

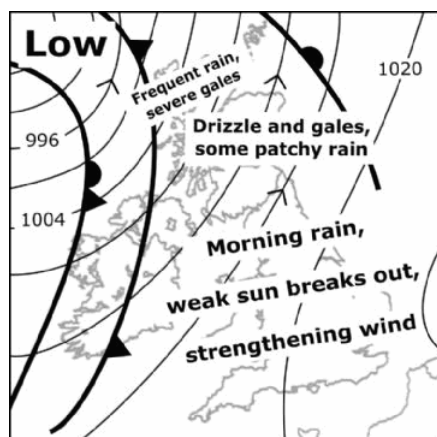
West Highlands

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 Sunday, 6 September, 2026



British Mountain Summary:

Based on forecast chart for noon 6 September, 2026

Gales spread widely across Scotland, severe over high north and west tops. Drizzle over the Highlands, rainy early and late, wettest Northwest Highlands. Early showery rain over Wales passes into England, clearing northeast for sun through high cloud afternoon; windy here too. Warm, but feeling chilly in wind.

Headline for West Highlands

Gales, becoming severe; drizzly, some patchy rain

Detailed Forecast for Sunday, 6 September, 2026

How windy? (On the Munros)	South to southwesterly 45 to 55mph, powerful gusts through passes and on some downslopes to the north, and trending towards higher speeds, gusts approaching 65-70mph highest tops.
Effect of wind on you?	Increasingly challenging conditions on exposed terrain, walking and balance becoming difficult in gusts, not just on high terrain. Considerable wind chill despite mild air.
How wet? (Precipitation and its impact)	Drizzly, morning and afternoon rain Rain fairly widespread at dawn, breaking into patches and increasingly less, but drizzle stays fairly persistent across most high terrain. Several pulses of rain will then sweep west-to-east later in the day as well.
Cloud on the hills?	Extensive Blanket low cloud across many mountains particularly west and southern groups, where may only rise towards middle slopes for a brief window afternoon. Best of any breaks east of Loch Linnhe, locally to 800-900m.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Little or no sun. Poor visibility in rain, hazy along the coast.
How Cold? (at 900m)	10 to 12C, humid all day, rising on some slopes to 14C; cooling into night. Feeling near to 0C directly in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Monday 7 September	Tuesday 8 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 45 to 60mph, but likely often 70mph higher Ben Nevis group, generally rising, gusting 80mph highest Difficult conditions over the mountains likely increasingly widely, any mobility very challenging high up. Significant wind chill.	Westerly 50-70mph, strongest early north hill groups, gusting 80mph+. Shifting northwesterly, lessening somewhat. Widely difficult conditions with buffeting and significant wind chill; effects lessening but walking remains arduous.
How wet? (Precipitation and its impact)	Frequent/prolonged rain, mostly Lochaber Showery rain, sometimes merging into prolonged falls of heavy rain, particularly western areas from Lochaber to Mull. Chance of thunder. Wet underfoot, fast-flowing streams.	Often raining Pulses of persistent rain spill over the Munros from the north and west, heavy bursts with hail, and a mix of sleet and rain on highest summits. Some showery breaks but any dry windows brief.
Cloud on the hills? Chance of cloud free Munros?	Fairly persistent higher areas Often capping most high mountains, bases varying around rain, but rarely above 800m toward coasts, at times 600m. Sometimes lifting to 1000m or above inland, best breaks near Rannoch Moor to Glen Spean, then more extensive again later. 30%	Fairly extensive Several periods of blanket cloud shrouding all hills from 500m upward, lower bases during heaviest rain. Some windows of rising bases, breaks locally towards 800-900m south and eastern hills, but returning lower in showers. 10%
Sunshine? Air clarity (below cloud)	Occasional brief sun well inland, some cloudier periods too. Hazy particularly toward coasts, visibility widely poor in rain.	Rare bright glimpses, perhaps more often towards southern islands later. Poor visibility, hazy towards west coast.
How Cold? (at 900m) Freezing Level	5 or 6C; starting a degree milder. Feeling like -7 to -10C in the wind on tops. Above the summits.	4 to 6C. Feeling like -5 to -7C in direct wind. Just above the highest summits.

Planning Outlook

All mountain areas of Britain from Monday, 7 September, 2026

Generally unsettled onward into next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point. A few high pressure ridges will briefly bring brighter drier spells: Wednesday likely sees a brief good weather window, though cloud moves into the west with time, and indications suggest another window may arise Friday into Saturday, though this remains uncertain. Longer settled windows forming from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows around east hill groups.

Forecast issued at 16:28 on Saturday, 5 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.