MOUNTAIN WEATHER INFORMATION SERVICE

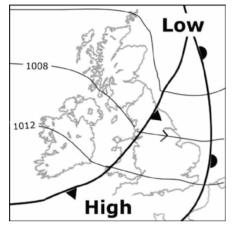
The Northwest Highlands

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 Sunday, 3 August, 2025



British Mountain Summary:

Based on forecast chart for noon 3 August, 2025

Rain, low cloud and fog ahead of a front will clear Scotland late morning and England and Wales afternoon - but high humidity may maintain a little drizzle and low cloud Wales (most likely SW). Cloud base may not rise sufficiently to clear higher mountains mainly in W Scotland.

Headline for The Northwest Highlands

Improving: wind easing; rain clearing, cloud base rising.

Detailed Forecast for Sunday, 3 August, 2025

How windy? (On the Munros)	Westerly, soon 20mph, but up to 35mph post dawn.	
Effect of wind on you?	Soon small.	
How wet?	Dawn rain then frequently dry but a few showers;	
(Precipitation and its impact)	Extensive rain until after dawn; soon clearing to drizzly showers (mainly near coast). Through day, one or two bands of showers, but extensively dry early to mid afternoon onwards	
Cloud on the hills?	Fog across the mountains at first; improving markedly.	
	From dawn, extensive down to lower slopes. Soon improving as cloud base rises to 500 to 800m near coast, a little higher well inland. Into afternoon, clearing further, little cloud below 900m near the coast and 1050m well inland	
Chance of cloud free Munros?	Less than 10%, rising to 70% by mid afternoon	
Sunshine? Air clarity (below cloud)	Bursts of sunshine coming through later morning onwards, particularly later in day. Hazy.	
How Cold? (at 900m)	7C near the coast to 10C easternmost summits.	
Freezing Level	Above the summits	

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The Northwest Highlands - Looking Ahead

	Monday 4 August	Tuesday 5 August
How windy? (On the Munros) Effect of wind on you?	South abruptly westerly; rapid variations in speed; often 40-50mph, later 75mph; perhaps short-lived pronounced lull. Expect difficult conditions from lowest slopes up. Frequently any mobility challenging together with severe wind chill.	West to northwesterly; slowly easing through day from 40 to perhaps 50mph post dawn to 30-35mph by early evening. Widely difficult or strenuous walking and considerable wind chill, particularly morning.
How wet?	Rain most of the day, often heavy	Showery rain, mostly morning
(Precipitation and its impact)	Rain soon extensive and heavy - particularly western mountains south from Wester Ross where streams rising quickly to be in spate.	Showers, sometimes the rain almost constant for an hour or two, particularly more western mountains during morning.
Cloud on the hills?	Extensively shrouding the mountains	Very extensive: cloud base slowly rising particularly well inland.
	Shrouding the mountains more or less all day, often on western mountains south from Wester Ross forming on lower slopes (and elsewhere late in day).	After dawn, cloud base typically 400 to 650m, generally highest well inland. Through day, rising toward 600m near the coast, whilst on more eastern hills, varying from 650m near showers, whilst between, breaks to or above 900m.
Chance of cloud free Munros?	Less than 10%	20%
Sunshine? Air clarity (below cloud)	Rare glimpses, if any, of sun. Visibility frequently poor.	Glimpses of sunshine, mainly lower slopes well inland. Persistently hazy, particularly western mountains, where visibility often poor when raining.
How Cold? (at 900m)	6C, although temporarily up to 10C. Directly in the wind, feeling as cold as -10C.	5C; rising a couple of degrees through day, particularly well inland. Feeling well below freezing point in the wind.
Freezing Level	Above the summits	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 4 August, 2025

A mixed week: unusually stormy for August on Monday northern Britain, then intermittent rain though the week, most frequent and heaviest western mountains together with areas of low cloud and pulses of strong wind.

Forecast issued at 14:58 on Saturday, 2 August, 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.