

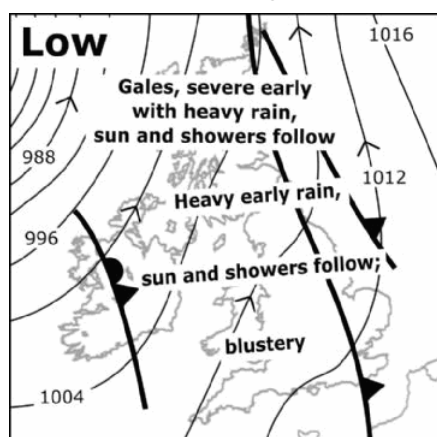
West Highlands

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, 30 September, 2026



British Mountain Summary:

Based on forecast chart for noon 30 September, 2026

Heavy rain sweeps northeast across England and Scotland through morning: persistent falls, locally torrential with risk thunder, particularly west Scotland early hours. Rain soon clears Wales, more widely by midday, bright skies follow, trending cooler and showers developing. Widely windy, gales in Scotland.

Headline for West Highlands

Early severe gales and heavy rain, afternoon sun and showers

Detailed Forecast for Wednesday, 30 September, 2026

How windy? (On the Munros)	South-southeasterly 45 to 60mph to start, or stronger over Ben Nevis, gusting 70-75mph over high tops. Shifting southerly and lessening, mostly 45-55mph, strongest west, particularly southern islands.
Effect of wind on you?	Challenging walking conditions, frequent buffeting knocking you off balance, mobility at times difficult, particularly early in the day. Significant wind chill despite mild temperatures.
How wet? (Precipitation and its impact)	Early heavy rain, afternoon showers A band of heavy rain moves northeastward across the region from overnight and into morning, local torrential falls with risk an odd flash of lightning. Rain will rapidly break up, followed by a dry window, then showers drifting from the southwest afternoon.
Cloud on the hills?	Early cloud breaks to and above tops, later returning in showers Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes, well-broken for a time off high tops. Banks will return at times, increasingly frequent with lower bases as showers return later.
Chance of cloud free Munros?	Rising to 60% for a time
Sunshine? Air clarity (below cloud)	Intermittent sun breaking through. Poor visibility in rain, then improving, but may be quite hazy near coasts, particularly southern islands.
How Cold? (at 900m)	Humid 12C from dawn, locally warmer inland. Will vary but generally dropping through the day to finish near a fresher 8 or 9C. Feeling near/below freezing in the wind.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 1 October	Friday 2 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-35mph, strongest west Loch Linnhe. Will vary, perhaps to below 20mph Ben Lomond/Rannoch Moor. Fairly small in places, but blustery over the tops of Lochaber, some buffeting in gusts and notable wind chill.	Southwesterly 25-35mph, sometimes quite gusty. Blustery in exposure all day with a chilly feeling, some more strenuous moments in buffeting gusts and feeling chilly.
How wet? (Precipitation and its impact)	Showers Showers push onto mountains west of Loch Linnhe most of the day, some extended falls towards the coast. Well-scattered elsewhere, but afternoon brings an increased risk of showery outbreaks more widely.	Rain most of the day Showery rain much of the day, several periods of persistent heavy falls, highest rainfall totals near and north of Mull. An easing tendency as evening approaches, a little drizzle lingers on high west tops.
Cloud on the hills? Chance of cloud free Munros?	Breaking towards most tops, sometimes above Most tops start shrouded, broader banks above 800-900m south and west near coasts, lower patches in shelter. Bases lift and break up somewhat, many inland summits seeing breaks. High tops Mull and north see fewer breaks. Rising to 60%	Extensive, local variability Terrain above 700-900m likely in cloud all day, best of any breaks Rannoch Moor towards Creag Meagaidh during lulls in rain. Otherwise, cloud bases to 600m, usually lower towards west coast, ragged patches into glens/forest canopies. 10%
Sunshine? Air clarity (below cloud)	Patchy sunshine, extended sunny windows breaking out, high cloud building later. Very good visibility, a haze offshore of Lochaber.	A few odd brighter glimpses, more often overcast, dull towards the coast. Mostly poor visibility.
How Cold? (at 900m) Freezing Level	6 or 7C. Feeling below 0C in strongest wind. Above the summits.	5 to 7C, coolest coastal hills north of Jura. Feeling like 0 to -3C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 1 October, 2026

Fresher, blustery south-southwesterlies from overnight Wednesday persist on Thursday: showery in the west early but trending drier and brighter widely. A new frontal system approaches late Thursday and overnight, then Friday will be a wetter day again; rain quite frequent with extensive cloud for many and quite blustery. On Saturday, higher pressure begins expanding from the south, increasingly settling the weather in England and Wales; temperatures generally mild, some cool nights when skies are clear, also sometimes feeling humid. The following week remains mixed, some settled windows in England and Wales with bright breaks east, but more often windy, particularly Scotland with periods of rain, the wind and rain expanding more widely at times.

Forecast issued at 16:16 on Tuesday, 29 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.