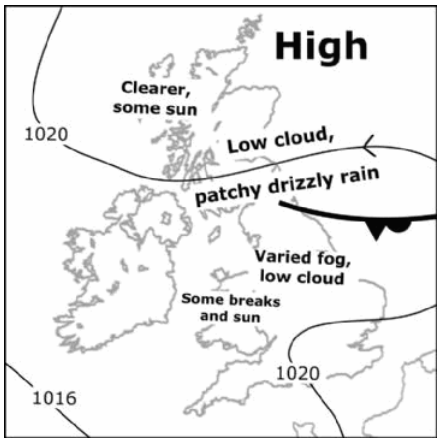
West Highlands

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 Sunday, 8 November, 2026



British Mountain Summary:
Based on forecast chart for noon 8 November, 2026

Patchy drizzle and areas of low cloud or fog, mostly east and southern Scotland, Pennines and inland across Wales, whilst western regions tend to fare better for cloud breaks and some sun. Very little wind overall. Near freezing on highest Scottish tops.

Headline for West Highlands

Variable cloud and fog, some brighter areas west.

Detailed Forecast for Sunday, 8 November, 2026

How windy? (On the Munros) **Effect of wind on you?**	Variable east-southeasterly 10mph or less. Furthest south, mainly easterly 10-15mph, strongest in morning around Loch Lomond. **Negligible**
How wet? (Precipitation and its impact)	**Rare patchy drizzle** Local patches of light drizzle, mostly toward the central highlands early morning.
Cloud on the hills? **Chance of cloud free Munros?**	**Varied extent of low cloud and fog on nearby slopes, better northwest** Some local variations, but cloud banks above 700-900m (some higher slopes may poke out above fog or between banks). Lower down, fog clinging to some slopes all day, whilst others are fog free. Lochaber may see greater clearer areas across the hills. **20% south, to 40% Lochaber.**
Sunshine? Air clarity (below cloud)	Cloudy or dull with areas of fog - but toward the coast, below fog the air still very clear, some sunshine mainly Lochaber.
How Cold? (at 900m) **Freezing Level**	3C Close to freezing point on highest summits where the terrain partly frozen. Slight frost some glens inland north Lochaber early morning.

West Highlands - Looking Ahead

	Monday 9 November	Tuesday 10 November
How windy? (On the Munros)	Easterly or variable 10mph or less. Locally coastal areas south from Mull and Jura more often 10-15mph.	South-southeasterly 10 to 20mph, strongest toward the south.
Effect of wind on you?	**Mostly negligible**	**Fairly small, but noticeably breezier southern mountains.**
How wet? (Precipitation and its impact)	**No rain expected** Locally feeling damp where in fog.	**Rain not expected**
Cloud on the hills?	**Varied fog or cloud, tops mostly clear** Patchy banks of cloud plus fog down in the glens particularly toward the central belt. Western mountains generally clearer or just local patches drifting around. Higher tops likely above most of the fog or cloud.	**Mostly little north and west** Some patchy cloud may drift onto slopes at various heights, but higher tops likely in the clear. Greater risk of cloud banks toward the Loch Lomond NP.
Chance of cloud free Munros?	**70% (above fog in places)**	**70%**
Sunshine? Air clarity (below cloud)	Sun mostly toward the west where visibility excellent. Varied inland, but typically hazy, or foggy lower down near central lowlands.	Sunshine and hazy high cloud. Visibility excellent, but lower down near the central belt may be foggy or hazy at least.
How Cold? (at 900m)	1 or 2C.	1 or 2C.
Freezing Level	Near or just below freezing from 1000m upward all day, particularly inland; plus frost inland glens early morning.	Close to freezing on tops above 1000m all day and possibly frost widely in the glens early morning.

Planning Outlook

All mountain areas of Britain from Monday, 9 November, 2026

A slack pressure pattern to start the new week over Scotland, maintaining varied low cloud and fog. Lowering pressure to the south and an increasing easterly wind for England & Wales. Rain pushes into Wales on Tuesday, reaching the south Pennines with time, persisting in these areas into Wednesday, but very little extending further northwards. Into the second half of the week, a switch to a colder northerly flow will likely drop the freezing level to 800m increasingly widely for Thursday-Friday, plus frost on low ground. Some snow showers on northern Scottish mountains, but largely dry weather elsewhere. During next weekend, a shift to a less cold Atlantic influence - a changeable mix likely into the following week.

Forecast issued at 15:00 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.