

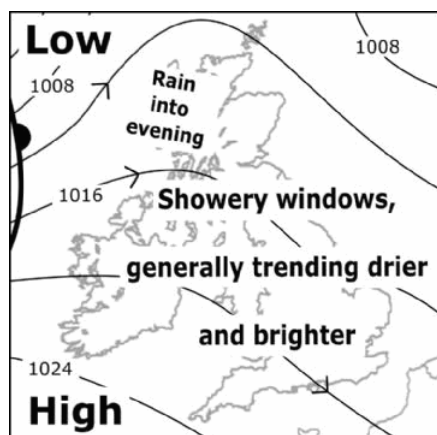
West Highlands

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 Wednesday, 16 September, 2026



British Mountain Summary:

Based on forecast chart for noon 16 September, 2026

Northwesterly wind pushes chilly air and showers into Scotland, milder but showery in Wales and west England. Wind lessens and showers increasingly scattering, a few light showery clusters here and there (total rainfall small). Rain and wind into west Scotland later, spreading widely overnight.

Headline for West Highlands

A few showery moments, sun breaks; rain and wind later

Detailed Forecast for Wednesday, 16 September, 2026

How windy? (On the Munros)	Northwesterly 15-25mph, soon shifting westerly and lessening, to 10-15mph or briefly less, then shifting southwesterly and rapidly strengthening, finishing 35-45mph, strongest Mull and Lochaber coast. Further rising into night.
Effect of wind on you?	Small effects through much of morning and into afternoon, but deteriorating through afternoon to widely strenuous conditions with considerable buffeting and wind chill and further deteriorating overnight.
How wet? (Precipitation and its impact)	Some showers west coast, then rain arrives later Scattered showers mostly around north and western hills groups in the morning. Most rain fades by midday, but a few spots of rain linger towards west hill groups. Patchy rain will return from the west as afternoon goes, increasingly setting in as evening approaches.
Cloud on the hills?	Lifting, varied on high terrain, then filling in evening Cloud banks at varied heights in the morning, clear windows between layers, least cloud towards Ben Lomond. Cloud will tend lift and break up, varied layers on high terrain linger, locally lower. Will begin to fill in more widely on high terrain from mid-afternoon, fairly extensive evening, bases to 500m west.
Chance of cloud free Munros?	50%, deteriorating from mid-afternoon, to 20%
Sunshine? Air clarity (below cloud)	Patchy sunshine, most extensive south of Rannoch Moor, high cloud thickens from the west later. Very good visibility.
How Cold? (at 900m)	3 to 5C to start, mildest south, rising to 6C, rising slightly further into night. Feeling as cold as -5C in direct wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 17 September	Friday 18 September
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 40-50mph, strongest north and also quite gusty, tops speeds to 55-60mph. Strenuous walking in exposure, more arduous north with considerable buffeting and significant wind chill.	Westerly turning southwesterly 35-45mph, may briefly lessen for a time, but strongest gusts approach 50-55mph later. Strenuous conditions in exposure, buffeting with wind chill, and perhaps more widely arduous late in the day.
How wet? (Precipitation and its impact)	Showers, setting in Showers stream from the west from dawn, increasingly pushing inland and becoming frequent, and may set in more widely for several hours. Most persistent heavy falls near and north of Glencoe, some risk of hail.	Some showers, more rain afternoon Showers drifting from the west through morning, tending to ease briefly, then a band of rain arrives from the west afternoon, for several hours of rain with heavy bursts, breaking up later.
Cloud on the hills? Chance of cloud free Munros?	Increasingly extensive Varied bases between 700-900m from dawn, lower towards the coast in showers; best of high breaks inland and south. Cloud more persistent with time, bases widely to 800m, variably lower, approaching 400-500m coast from Mull northward. 50% lowering to 20%	Varied over tops, later filling in Most cloud towards west coast, above 700m, and tending to lift with breaks above 1100m inland at times. Through afternoon, cloud fills in, widely above 900m and lowest south and west, locally towards 400-500m. May break up somewhat later. 60%, lowering to 10% well into the day.
Sunshine? Air clarity (below cloud)	Bursts of bright sun, mostly east, increasingly clouding over. Visibility starts good inland, but deteriorating with cloud, rain, and haze.	Patchy sun, increasingly cloudy afternoon and dull for a time. Generally hazy, and deteriorating in cloud and rain.
How Cold? (at 900m) Freezing Level	5C. Feeling like -5C, to as cold as -10C in strongest direct wind. Above the summits.	4 or 5C, rising to 7C, and rising another degree or two into evening. Feeling at or below 0C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 17 September, 2026

Showers and strong westerly wind prevails from Thursday into the weekend - areas of low pressure passing north of Scotland with frontal systems bringing bands of rain, followed by showers, wettest over western mountains in Scotland. Periods of gale-force winds over higher terrain, cool temperatures with significant wind chill, particularly in the north where temperatures will occasionally approach freezing point on high Scottish tops. Showers generally more scattered in England and Wales, most showers in the west; bright spells too, but bands of rain and low cloud will pass these areas. Mild temperatures, at times warm south Pennines and Wales.

Milder, more settled weather is indicated next week, though sometimes breezy in Scotland, spells of rain in the west.

Forecast issued at 16:12 on Tuesday, 15 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.