

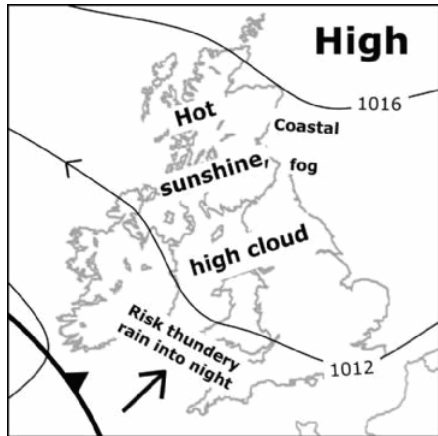
The Northwest Highlands

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, 13 July, 2025



British Mountain Summary: Based on forecast chart for noon 13 July, 2025

Very warm across the mountains from overnight, soon feeling hot in morning sun. Some valleys again approaching 30C by early afternoon, though mostly slightly less hot than Saturday. A veil of high cloud tending to weaken the sun. Local gusty E-SE'ly winds. Generally dry, later a chance of very isolated showers.

Headline for The Northwest Highlands

Very warm, sun and some high cloud.

Detailed Forecast for Sunday, 13 July, 2025

How windy? (On the Munros)	Southeasterly 15-20mph, gentler and variable winds around Wester Ross in the morning. Tending to increase a little, particularly northern mountains.
Effect of wind on you?	Fairly small, feeling locally breezier especially exposed ridges and in north.
How wet? (Precipitation and its impact)	No rain expected Remote risk of an isolated thundery shower western areas by evening.
Cloud on the hills?	Hills clear Patchy haar on some lowest slopes near North Sea and Moray Firth, mainly morning.
Chance of cloud free Munros?	100%
Sunshine? Air clarity (below cloud)	Widely sunny most of the day, some middle and high cloud forming as day progresses. Excellent visibility.
How Cold? (at 900m)	18 or 19C, already very warm from overnight, little change through the day. Inland and western valleys reaching 27C early afternoon.
Freezing Level	Above the summits

The Northwest Highlands - Looking Ahead

	Monday 14 July	Tuesday 15 July
How windy? (On the Munros)	Southeasterly 25 to 40mph, speeds likely to vary during day, very gusty for a period.	Variable direction, mostly less than 10mph. In places at times easterly 15-20mph.
Effect of wind on you?	Affecting comfortable walking and balance on exposed terrain; risk of buffeting gusts, more challenging conditions for a time.	Small
How wet? (Precipitation and its impact)	Largely dry, but risk thundery rain later Some misty drizzle over hills toward east, but western hills generally dry. Possibility of thundery rain moving in from the south, but this may not extend into the region until late in the day.	Early patchy rain, risk showers Risk of rain from dawn, possibly thundery, may leave remnants of rain for several hours particularly across Sutherland. In afternoon, risk local slow-moving heavy showers, mostly inland areas.
Cloud on the hills?	Low cloud east, little in west much of day Covering hills to lower elevations in east, possibly more widely over northern areas. Further west clearer, patchy cloud some slopes. If rain develops, cloud lowering across hills widely.	Cloud at different heights, may break up Fairly extensive, banks of cloud to lower slopes in morning, some slopes may emerge between or above cloud layers early in day before cloud lifts upslope. Some hills may fully clear, but cloud returning and lowering in showers.
Chance of cloud free Munros?	30% north/east, to 70% west.	30%
Sunshine? Air clarity (below cloud)	Sun mostly in west, high cloud tending to thicken and cloud over. Misty in east, very good visibility west, reducing if rain develops.	Some sun through cloud layers, may brighten up, but expect high cloud. Misty morning, visibility improving.
How Cold? (at 900m)	12 to 15C, warmest in west. May start to drop later in day.	9 or 10C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Monday, 14 July, 2025

Lowering pressure from southwest late Sunday into Monday bringing increasing risk bursts of rain and thunderstorms to start the new week, strong and gusty southerly winds. Temperatures will cool towards average. Heavy rain likely moving across England and Wales on Tuesday accompanied by near-gale southwesterlies, lighter winds Scotland.

Low pressure is likely to be common in the extended outlook with slow-moving areas of showery rain, some thundery bursts locally, interspersed with drier days. Temperatures often on the warm side, some humid days.

Forecast issued at 16:00 on Saturday, 12 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.