

The Northwest Highlands

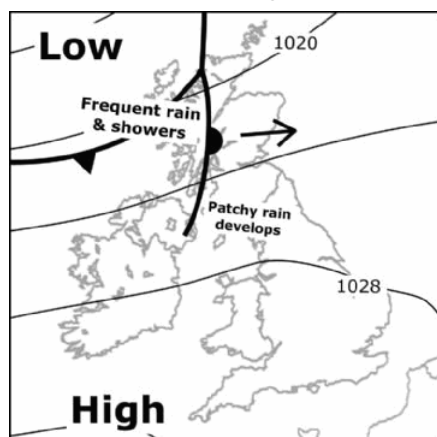
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Thursday, 3 July, 2025



British Mountain Summary:

Based on forecast chart for noon 3 July, 2025

Southwesterly winds strengthen; showery rain becomes increasingly widespread across the Highlands, more frequent rain in western areas. Patchy rain reaches Cumbria with time as cloud thickens. Wales and south Pennines stay dry with a good deal of sunshine.

Headline for The Northwest Highlands

Windy; showery rain, low cloud most of day western mountains.

Detailed Forecast for Thursday, 3 July, 2025

How windy? (On the Munros)	South to southwesterly 25 to 30mph, occasionally 35mph over west coast mountains.
Effect of wind on you?	Starting to affect comfortable walking, making balance challenging on some exposed ridges. Feeling cool.
How wet? (Precipitation and its impact)	Frequent or persistent rain, showery Often raining on western mountains, steady rain setting in for periods, some heavier showery bursts mixed in, chance of isolated hail and thunder mainly inland and toward east afternoon.
Cloud on the hills?	Fairly extensive higher areas Covering higher slopes most of day, bases lowering in rain, fairly extensive above 700-900m, lowest west coastal hills, may form for periods to 600m on/near Skye.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy, rare glimpses of sun east. Visibility poor during rain, occasionally good below cloud.
How Cold? (at 900m)	5 to 7C, marginal rise during day.
Freezing Level	Above the summits

The Northwest Highlands - Looking Ahead

	Friday 4 July	Saturday 5 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 45 to 60mph, peak speeds likely lasting a few hours, may moderate with time. Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.	Southwesterly 20 to 30mph, possibly dropping lighter with time. Blustery over the mountains, affecting ease of walking on exposed ridges; feeling cool. May improve.
How wet? (Precipitation and its impact)	Rain most of day west, often heavy Persistent rain across western mountains, sustained heavy falls focused on Skye to Wester Ross. Smaller amounts eastward across Sutherland and Easter Ross. Increasingly very wet underfoot in west.	Frequent showery rain Rain on and off much of the day, at times more persistent rain western areas. Some heavier showery bursts, chance isolated thunder mainly inland afternoon.
Cloud on the hills? Chance of cloud free Munros?	Extensive Shrouding the mountains throughout the day, from mid to lower slopes upward in the west, but fairly extensive above 800m even well inland. Brief breaks in east. 20%	Fairly extensive Covering the mountains all day, cloud base varying in and out of rain, typically 700 to 900m, at times 500-600m in west. 10%
Sunshine? Air clarity (below cloud)	Overcast and dull. Visibility poor due to rain, locally good below cloud furthest east.	Largely cloudy, brief moments of sun. Visibility at times very good, but poor during rain.
How Cold? (at 900m) Freezing Level	7 or 8C, small rise during day. Feeling near -5C in the wind. Above the summits	7 or 8C, little variation all day. Feeling below freezing directly in the wind. Above the summits

Planning Outlook

All mountain areas of Britain from Friday, 4 July, 2025

Friday brings sustained heavy rain to western Scotland, rain extending further south with time; gales over the mountains, severe on Scottish tops. The weekend stays unsettled, windy and rather cool with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

Forecast issued at 16:00 on Wednesday, 2 July, 2025

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.