

# The Northwest Highlands

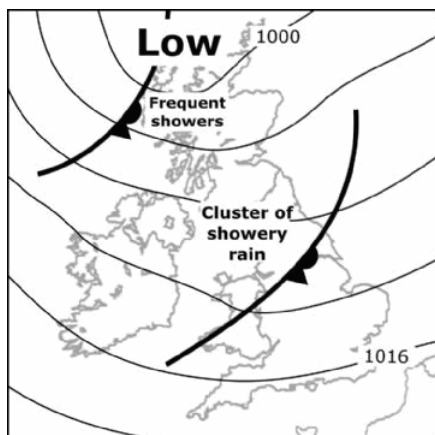
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Sunday, 1 June, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 1 June, 2025

Low pressure brings a cold and blustery westerly airflow. Area of rain southern Highlands southwards, will clear in morning, brighter conditions following. Showers transferring inland from west coast, concentrated NW Highlands and later NE Scotland, where risk of thunder. Turning mostly dry later in the day for England and Wales.

### Headline for The Northwest Highlands

Early rain, then lull, before frequent showers return. Hill fog persisting.

## Detailed Forecast for Sunday, 1 June, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 15-20mph before midday, becoming westerly, later northwesterly, 30-40mph. Strongest near coast where may lift to 45mph for a few hours.
<b>Effect of wind on you?</b>	<b>Small in the morning. Afternoon: increasingly very blustery; balance beginning to be affected and risk of arduous conditions, perhaps difficult west coast. Cold for June; significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent showers, risk thunder in east.</b> Any residual heavy overnight showers easing away early in morning. Lull for a time before drizzly showers develop. These will intensify into the afternoon and transfer east across area. Risk hail and particularly in the east thunder. Showers easing from west into evening.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Extensive near west coast, some breaks inland for a time.</b> Cloud down to lower slopes on and near the west coast in the morning. Inland, will tend to slowly rise and break up a little for a time toward midday, but unlikely to clear upper slopes, before then reforming widely through afternoon as showery trough brings frequent precipitation. <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine developing for a time, particularly on lower slopes away from the coast. Excellent visibility inland, but becoming poor in drizzly showers or heavy downpours.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	4C. Feeling as cold as -5C in the afternoon wind.  Above the summits.

	Monday 2 June	Tuesday 3 June
How windy? (On the Munros)  Effect of wind on you?	Westerly 20mph backing southwesterly 25-35mph. Rapidly increasing late afternoon or evening to 60mph; timing <b>Small initially, but increasingly affecting balance from midday. Conditions becoming very difficult later. Marked wind chill becoming significant.</b>	Southwesterly, 30mph, increasing up to 50mph for periods; especially in and around showers. <b>Be prepared for arduous, if not at times difficult, conditions with significant wind chill and buffeting.</b>
How wet? (Precipitation and its impact)	<b>Coastal drizzle; heavy rain afternoon.</b> Drizzle or light rain on and off on west-coastal mountains. Mostly dry inland and to the east. Heavy rain moving in late afternoon or evening; timing uncertain.	<b>Frequent rainfall western mountains</b> Showers will come in one after another, and for periods merge and transfer eastwards into areas of prolonged rainfall with downpours. Largest totals in west. Sleet, later snow, highest tops.
Cloud on the hills?	<b>West-coastal mountains shrouded</b>  Widespread cloud near west coast down to mid-slopes. Cloud base higher and more broken inland. Low cloud becoming widespread once heavy rain arrives.	<b>Extensive, lowest bases in west.</b>  Cloud bases varying markedly, but often around 600-800m western coastal hills, with a steady rise inland to 800-1100m eastern hills where best breaks occur.
Chance of cloud free Munros?	<b>20% near coast; 60% inland.</b>	<b>30%</b>
Sunshine? Air clarity (below cloud)	Widespread sunshine away from the west coast, becoming overcast in the afternoon. Excellent visibility but hazy over the sea.	Very little, and mainly confined to brief appearances in the east. Visibility often poor due to frequent rain in the west, mainly good in the east.
How Cold? (at 900m)  Freezing Level	Near freezing at dawn. Later, 3C near the west coast, 5C inland and by Ben Wyvis. Feeling around -5C in wind, -10C evening. Above the summits.	5C, lowering to 3C by evening. Feeling more like -5C or below in exposure to the wind.  Above the tops, but tending to lowering to 1200-1300m, by late afternoon/evening from the west.

### All mountain areas of Britain from Monday, 2 June, 2025

Atlantic low pressure systems will continue to dominate and bring a sustained period of westerly winds for the next 7 to 10 days. High rainfall western mountains, with periods of strong to gale force westerly winds bringing significant chill factor. Best of the drier and brighter weather for eastern ranges. Freezing level at times down to 1200-1400m in Scotland, bringing occasional snow to the highest Munro tops.

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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. 2025.