

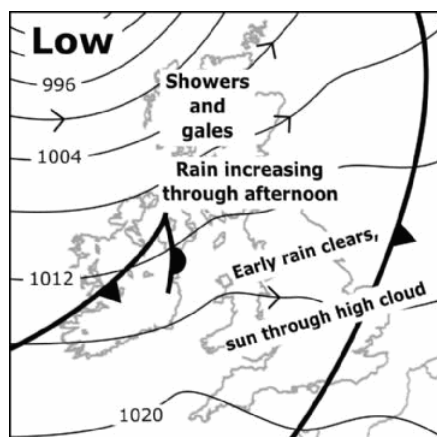
West Highlands

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 Monday, 7 September, 2026



British Mountain Summary:

Based on forecast chart for noon 7 September, 2026

Showers in west Scotland from dawn, spreading east. Gales across the highlands, severe northwest, feeling cold. Early rain in England and Wales breaks for sun through high cloud, windy in the north. Prolonged rain arrives into south Scotland from midday, spreading into north England with time, and later Wales.

Headline for West Highlands

Showers, some prolonged falls; gales become widespread

Detailed Forecast for Monday, 7 September, 2026

How windy? (On the Munros)	Southwesterly 40 to 55mph, tending to strengthen, sustained speeds reaching 60mph with stronger gusts over Ben Nevis.
Effect of wind on you?	Arduous walking in exposure most of the day, becoming difficult over higher terrain as the day goes with buffeting making any mobility challenging; significant wind chill.
How wet? (Precipitation and its impact)	Showers increasing Showers much of the day, some heavy bursts and merging into prolonged falls at times towards the south. Some chance a few hours of persistent rain, again mostly southern mountains. Wet underfoot, fast-flowing streams.
Cloud on the hills?	Fairly persistent higher areas Often capping most high mountains, bases varying around rain, but rarely above 900m toward coasts, at times 600m. Sometimes lifting to 1000m or above inland, best breaks near Rannoch Moor to Glen Spean. Some periods of more extensive cloud from Glencoe southward are possible.
Chance of cloud free Munros?	20% towards coast; to 40% north of Rannoch Moor
Sunshine? Air clarity (below cloud)	Patchy sunshine, best inland; some more broadly cloudy periods towards the south. A haze towards the coast, visibility often poor in cloud and rain, but locally improving well-inland.
How Cold? (at 900m)	6 or 7C, little change all day. Feeling like -5C, to -10C in strongest wind on high tops.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 8 September	Wednesday 9 September
How windy? (On the Munros) Effect of wind on you?	Westerly 50-60mph, trending stronger, sustained speeds approach 70mph over Ben Nevis. Shifting NW'ly. Widely difficult conditions with buffeting and significant wind chill; effects lessening later but walking remains arduous.	Northwesterly 25-35mph, easing, shifting westerly, 15mph afternoon and locally less. A blustery start and feeling chilly, easing to small effects.
How wet? (Precipitation and its impact)	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.	Few showers Well-scattered light showers will drift onto the coast and hill groups from Glencoe northward, tending to fade to largely dry conditions.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Several periods of blanket cloud shrouding all hills from 600m upward, lower bases during heaviest rain. Some windows of higher bases, breaks locally towards 800-900m south and eastern hills, but returning lower in showers. 10%	Rising to high terrain, breaks inland Varied cloud banks from middle slopes up, local lower patches where sheltered, but soon dissipating and lifting, mostly isolating above 900m and increasingly breaking up inland. Summits nearest the coast, as well as highest inland summits, will struggle to clear. Rising to 50%
Sunshine? Air clarity (below cloud)	Patchy bright glimpses. Largely poor visibility, hazy towards west coast.	Patchy sunshine breaking out, extended windows increasingly. Very good visibility.
How Cold? (at 900m) Freezing Level	5 or 6C. Feeling like -5 to -7C in direct wind. Just above the highest summits.	6 or 7C, slight rise well-inland afternoon. Feeling like -5C in direct wind early, wind chill effect easing. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 8 September, 2026**

Generally unsettled through next week with spells of rain and showers moving in from the Atlantic, accompanied by 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, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

An unsettled weekend is indicated, followed by a rising chance of longer settled windows from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows east hill groups.

Forecast issued at 16:19 on Sunday, 6 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.