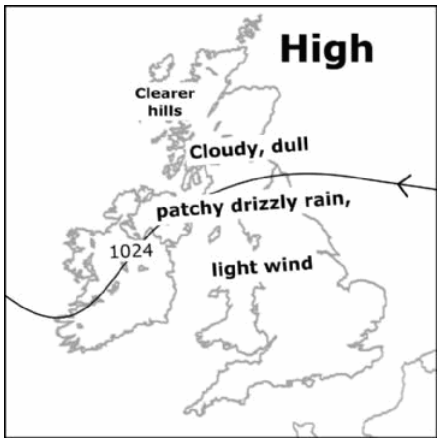
West Highlands

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.

If you love Scotland's mountains, join Mountaineering Scotland
www.mountaineering.scot #ThinkWINTER

General Summary for Saturday, 7 November, 2026



British Mountain Summary:
Based on forecast chart for noon 7 November, 2026

Extensively cloudy and dull, some drizzle or light rain, but total amounts small. Areas of fog in places from low terrain upward and cloud banks across hills. Clearest hills generally further west, but limited sun. Generally light wind.

Headline for West Highlands

Fog and drizzle south, better north/west Lochaber.

Detailed Forecast for Saturday, 7 November, 2026

How windy? (On the Munros)	Easterly, 10mph, but 15 or at times 20mph near central belt in morning.
Effect of wind on you?	**Mostly negligible**
How wet? (Precipitation and its impact)	**Local drizzle, mostly near central belt** Isolated fine drizzle, but the drizzle more frequent for periods eastern and southern Loch Lomond NP.
Cloud on the hills?	**Varied low cloud** Cloud base typically 600-800m, nearer 1000m near and west of Loch Linnhe and Glen Spean, in places higher toward west with some breaks. Patchy fog to some lower slopes. High terrain may emerge between some cloud banks.
Chance of cloud free Munros?	**30%**
Sunshine? Air clarity (below cloud)	Cloudy or dull and misty or foggy most areas. But mostly excellent visibility and in places sunshine north/west Lochaber, though a veil of high cloud likely to often cover the sun.
How Cold? (at 900m)	3C
Freezing Level	Above the summits - but local pockets of frost early morning in glens mainly inland Lochaber, also above 1100m partly frozen.

West Highlands - Looking Ahead

	Sunday 8 November	Monday 9 November
How windy? (On the Munros)	Variable 10mph or less. Furthest south, mainly easterly 10mph.	Easterly or variable 10mph or less. Locally coastal areas south from Mull and Jura more often 10-15mph.
Effect of wind on you?	**Negligible**	**Mostly negligible**
How wet? (Precipitation and its impact)	**Patchy drizzle** Local patches of light or very light drizzle; less likely near and west of Loch Linnhe and on Mull.	**No rain expected** Locally feeling damp where in fog.
Cloud on the hills?	**Extensive; cloud base sometimes very different on nearby slopes** Some local variations, but cloud extensive or persistent above 700-900m (a chance of highest tops poking out just above the cloud). Lower down, fog clinging to some slopes from valleys up all day, whilst others are fog free or between layers of cloud.	**Varied fog and low cloud** Some uncertainty, but cloud may fairly extensively cover high terrain, plus areas of fog in the glens, perhaps more widely near the central belt. Some slopes may be clearer between fog layers. Locally generally clearer west of Loch Linnhe.
Chance of cloud free Munros?	**10%**	**60% west Lochaber, 20% most places.**
Sunshine? Air clarity (below cloud)	Cloudy or dull with areas of fog - albeit mainly toward the coast, below fog the air still very clear.	Mostly little sun, best chance toward the west coast, locally may be sunnier west of Loch Linnhe. Generally hazy, or foggy, particularly near to central lowlands.
How Cold? (at 900m)	3C	1 or 2C.
Freezing Level	Above the summits but some terrain on highest summits partly frozen.	Near or just below freezing from 1000m upward all day, particularly inland; plus frost in some inland glens early morning.

Planning Outlook

All mountain areas of Britain from Sunday, 8 November, 2026

High pressure persists into the start of the new week with light winds for much of Scotland, though an easterly wind will increase for England and Wales. The west and northwest Highlands most extensively dry with cloud breaks and sun. However, disappointing for other areas as 'gloomy' conditions predominate, with patches of light rain and extensive low cloud and fog. Into midweek, an area of low pressure will bring rain and wind in from the southwest but northern Scotland may escape most or all the rain. Late in the week, indications favour a switch to a colder northerly flow for a time in Scotland at least and brings scope for snow showers to northern mountains.

Forecast issued at 8:06 on Saturday, 7 November, 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.