

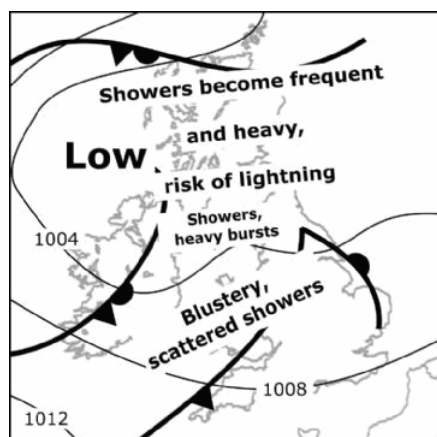
West Highlands

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 Wednesday, 19 August, 2026



British Mountain Summary:

Based on forecast chart for noon 19 August, 2026

Slow-moving showers across Scotland, trending more frequent and heavy afternoon with thundery downpours; light wind but gusty around showers. Showers in England, most frequent and heavy early and into night in northern areas with thunder risk. Scattered showers and sun in Wales on a westerly wind.

Headline for West Highlands

Rising risk of heavy, thundery rain with gusts

Detailed Forecast for Wednesday, 19 August, 2026

How windy? (On the Munros) Effect of wind on you?	Starting southwesterly 20mph far south, soon generally southerly but variable at 10mph or less for several hours, sudden gusts in rain. Reorienting northeasterly from the north later, 20-30mph. Mostly small, but prepare for notable wind chill if exposed to gusts; ease of walking starts becoming impacted in the north later in the day.
How wet? (Precipitation and its impact)	Heavy bursts increasingly, risk lightning Showery rain mostly around coasts and islands early in the day, but increasingly forming widely, heavy bursts 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?	Varying, becoming extensive around rain Patchy cloud around some slopes in the morning, tending to lift toward upper terrain, at times confined above 900m with higher breaks. During and after rain, cloud lowering, ragged patches to lower slopes, and increasingly extensive as rain becomes more frequent. 50% lowering to 30%
Sunshine? Air clarity (below cloud)	Brief sun inland in the morning, clouding over; some sun glimpses later near coasts. Visibility very good when dry, but poor in showers.
How Cold? (at 900m) Freezing Level	7 or 8C, only slight rise. Cooling a few degrees overnight. Feeling near to freezing if exposed to increasing wind. Above the summits.

West Highlands - Looking Ahead

	Thursday 20 August	Friday 21 August
How windy? (On the Munros)	North-northeasterly 20 to 30mph, trending northerly and easing slightly.	Northerly 10-20mph, lightest speeds inland; slight northwesterly bend at times.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, in places may affect comfortable walking.	Mostly small.
How wet? (Precipitation and its impact)	A few showers A scattering of showers spreading from the north, briefly heavy locally, forming more widely inland during afternoon. South of Ben Nevis group often dry in the morning.	Light scattered showers A few showers here and there, generally drifting from the north, but always light in nature and most hills see extensive dry windows. Showers at and before dawn may fall as sleet/snow on Ben Nevis summit.
Cloud on the hills?	Varying on tops Patches capping higher slopes above 900-1000m, some lower patches in rain. Breaks for periods toward tops, mainly south in the early hours, caps forming increasingly widely through afternoon.	Lifting towards high terrain with breaks Varied cloud mostly above 700m in the morning, locally more extensive north where showers occur, but lifting with time to just banks over high terrain, breaks off summits forming here and there
Chance of cloud free Munros?	50% lowering to 30%	40%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through, extended bright periods to the south early in the day. Visibility excellent, but reduced in rain.	Glimpses of sun, best on lower slopes. Very good visibility out of cloud.
How Cold? (at 900m)	5 to 7C, mildest south with only minimal rise; slightly cooler evening in Lochaber. Feeling like -3C in stronger wind.	4 or 5C to start, rising towards 7C south and inland; little or no rise to the north.
Freezing Level	Above the summits, but by evening, dropping close to freezing on Ben Nevis summit above 1300m.	Just above the Ben Nevis summit at dawn, lifting higher.

Planning Outlook

All mountain areas of Britain from Thursday, 20 August, 2026

As the weekend approaches, wind will shift northerly, moving showers and afternoon thundery downpours further south with time. Generally lighter wind but gusts will be common around showers. Temperature lowering later this week too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. More often dry with few lighter showers over the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side early next week, pressure dropping again as the week goes: periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail beyond the weekend is uncertain, and there may well be windows of better weather through the week too.

Forecast issued at 16:28 on Tuesday, 18 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.