

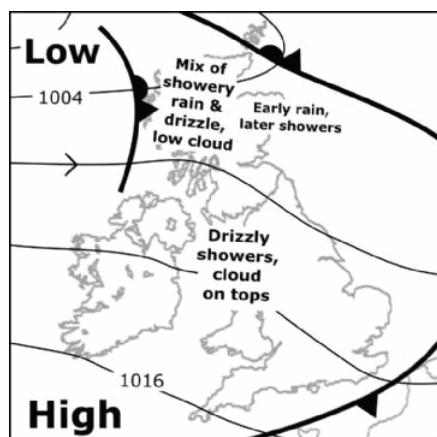
West Highlands

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, 18 August, 2026



British Mountain Summary:

Based on forecast chart for noon 18 August, 2026

Fresh-to-strong westerly breezes bring frequent showery rain and drizzle to western Scotland all day, plus patchy rain western England and Wales in the morning, here becoming drier until rain returns by evening. All western tops often in cloud. Some showery rain extends east across the Highlands.

Headline for West Highlands

Blustery, often raining western hills, cloud on tops.

Detailed Forecast for Tuesday, 18 August, 2026

How windy? (On the Munros)	West-southwesterly 25 to 35mph, gusts 40mph in places around higher tops.
Effect of wind on you?	Strenuous walking where exposed on high terrain, some buffeting over high tops and ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain on and off, most frequent northwest Showery rain throughout the day, mixed with drizzle over the hills, common over coastal areas. Odd heavier bursts inland by afternoon, some persistent rain for periods mainly Lochaber, especially west of Loch Linnhe.
Cloud on the hills?	Fairly extensive, lowest coasts Often covering coastal hills above 600 to 800m, inland more often the cloud above 800m, higher breaks forming afternoon away from showers.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Fairly cloudy with rare brief sun. Visibility good, but reduced in showers and slight coastal haze.
How Cold? (at 900m)	7 or 8C, trending cooler later in day. Feeling like 0 to -3C in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Wednesday 19 August	Thursday 20 August
How windy? (On the Munros) Effect of wind on you?	Starting SW'ly 25mph far south. Variable 10mph or less for several hours, sudden gusts in rain. Later NE'ly 25mph north. Mostly small, but prepare for notable wind chill if exposed to gusts, or stronger speeds locally.	North-northeasterly 20 to 30mph. Feeling distinctly chilly on exposed high terrain. Breezy over hills, in places may affect comfortable walking.
How wet? (Precipitation and its impact)	Heavy bursts increasingly, 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.	A few showers A scattering of showers spreading from the north, briefly heavy locally, forming more widely inland during afternoon.
Cloud on the hills? Chance of cloud free Munros?	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%	Varying on tops Patches capping higher slopes above 900-1000m, some lower patches in rain. Breaks for periods toward tops, mainly south. 40%
Sunshine? Air clarity (below cloud)	Brief sun inland in the morning, clouding over; some sun later near coasts. Visibility very good when dry, but poor in showers.	Fairly cloudy, some sun breaking through. Visibility very good, but reduced in rain.
How Cold? (at 900m) Freezing Level	7 or 8C, little change all day. Feeling near to freezing if exposed to increasing wind. Above the summits.	5 or 6C, little variation all day; slightly cooler by evening in Lochaber. Feeling like -3C in stronger wind. Above the summits, but by evening, dropping close to freezing on Ben Nevis summit above 1300m.

Planning Outlook

All mountain areas of Britain from Wednesday, 19 August, 2026

Low pressure dominates across 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, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later this week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. More often dry with rare lighter showers over the weekend as higher pressure builds. Strengthening south-southwesterly winds into early next week with a risk of rain returning from the west, but warmer temperatures are likely.

Forecast issued at 16:26 on Monday, 17 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.