

# The Northwest Highlands

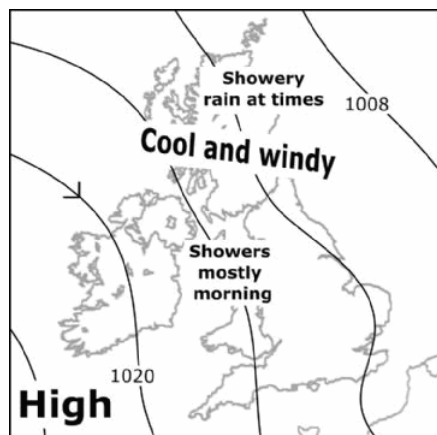
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Monday, 7 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 7 July, 2025

Northwesterly winds will be blustery over the mountains, feeling distinctly chilly in exposure. Plenty of dry weather, some showers toward the north and east of Scotland. Showery rain for Wales early in the day fades. Cloud clearing many tops and some sun.

### Headline for The Northwest Highlands

Windy and cool. Showers, cloud rising, breaks inland.

## Detailed Forecast for Monday, 7 July, 2025

<b>How windy? (On the Munros)</b>	Northwesterly 25-35mph, lightly easing central and southern areas. Gusty over tops and down east slopes.
<b>Effect of wind on you?</b>	<b>Often buffeting gusts over high terrain and downslope, may challenge stability at times. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Coastal showers, fading</b> Some early drizzle in cloud over high tops. Showers drift onto coastal slopes, at times reaching inland fading out. Risk of some showery rain for Sutherland during evening.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Increasingly broken to tops, best east</b> At dawn, fairly extensive over high coastal terrain, patches lowest on windward slopes. Bases likely 900m and up towards Great Glen with breaks. Gradually lifting and breaking, intermittently clearing coastal tops, perhaps often clear well inland. Highest tops near the coast may often remain in cloud. <b>20%, rising to 70% well inland</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun early improving to frequent sun, best east. Good visibility though a haze.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	5C rising to 7C. Ben Wyvis and nearby slopes up to 8C. Feeling below freezing in the wind, near -5C in morning.  Above the summits

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 8 July</b>	<b>Wednesday 9 July</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northwesterly, soon westerly, 10-15mph. Rising during afternoon into evening to 20-30mph, strongest north.  <b>Mostly small most of the day, though uncomfortable buffeting winds picking up into evening.</b>	West to southwesterly 20 to 30mph.  <b>Blustery on exposed terrain, starting to affect comfortable walking and balance on ridges. Feeling quite cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Afternoon patchy rain and drizzle</b> Patchy rain arrives onto Skye around midday, pushing inland and northward along the coast afternoon. Becoming persistently drizzly on coastal slopes, though small rainfall totals. Possibly only local spots on eastern slopes.	<b>Damp in west, light rain</b> Drizzly much of the day west coastal mountains, particularly Skye, some steady light rain for periods. Patchier drizzle eastern areas.
<b>Cloud on the hills?</b>	<b>Well broken for a time, later deteriorating</b> Banks cling to upper slopes from morning, particularly north/west aspects. Tending to lift, clearing summits at times around midday. Patchy cloud reforming over high ground as rain starts, filling in through afternoon from the west.	<b>Extensive, lowest west</b> Blanket low cloud throughout the day western mountains, often to lower elevations coastal slopes. Cloud base around 600m inland, to 800m further east with breaks on hills facing North Sea.
<b>Chance of cloud free Munros?</b>	<b>Improving to 70%, then reducing to 20%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sun through high cloud on low slopes, deteriorating to mostly cloudy. Very good visibility before rain sets in.	Overcast and misty, poor visibility in west. Glimpses of sun toward Moray Firth, good visibility below cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, rising to 9C Skye and coastal slopes. Well inland areas rising up to 11C.  Above the summits	8C rising to 10C, humid. Feeling near to freezing directly in wind.  Above the summits

**Planning Outlook****All mountain areas of Britain from Tuesday, 8 July, 2025**

Low pressure to the northwest maintains a humid southwesterly wind mid-late this week, with fronts situated near northwestern coasts - often extensive low cloud here with some drizzly rain. Drier with sun and broken cloud in east and southern Scotland. High pressure expanding over England and Wales brings more sunshine and draws in increasingly very warm air again in the later part of this week, higher temperatures extending into Scotland with time; some mist may continue to affect coasts in the west.

**Forecast issued at 16:00 on Sunday, 6 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.