

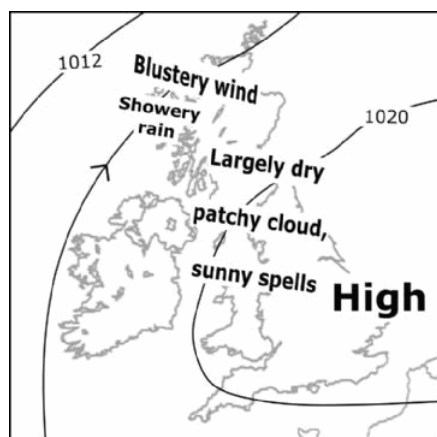
West Highlands

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, 28 September, 2026



British Mountain Summary:

Based on forecast chart for noon 28 September, 2026

Breezy over Scottish mountains, windier further northwest, feeling chilly. Showery for western Lochaber, Mull and around Skye, tending to fade during afternoon. Largely dry elsewhere, varied cloud over hills in morning, lifting and breaking above many tops with some sunshine. Lighter winds for England & Wales.

Headline for West Highlands

Breezy on hills. Showers Lochaber to Mull fade, cloud lifts.

Detailed Forecast for Monday, 28 September, 2026

How windy? (On the Munros) Effect of wind on you?	South-southwesterly 20 to 30mph, strongest from Ben Nevis group to Mull, tending to lessen in afternoon. Then into night, strengthening southeasterly to gusty 30-40mph. Blustery, starting to affect comfortable walking on some exposed high tops and ridges; feeling rather cool.
How wet? (Precipitation and its impact)	Showers mostly northwest in morning Showery rain mostly in the morning for areas near Mull, west of Loch Linnhe and occasional showers push further into Lochaber, but brief and all tending to fade in the afternoon. Local showers near Loch Lomond & Arran from dawn soon all fade out.
Cloud on the hills? Chance of cloud free Munros?	Mostly west in morning, improving Banks of cloud most common in the morning toward and west of Loch Linnhe above 800-900m, patches inland soon above 1000m, tending to lift higher up and increasingly break to leave the mountains often free of cloud into afternoon. 50% toward Mull, 70% elsewhere; generally rising chance afternoon.
Sunshine? Air clarity (below cloud)	Fairly cloudy coastal hills in morning, slight haze toward Mull, some sun in afternoon. Inland a patchwork of sun and cloud, visibility mostly very good.
How Cold? (at 900m) Freezing Level	4C rising 7C. Feeling like -2 to -5C in the wind on higher areas in the morning. Above the summits.

West Highlands - Looking Ahead

	Tuesday 29 September	Wednesday 30 September
How windy? (On the Munros) Effect of wind on you?	Southeasterly 40 to 55mph, turbulent gusts downslope to northwest; speeds tend to rise during day, over 60mph in Challenging walking conditions on exposed terrain, but sudden buffeting also to some lower elevations.	Southerly 40 to 60mph, but at times 70mph over higher summits. Challenging walking conditions, frequent buffeting knocking you off balance, any mobility at times difficult.
How wet? (Precipitation and its impact)	Risk of rain developing Spots of rain as high cloud thickens, then pulses of steadier from likely spread in from the south during the day - timing uncertain, may become persistent rain and drizzle around Loch Lomond NP.	Heavy rain for a time A band of heavy rain moves northeastward across the region likely during the morning, tending to break up, followed by a few showers - later frequent again in south.
Cloud on the hills? Chance of cloud free Munros?	Increasingly extensive Banks of cloud forming soonest over southern hills, may quickly blanket many slopes, tending to filter northwards with time to cover many upper slopes, best of breaks toward and west of Loch Linnhe. 40%	Lifting with best breaks inland Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes, though patches will linger, most persistent south-coastal areas. 40%
Sunshine? Air clarity (below cloud)	Any early weak sun giving way to overcast skies. Good visibility then hazier, reducing if rain occurs.	Intermittent sun breaking through. Poor visibility in rain, then improving, but coastal areas stay fairly hazy.
How Cold? (at 900m) Freezing Level	5 to 7C, rising to 10C, increasingly humid; may rise slightly more by evening onward. Above the summits.	Humid 12C or above from dawn, dropping during the day to a fresher 8C. Feeling near/below freezing in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 29 September, 2026**

Strong southeasterly winds by Tuesday, widely gales on mountains with turbulent downslope gusts toward the west; some rain developing from the south during the day, becoming heavy later - a band of rain moves northeast into early Wednesday, leaving blustery south-southwesterlies into Wednesday and Thursday, showery in the west. Some occasional rain further ahead, but more often looking drier as higher pressure tends to expand further north during early October. Mostly mild temperatures, some cooler nights develop.

Forecast issued at 16:30 on Sunday, 27 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.