MOUNTAIN WEATHER INFORMATION SERVICE

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 Saturday, 19 July, 2025



British Mountain Summary: Based on forecast chart for noon 19 July, 2025

Some early rain near west coast, but the Highlands largely dry in morning. Into afternoon, bursts of rain becoming extensive heavy rain. A swathe of prolonged heavy rain moves north over England; intense downpours and thunderstorms, focused on Pennines. A few local showers Wales, but often dry. Fairly warm, locally gusty.

Headline for The Northwest Highlands

West coast showers; rain later widely in day. Local gusty wind.

Detailed Forecast for Saturday, 19 July, 2025

How windy? (On the Munros)	Variable, southeast turning easterly, 10 to 20mph, local lulls for periods, but gusty 25mph later, particularly northern areas.		
Effect of wind on you?	Mostly small, but likely becoming breezier with time, stronger gusts toward evening affecting balance.		
How wet?	A little rain early in west; later heavy rain develops from southeast		
(Precipitation and its impact)	Often dry, but patchy rain or showers near west coast, clearing away offshore to be largely dry over many hours. Later in day, rain developing from southeast, setting in heavy, soonest near Great Glen, more widely into evening through dusk.		
Cloud on the hills?	Clearing many tops for periods		
	Patchy cloud banks on some slopes in the morning tending to lift higher up, good breaks to many tops particularly western areas. As rain develops later, cloud lowering, soonest east.		
Chance of cloud free Munros?	70%		
Sunshine? Air clarity (below cloud)	Some sun and high cloud, tending to cloud over from south later. Visibility very good.		
How Cold? (at 900m)	11C, small rise to 13C, quite humid.		
Freezing Level	Above the summits		

The Northwest Highlands - Looking Ahead

	Sunday 20 July	Monday 21 July
How windy? (On the Munros) Effect of wind on you?	Easterly 20 to 30mph, strongest generally in northern areas, very gusty around some slopes for periods. Blustery winds, starting to affect comfortable walking and balance on some exposed tops and ridges.	South to southeasterly or variable, typically 10mph or less, but locally 20mph most likely in far north; gusty at times in rain. Mostly small
How wet?	Risk often raining, at times heavy	Bursts of rain, risk thunder
(Precipitation and its impact)	Rain and drizzle likely frequent, some heavier bursts, risk setting in for periods. West coastal regions near Skye have a greater chance of drier intervals, but here chance of thundery showers later.	Areas of patchy rain, risk developing increasingly into heavier bursts, possibly slow-moving thundery downpours by afternoon, but these very hit and miss, some places nearby may see little rain.
Cloud on the hills?	Fairly extensive, varied	Varied cloud, but often covering hills
	Covering many higher slopes most of the day, lowest cloud base most persistent east. Ragged patches to lower slopes widely during and after rain. Occasional breaks higher up, more likely Wester Ross to Skye.	Banks of cloud at various elevations from dawn into the morning, to lower slopes in places. Cloud base rising, but often capping higher terrain. Widespread in rain, ragged patches forest canopies upward.
Chance of cloud free Munros?	20%	30%
Sunshine? Air clarity (below cloud)	Little or no sun. Visibility good below cloud when dry, but murky during rain. Eastern hills likely more often mistier.	Mostly little sun, breaking through briefly. Visibility very good for periods, but reduced in rain, poor at times.
How Cold? (at 900m)	12 to 14C, quite humid.	12C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 20 July, 2025

Unsettled onward into early next week, as slack low pressure drifts slowly over the British Isles. Slow-moving showers and areas of persistent heavier rain in places, increasingly thundery downpours, these most extensive over England and Wales by Sunday. Staying fairly warm, quite humid. Often low wind speeds, but gusty south-southeasterlies at times. By mid-next week onward into late July, west to southwesterlies likely to prevail, with some rain or drizzle at times mostly western Scotland, often dry further south and east.

Forecast issued at 16:17 on Friday, 18 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.