

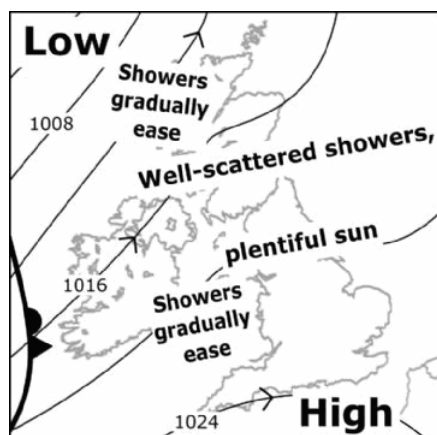
West Highlands

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, 1 October, 2026



British Mountain Summary:

Based on forecast chart for noon 1 October, 2026

Showery outbreaks in Wales and west Scotland, early hill cloud tends to lift with breaks. Showers well-scattered elsewhere, early hill cloud largely clears. Showers lessen widely, often sunny though some haze. Mild temperatures, warm valleys afternoon; west Scotland starts cool, feeling chilly in a blustery wind.

Headline for West Highlands

Showers mostly Lochaber, breezy too; generally easing

Detailed Forecast for Thursday, 1 October, 2026

How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-30mph, strongest west of Loch Linnhe, occasionally 35mph over high tops here. Will vary, perhaps to below 20mph Ben Lomond to Rannoch Moor. Will strengthen overnight. Fairly small in places, but blustery over the highest tops, particularly Lochaber, some buffeting in gusts and notable wind chill. Conditions deteriorate overnight.
How wet? (Precipitation and its impact)	Showers Showers push onto mountains west of Loch Linnhe most of the day, some extended falls late morning/midday. Well-scattered elsewhere, but afternoon brings an increased risk of showery outbreaks more widely.
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 where sheltered, particularly Mull and north. Bases lift and break up somewhat, many inland summits seeing breaks. High tops Mull and north see fewer breaks. 30%, rising to 60% away from Lochaber
Sunshine? Air clarity (below cloud)	Patchy sunshine, extended sunny windows breaking out, a little high cloud arriving later. Very good visibility, a haze offshore of Lochaber.
How Cold? (at 900m) Freezing Level	5C to start, rising a degree, locally 7C on sunny slopes inland. Feeling below 0C in strongest wind. Above the summits.

West Highlands - Looking Ahead

	Friday 2 October	Saturday 3 October
How windy? (On the Munros) Effect of wind on you?	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.	West-southwesterly 20-30mph, shifting southwesterly, rising to 45mph high tops by evening, further strengthening overnight. Blustery in exposure all day with notable wind chill, deteriorating to challenging conditions evening into night.
How wet? (Precipitation and its impact)	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.	Showery rain Spots of rain drift from the west from morning, a few bursts of more frequent rain, and perhaps a few hours of sustained falls north of Mull, heavy for a time. May set in more widely into night.
Cloud on the hills? Chance of cloud free Munros?	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%	Extensive over tops, variably lower Terrain above 1000m shrouded most of the day, more often to 800-900m Glencoe and north, lowering further in showers. Some higher breaks south, but also filling in widely on high terrain during rain here. Into night, may become more broadly extensive. 30%
Sunshine? Air clarity (below cloud)	A few odd brighter glimpses, more often overcast, dull towards the coast. Mostly poor visibility.	Glimpses of weak sun. Varied visibility, good inland below cloud, hazy Lochaber.
How Cold? (at 900m) Freezing Level	5 to 7C, rising to 8C southernmost hills. Feeling like 0 to -3C in direct wind. Above the summits.	4C, rising a degree well inland. Feeling as cold as -5 to -8C in direct wind. May just touch the summit of Ben Nevis at dawn, soon lifting above.

Planning Outlook

All mountain areas of Britain from Friday, 2 October, 2026

Friday starts the weekend with windy and damp weather, rain quite frequent with extensive cloud for some. On Saturday, higher pressure expands from the south, gradually settling the weather in England and Wales. Scotland remains breezy with cloud and showers, mostly impacting western regions. The following week remains mixed: high pressure to the south and west bringing some windows of brighter, drier weather primarily to England and Wales, but active low pressure systems will break through as well for spells of widespread wind, sometimes gale force, and bands of rain followed by showers. Precise timing of settled versus unsettled weather is currently uncertain. Temperatures variably mild to cool, beginning to reach freezing on Scottish summits, or lower down on clear nights.

Forecast issued at 16:16 on Wednesday, 30 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.