

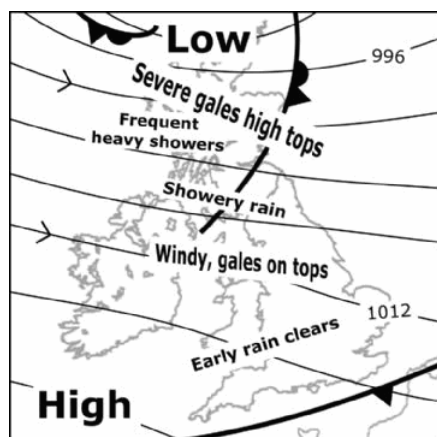
West Highlands

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 Friday, 4 September, 2026



British Mountain Summary:

Based on forecast chart for noon 4 September, 2026

Gales over high terrain in all areas, severe on higher mountains making progress very challenging and feeling cold. Showery rain, most frequent in western Scotland, scattered heavy bursts passing eastward. Remnants of overnight rain soon clears from Wales to be more often dry, less windy southwards.

Headline for West Highlands

Gales, severe on tops. Frequent bursts of rain.

Detailed Forecast for Friday, 4 September, 2026

How windy? (On the Munros)	Southwest then westerly, 45 to 60mph, peak speeds fluctuating in and out of showers, but more sustained for periods on higher summits, stronger gusts on highest tops over 70mph at times.
Effect of wind on you?	Arduous to difficult walking conditions, frequent buffeting knocking you off balance on exposed terrain. Any mobility at times challenging on tops. Significant wind chill.
How wet? (Precipitation and its impact)	Often raining, heavy showery bursts Rain on and off throughout the day, more frequent for periods, some steady rain mixed with heavier showery bursts - a more organised cluster moving inland in the morning, but further showers follow; small chance isolated thunder.
Cloud on the hills?	Often covering tops, lowest coasts Fairly persistent over many western groups above 500-700m, lowest near the coast and during rain. Well inland the cloud base higher and varying, some breaks above 800-900m, tending to rise a little into afternoon.
Chance of cloud free Munros?	20% coasts, 40% well inland.
Sunshine? Air clarity (below cloud)	Largely cloudy, brief glimpses of sun well inland. Visibility often reduced by rain, locally good below cloud especially east; a general haze near the coast.
How Cold? (at 900m)	7C, little change all day. Directly in the wind, feeling like -5C.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 5 September, 2026

Generally unsettled through the next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. A window of better weather and less wind on Saturday, but further rain moves into Scotland from the southwest by Saturday night into Sunday, heaviest northwest Highlands; gales also return to many mountains by Sunday. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times next week bringing higher Scottish tops occasionally close to freezing point. Indications favour improving weather patterns during mid-month.

Forecast issued at 16:30 on Thursday, 3 September, 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.