

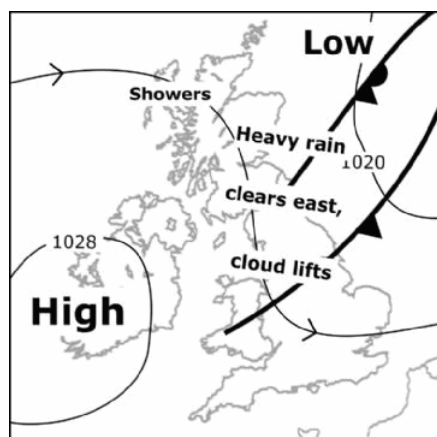
West Highlands

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, 23 September, 2026



British Mountain Summary:

Based on forecast chart for noon 23 September, 2026

Rain and strong winds soon clears east from Scotland, but lasts a few hours over northern England and Wales in the morning with some heavier bursts. A marked improvement follows as cloud lifts and breaks up. A few showers continue near west coasts of Scotland. Feeling rather chilly in a fresh breeze.

Headline for West Highlands

Sunshine, patchy cloud and brief showers, chilly breeze.

Detailed Forecast for Wednesday, 23 September, 2026

How windy? (On the Munros)	West-northwesterly 15-20mph, at times 25mph higher tops, starting briefly 35mph in the south. Widely lessening later in day to 10-15mph, or less by evening.
Effect of wind on you?	Fairly small, but feeling breezy and rather chilly over high terrain.
How wet? (Precipitation and its impact)	Dawn rain, then showers west, fading Wet underfoot particularly southern areas following overnight rain. Remnants of rain may linger for Loch Lomond NP and well inland beyond dawn, but soon clears east. A few showers drift from the west, most frequent near and north of Loch Linnhe, soon well-scattered to the south, fading widely, often dry afternoon & evening.
Cloud on the hills?	Coming and going on high terrain, increasingly breaking Fairly extensive towards central highlands just at dawn, but soon lifting and breaking, to varied banks above 800m. Cloud will continue to break up, returning above 900m during showers, mostly western slopes, and increasingly breaking up into evening.
Chance of cloud free Munros?	40%, rising with time towards 70%
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun, more widely sunny later. Excellent visibility, a little haze near the coast.
How Cold? (at 900m)	5 or 6C, rising a degree southern islands and Ben Lomond to Loch Lyon. Feeling near/below 0C in direct wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 24 September	Friday 25 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, strengthening during day to 45-60mph, soonest near coast; powerful downslope gusts. Walking becomes challenging, strongest gusts knocking you off your feet; feeling chilly despite mild temperature.	Southwesterly 30 to 40mph, in places 50mph around higher tops in Lochaber. Strenuous walking conditions on high terrain, more arduous in places with frequent buffeting; considerable wind chill.
How wet? (Precipitation and its impact)	A little rain, later more widely A little drizzle and patchy rain on high terrain near the west coast, particularly northern areas. Later, rain will tend to increase and spread widely evening and onward into night.	Rain on and off Rain most frequent on coastal mountains and islands from Jura to Mull; likely to come and go over many hills, some heavier showers. Drier well inland.
Cloud on the hills? Chance of cloud free Munros?	Little through morning, filling in afternoon Patches drift over the tops through morning, mostly near and north of Mull, many clear windows too. Through afternoon, banks more often shroud tops, first towards the coast, lowering and filling in more widely late in the day/into night. 70%, lowering to 20%	Varied to fairly extensive on tops Often in cloud above 700 to 900m west coastal mountains and islands, but more often above 900-1000m well inland with some breaks higher up. 30%
Sunshine? Air clarity (below cloud)	Glimpses of early sun, weakened by high cloud, trending cloudier. Very good visibility, a little coastal haze building, poorer later.	Largely cloudy, glimpses of sun mostly inland Lochaber. Fairly hazy coastal areas and reduced in rain, but better visibility where dry inland.
How Cold? (at 900m) Freezing Level	6C rising to 8C, staying elevated or rising further into night. Feeling as cold as -5C in strongest wind. Above the summits.	5 or 6C, little change all day. Feeling like -4 to -7C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 24 September, 2026

Southwesterly winds increase again on Thursday and rain later moves into western Scotland, but elsewhere is likely dry, bright in Wales and much of England. A variable outlook continues into the weekend and beyond with high pressure building from the south at times with fairly warm and dry conditions, but Atlantic systems still pass to the north bringing occasional rain and showers toward western Scotland at least, strong wind here with sustained gales in the north. Next week remains on the unsettled side: west-southwesterly wind with bands of rain passing over most mountains, but a trend towards higher pressure brings longer settled windows into October.

Forecast issued at 16:29 on Tuesday, 22 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.