

# The Northwest Highlands

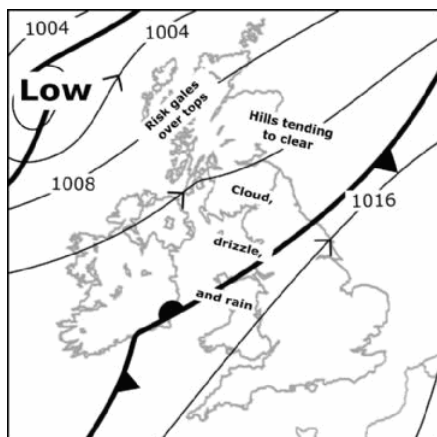
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Friday, 19 September, 2025



### British Mountain Summary:

**Based on forecast chart for noon 19 September, 2025**

Mostly dry and blustery for Scottish Highlands; cloud, some showers, and risk of gales on west coast tops. Persistent cloud and rain for southern Scotland, north England, and north Wales with a similar risk of gales on highest tops. Rain more patchy south Pennines and south Wales, some cloud breaks to inland summits.

### Headline for The Northwest Highlands

Cloud and gales likely along west coast; occasional showers

## Detailed Forecast for Friday, 19 September, 2025

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 35 to 45mph, risk up to 50mph over coastal mountains and toward the far north; may ease a little near Great Glen. Risk becoming widely above 50mph into nighttime.  <b>Strenuous walking conditions with balance affected over exposed higher terrain - may be difficult at times near the west coast.</b> <b>Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Early rain, then few scattered showers</b> Showery rain across most areas at and before dawn soon clears to the northeast. Only scattered showers follow, greatest chance around Skye.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive coastal slopes, high breaks well east</b> Cloud shrouding most higher ground near the west coast, more patchy and higher bases inland around 900-1000m. Base will be lower during rain. Occasional higher breaks to or above tops from Ben Wyvis to Ben Hope.  <b>20%; 50% eastern tops</b>
<b>Sunshine?</b> Air clarity (below cloud)	Weak sunshine through high cloud. Mostly good visibility, at times poor around showers.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, always warmest on eastern mountains. Feeling as cold as -8C in direct wind near the coast.  Above the summits.

## The Northwest Highlands - Looking Ahead

	Saturday 20 September	Sunday 21 September
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Forecast details uncertain. Variable northeasterly, rising to 35-50mph by evening.  <b>Walking becoming arduous, possibly difficult later with balance challenges. Significant wind chill.</b>	North-northeasterly 40-50mph. Easing through the day towards 30-35mph.  <b>Arduous or strenuous conditions much of the day, difficult in the morning. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Light showers from the north</b> Occasional light showers from the north, falling as snow flurries on high ground in the afternoon. Some risk of more frequent rain along the coast for a few hours.	<b>Showers, mostly north and west</b> Showers drift onto mountains along the north and west coasts, tending to push inland for a time afternoon. Some risk a more concentrated band of showers early. Falling as snow/sleet on high ground, down to 900m near Ben Hope.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Patchy on high ground, particularly coasts</b>  From dawn, patchy cloud at various levels, tending to be more extensive along north/west coasts. Breaks to tops may become regular inland. Should heavier rain arrive, cloud will merge, lower and become more extensive.  <b>60%</b>	<b>Breaks to tops, best inland</b>  Banks of cloud on high terrain at dawn, most extensive along north and west coast slopes. Bases tending to lift and break, clearing many tops, though returning in showers. Coastal tops less frequently exposed.  <b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine, best in the north; may be weakened by extensive high cloud. Good visibility, though some haze.	Patchy or frequent sun, particularly on low slopes under passing cloud bases. Very good visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	4 or 5C from dawn, lowering to 2C; highest summits likely to be below freezing in the afternoon. Feeling -12C in the wind.  Above the summits in the morning, dropping to 1100-1000m by the afternoon.	1 or 2C; coolest on mountains from Ullapool northward to Ben Hope. Feeling as cold as -15C in strongest wind. 1000-1100m.

## Planning Outlook

## All mountain areas of Britain from Saturday, 20 September, 2025

An unsettled weekend ahead as low pressure brings heavy rain to England and southern Scotland on Saturday with strong winds. Conditions increasingly wet underfoot with streams in spate - some flooding is likely. A northerly wind in Scotland begins to draw unseasonably cold air into the Highlands, bringing freezing levels down to high terrain. Cold air flows into England and Wales through Sunday on a strong wind - wind chills in direct exposure may reach as low as -10 to -15C.

Some showers into northern Scotland on Monday will fade for a substantially dry week ahead with good sunny breaks for many. Temperatures staying cool but slowly rising day-by-day.

## Forecast issued at 16:30 on Thursday, 18 September, 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.