

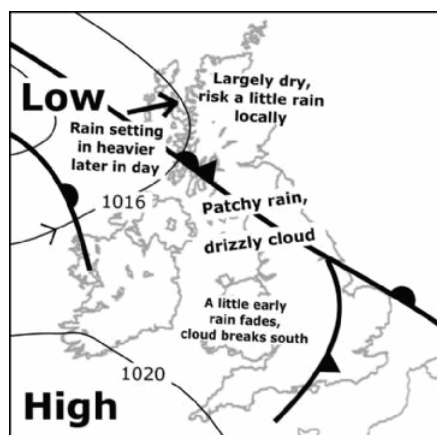
West Highlands

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 Monday, 17 August, 2026



British Mountain Summary:

Based on forecast chart for noon 17 August, 2026

Much of the Highlands largely dry well into the afternoon with light winds, but some local patchy light rain and varied cloud. Rain develops from the west later, setting in heavy into evening. England and Wales sees patchy rain, drizzle and low cloud, though mid & south Wales tends to improve.

Headline for West Highlands

Mostly dry with good cloud breaks, then heavy rain later.

Detailed Forecast for Monday, 17 August, 2026

How windy? (On the Munros)	Variable direction 10mph or less in morning, becoming southerly and tending to increase to 20mph during afternoon, later 25-30mph more western mountains, then all areas later evening onward.
Effect of wind on you?	Mostly small, but becoming more blustery later in day, may start to affect comfortable walking in exposure by evening.
How wet? (Precipitation and its impact)	Largely dry until afternoon, rain then develops west, later widely heavy Substantially dry in morning, odd patches of light rain locally, developing mainly near to coasts south of Mull, gradually steadier rain arriving here afternoon, extending inland into evening, setting in extensively heavier from west for a few hours. Breaking up into showers onward into the night.
Cloud on the hills?	Mostly little, then later very low cloud develops widely Patchy cloud around some slopes in the morning, but many mountains free of low cloud for many hours. Greater risk of low cloud banks Arran to Jura, pushing further inland from south later. Lowering cloud extensively in evening.
Chance of cloud free Munros?	70%, then late in day dropping to 10%
Sunshine? Air clarity (below cloud)	Fairly cloudy, a little sun mostly weak through high cloud, thickening afternoon. Visibility very good, reducing to poor later in rain.
How Cold? (at 900m)	9 or 10C, slight rise into afternoon. Feeling colder late in day as wind increases, close to freezing on high tops.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 18 August	Wednesday 19 August
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 25 to 40mph. Affecting ease of walking, in places more frequent buffeting making movement challenging. Considerable wind chill.	Speed and direction likely to vary, may be often 10mph or less, but risk sudden gusts in rain. May be SW'ly 25-30mph in south. Mostly small, but prepare for notable wind chill if exposed to gusts, or stronger speeds locally.
How wet? (Precipitation and its impact)	Rain on and off Showery rain throughout the day, odd heavier bursts inland by afternoon.	Heavy showers forming, risk lightning Patchy rain mostly around coasts and islands early in the day, but increasingly showery rain forming widely, heavy bursts mainly inland into the afternoon, moving around slowly to give rain locally for an hour or more. Risk of thunder.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, lowest coasts Often covering coastal hills above 600 to 800m, inland more often the cloud above 800m, higher breaks forming afternoon. 20%	Varying, most extensive around rain Patchy cloud around some slopes in the morning, tending to lift toward high tops, mostly confined above 1000m with higher breaks. During and after rain, cloud lowering, ragged patches to lower slopes. 50%
Sunshine? Air clarity (below cloud)	Fairly cloudy with brief sun. Visibility good, but reduced in showers and slight coastal haze.	Brief sun inland in the morning, clouding over; some sun later near coasts. Visibility very good when dry, but poor in showers.
How Cold? (at 900m) Freezing Level	7 or 8C, trending cooler later in day. Feeling near or below freezing in the wind. Above the summits.	7 or 8C, little change all day. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 18 August, 2026**

Rain spreads to most places on Monday night as a frontal system moves eastward. Low pressure to the north will gradually drift south to envelop most of Britain into midweek, bringing showery conditions widely, some more organised bands of rain at times. Some heavy and thundery downpours forming, mostly into the afternoons in the second half of this week, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later in the week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. Drier weather is likely by the weekend as higher pressure builds.

Forecast issued at 15:56 on Sunday, 16 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.