

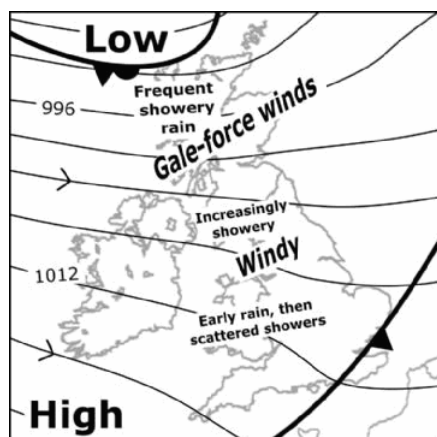
West Highlands

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 Thursday, 17 September, 2026



British Mountain Summary:

Based on forecast chart for noon 17 September, 2026

Strong westerly winds, gales widely on Scottish mountains; cool air and significant wind chill factor. Showery rain with heavy bursts mixed in most frequent in western Scotland, but tending to extend eastward. Showers develop more often for northern England too. Fewer showers for Wales after early rain clears.

Headline for West Highlands

Mountain gales, feeling distinctly chilly; rain often heavy.

Detailed Forecast for Thursday, 17 September, 2026

How windy? (On the Munros)	West-southwesterly 40 to 55mph, squally gusts in showers, at times sustained speeds over 60mph on higher tops.
Effect of wind on you?	Arduous walking in exposure all day, considerable buffeting will challenge balance, gusts could knock you over in places; significant wind chill.
How wet? (Precipitation and its impact)	Showers, setting in, heavy bursts, risk hail Showers stream from the west from dawn, increasingly pushing inland and becoming frequent throughout the day, or setting in - the most persistent heavy falls near and north of Glencoe, some risk of hail.
Cloud on the hills?	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.
Chance of cloud free Munros?	50% lowering to 20%
Sunshine? Air clarity (below cloud)	Brief glimpses of sun mostly well inland. Visibility often reduced by showers, a general haze at best.
How Cold? (at 900m)	5C. Feeling like -5C, to as cold as -10C in strongest direct wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Friday 18 September	Saturday 19 September
How windy? (On the Munros)	West turning S-SW'ly 35-45mph, briefly less in morning, then increasing further to 50-60mph by early afternoon.	Southwesterly 40 to 55mph, powerful squally gusts around showers.
Effect of wind on you?	Strenuous conditions in exposure, deteriorating to become more widely difficult with considerable wind chill.	Arduous walking conditions, balance frequently challenged on high exposed terrain. Significant wind chill.
How wet? (Precipitation and its impact)	Some showers, more rain afternoon Showers drifting from the west through morning, tending to ease briefly, then more persistent rain arrives from the west into afternoon, for several hours of rain with heavier falls. A legacy of patchy rain and drizzle into evening.	Frequent rain Showery all day, rain rarely fully ceasing for long, a mix of drizzle and some heavier bursts. Some drier windows more often further inland.
Cloud on the hills?	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.	Extensive higher areas Often covering mountains above 700-900m, some lower patches near coast and islands. Brief breaks higher up inland and base lifting a little during daytime.
Chance of cloud free Munros?	60%, lowering to 10%	20%
Sunshine? Air clarity (below cloud)	Patchy sun, increasingly cloudy afternoon and dull for a time. Generally hazy, and deteriorating in cloud and rain.	Brief glimpses of sun, more often inland. Hazy, particularly coasts, widely poor visibility in rain, better at times inland, good where dry.
How Cold? (at 900m)	4 or 5C, rising to 7C, and rising another degree or two into evening. Feeling at or below 0C in direct wind.	5 or 6C, trending slightly cooler later in the daytime. Feeling like -5 to -8C in the wind.
Freezing Level	Above the summits.	Above the summits. Into the night, may drop close to freezing on highest tops in Ben Nevis group.

Planning Outlook

All mountain areas of Britain from Friday, 18 September, 2026

Sustained gale-force winds continue extensively on the mountains into the weekend, southwesterly turning westerly with time. Frequent rain over western hills, showers passing eastwards, tending to fade during Sunday as higher pressure begins to build from the south, allowing wind speeds to lessen too over England & Wales. Warmer into early next week, though higher humidity brings more cloud some drizzly rain to the west. A generally more promising forecast for late September as high pressure nearby offers drier and warmer weather for more places. Weather systems grazing past Scotland to the north still bring locally stronger winds and occasional rain mainly to the northwest.

Forecast issued at 16:01 on Wednesday, 16 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.