

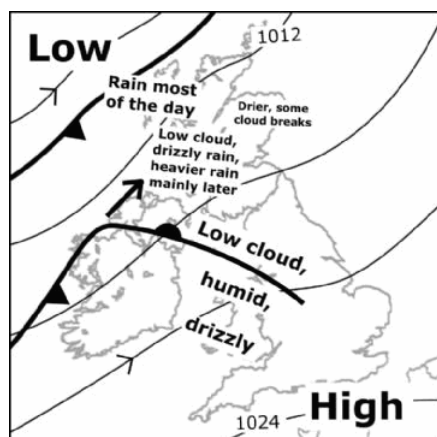
West Highlands

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, 14 September, 2026



British Mountain Summary:

Based on forecast chart for noon 14 September, 2026

Humid southwesterly air brings extensive low cloud and drizzle to many mountains. Locally drier with some cloud breaks toward northeast of major mountain groups. Around Skye generally wet all day, whilst more prolonged heavier rain likely moves into southwest Scotland afternoon-evening. Strong and gusty winds.

Headline for West Highlands

Blustery, gusty; low cloud and drizzle, patchy rain, wetter later.

Detailed Forecast for Monday, 14 September, 2026

How windy? (On the Munros)	Southwesterly 30 to 45mph, speed varying locally and during the day, tending to generally rise during afternoon; some notable strong gusts including on some north and eastern downslopes.
Effect of wind on you?	Some variations, but often affecting comfortable walking in exposure, with time increasingly frequent buffeting, very gusty in places affecting stability, not just highest terrain. Wind chill becoming considerable despite mild air.
How wet? (Precipitation and its impact)	Drizzle, some rain mostly northwest, likely wetter extensively later Rain and drizzle fairly persistent from dawn Mull to Ben Nevis group, staying generally damp all day west of Loch Linnhe. Patchy and light elsewhere, some drizzle, otherwise dry for a few hours well inland. During afternoon and particularly toward evening, persistent rain developing widely from southwest, setting in heavier.
Cloud on the hills?	Extensive, lowest coasts, rare local breaks Shrouding most mountains all day, from mid-slopes up around many west and south-facing groups, lower patches in rain. Higher bases inland generally north of Crianlarich around 600-800m, best of breaks to some upper slopes northeast of Ben Nevis group, but rarely clearing high tops.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Rare glimpses of weak sun well inland, but largely overcast and dull. Poor visibility in rain, locally better below cloud inland at times, but a haze likely.
How Cold? (at 900m)	9 or 10C, locally slightly warmer northeast Lochaber, little change all day; then lowering only well into night to 6C. Feeling just below 0C directly in wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Tuesday 15 September	Wednesday 16 September
How windy? (On the Munros) Effect of wind on you?	Westerly 25 to 35mph, risk stronger gusts early in the day, possibly 50mph briefly, mainly southern areas. Blustery across the hills, strenuous walking on exposed higher terrain with buffeting gusts and considerable wind chill.	Gusty northwesterly 30-35mph, shifting westerly and lessening, later SW'ly, strengthening, finishing 35-40mph. Blustery start, easing to fairly small effects for a time, but conditions become strenuous, or later arduous.
How wet? (Precipitation and its impact)	Often raining Showery rain throughout the day, most frequent toward coasts early morning, but soon extending inland, some heavier bursts on and off.	Little until later Odd drizzly spots here and there, perhaps more frequent near the coast south of Mull; many hills dry into afternoon. Patchy rain arrives west afternoon, increasingly setting in as evening approaches.
Cloud on the hills? Chance of cloud free Munros?	Fairly persistent higher tops Often capping coastal mountains above 800m, banks of cloud to 600m at times. Further inland, bases typically 900-1000m with some brief breaks higher up. 30%	Lifting, high breaks for a time, then deteriorating Cloud banks at varied heights in the morning, clear windows between layers which may include summits. Cloud will tend to lift and break up, varied layers on high terrain linger towards the coast. Will increasingly fill in from mid-afternoon onward. 50%, deteriorating from mid-afternoon
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly well inland. Visibility very good away from showers, some haze near coast early in day.	Patchy sunshine, most extensive south of Rannoch Moor, high cloud thickens from the west later. Good visibility.
How Cold? (at 900m) Freezing Level	6 or 7C, small change then trending slightly cooler later in daytime. Feeling like -3C in the wind. Above the summits.	3 to 5C to start, mildest south, rising to 6C, rising slightly further into night. Feeling as cold as -5C in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 15 September, 2026**

Staying unsettled during the next week to 10 days as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing frequent rain, wettest over western mountains in Scotland. Often windy, sustained periods of gale-force westerly winds over higher terrain. Fairly cool by Tuesday onward, close to freezing on highest Scottish summits on Wednesday morning, possibly again for a time next weekend; often considerable wind chill on the mountains. Higher pressure and better weather tends to expand further north later in month.

Forecast issued at 16:18 on Sunday, 13 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.