

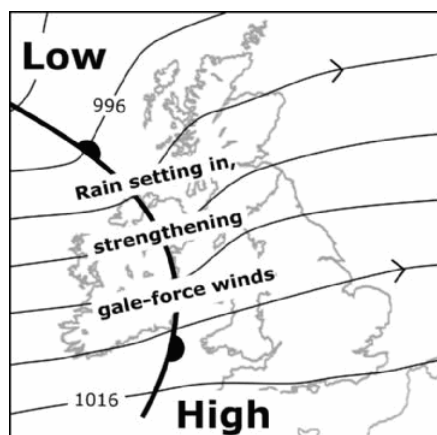
West Highlands

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 Friday, 18 September, 2026



British Mountain Summary:

Based on forecast chart for noon 18 September, 2026

Already windy with light showery rain over western hills early in the day, but conditions will worsen from the west as gales strengthen and rain / drizzle becomes persistent, some heavier rain; cloud bases lower to widely blanket hills, lowest in west.

Headline for West Highlands

Windy, strengthening gales; showery rain then constant rain.

Detailed Forecast for Friday, 18 September, 2026

How windy? (On the Munros)	West turning south-southwesterly 35-45mph, briefly less in morning, then increasing rapidly into early afternoon to 50-60mph, soonest southwest coastal areas; stronger gusts developing, in places 70mph higher mountains.
Effect of wind on you?	Strenuous conditions in exposure, deteriorating to become more widely difficult with considerable wind chill; powerful gusts giving buffeting toward some lower slopes.
How wet? (Precipitation and its impact)	Early showers, rain sets in afternoon, some heavy falls 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-night. Increasingly wet underfoot, streams rising.
Cloud on the hills?	Varied over tops, filling in afternoon Most cloud towards west coast in morning, 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 toward dusk, but shrouding most hills, lowest in west.
Chance of cloud free Munros?	60%, lowering to 10%
Sunshine? Air clarity (below cloud)	Any early weak sun giving way as high cloud thickens to be overcast, dull. Generally hazy, and deteriorating to poor in cloud and rain.
How Cold? (at 900m)	5C rising to 7C afternoon, reaching 9C toward evening, then slight drop into night. Feeling often near to -5C in direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 19 September, 2026

Gale-force southwesterly winds continue extensively on the mountains into Saturday and early Sunday. 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.

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.