.	West-southwesterly 30-35mph, notable gusts; may lessen somewhat. Walking strenuous on high exposed tops and ridges, buffeting gusts affecting balance with notable wind chill.
How wet? (Precipitation and its impact)	Constant rain sets in, often heavy Showery rain from the southwest sets in through the morning, constant heavy falls forming in Lochaber and spreading more widely with time; very wet underfoot.	Showers, some extended falls Showers drifting from the west most or all day, some extended falls come and go with heavy bursts. Southern Munros may see a few early hours of steadier rain, this clearing south.
Cloud on the hills? Chance of cloud free Munros?	Becoming extensive Varied cloud in the early hours with coming and going of rain, some improvement inland but any breaks above 1000m unlikely. Cloud filling in extensively to middle slopes with ragged patches increasingly forming to forest canopies. 30% inland early, lowering to 10%	Lifting to high terrain May be fairly extensive over southern hills at dawn, bases soon rising from the north towards 800-900m, increasing higher breaks, this pattern spreading south with time. Best chance of summit breaks inland, but returning to middle slopes where showers occur, lowest Mull northward. Rising to 40% inland
Sunshine? Air clarity (below cloud)	A few bright moments inland, soon overcast and increasingly dull with very poor visibility.	A mostly cloudy start gives way to a patchwork of cloud and sun. Varied visibility, often good but suddenly deteriorating during showers.
How Cold? (at 900m) Freezing Level	8 or 9C, mildest south and very humid. Feeling like -5C in direct wind (or colder northern summits). Above the summits.	8C, dropping slightly, towards 6C Lochaber coast. Feeling near freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 8 August, 2026

Westerly winds prevail into the weekend: Saturday will see extensive cloud and heavy rain develop across Scotland with gales; bands of rain passing to the south and east into England and Wales through Sunday with showers in Scotland. A ridge of high pressure early next week brings warmer temperatures and clearer hills, though western areas likely remain fairly cloudy with some drizzle on the high tops. Westerly flow returns through mid-week and a series of low pressure systems will pass west-to-east across the country with periods of strong wind (sometimes gales), rain, and low cloud, western hill groups always most affected. Mild-to-warm temperatures and sometimes quite humid. Changeable conditions persist into next weekend.

Forecast issued at 16:18 on Thursday, 6 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.