

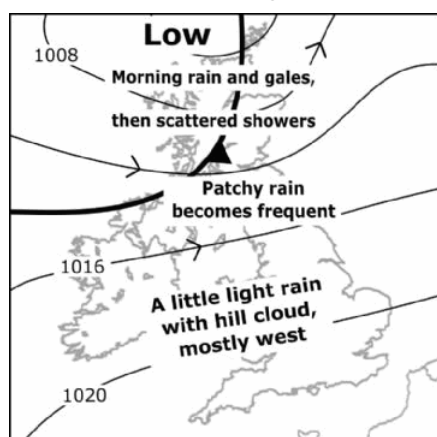
West Highlands

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, 1 September, 2026



British Mountain Summary:

Based on forecast chart for noon 1 September, 2026

A swathe of rain and gales sweeps across the Scottish Highlands, moving over the Southern Uplands with time; bright sun breaks and scattered showers follow from the northwest. Patchy rain for western hills of England and Wales, sunny breaks east. Blustery with rain increasing later in north England.

Headline for West Highlands

Morning rain and gales; easing, becoming largely dry north

Detailed Forecast for Tuesday, 1 September, 2026

How windy? (On the Munros)	West-southwesterly 40 to 55mph, some variability and briefly stronger with gusts above 60mph in exposure. Lessening somewhat later but unlikely below 30mph.
Effect of wind on you?	Arduous walking, buffeting affecting balance on exposed ridges and more difficult conditions for several hours. Significant wind chill.
How wet? (Precipitation and its impact)	Rain for a time, then showers A few hours of rain passing eastward through morning, setting in persistent for several hours with heavy falls, a remote risk of a flash of lightning. Rain will clear south, well-scattered showers following, mostly towards the coast with dry windows. Rain lingers longest from Glencoe southward.
Cloud on the hills?	Extensive, breaking from the north Extensive above 600-800m in the morning, lowest near coast, more widely to low slopes during heaviest rain. Bases rise from the north afternoon towards 700-900m, breaks increasingly higher, though slow to clear the high tops. Staying more extensive Glencoe southward until late.
Chance of cloud free Munros?	10%, later rising to 40% northern hill groups
Sunshine? Air clarity (below cloud)	Overcast and dull with poor visibility through morning. Sun breaking out afternoon from the north, particularly on low slopes, visibility becoming very good though some haze towards the coast.
How Cold? (at 900m)	6 or 7C, rising slightly, locally to 9C inland. Beginning to cool afternoon in Lochaber, and more widely with time towards 6C into evening. Feeling sub-zero in the wind, to as cold as -7C in strongest gusts.
Freezing Level	Above the summits.

All mountain areas of Britain from Wednesday, 2 September, 2026

The next week remains generally unsettled, and may well bring a deep low pressure systems with widespread gales and swathes of heavy rain. Beyond next week, indications of a more settled regime for a time.

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.