

The Northwest Highlands

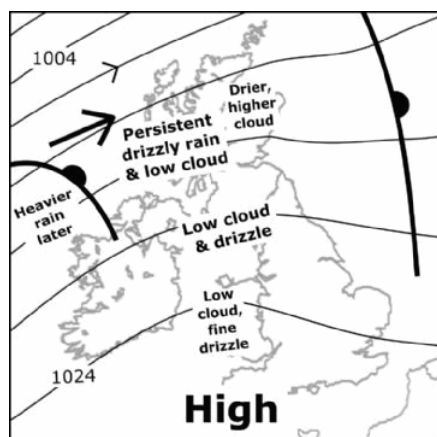
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Monday, 6 October, 2025



British Mountain Summary:

Based on forecast chart for noon 6 October, 2025

Gales widespread across mountains in Scotland and on higher tops in northern England, severe toward north and especially northwestern Highlands. Rain, drizzle and low cloud shrouding hills widely in west, better eastwards. Heavier rain later west Scotland. Marked wind chill despite mild air.

Headline for The Northwest Highlands

Gales, severe higher terrain. Drizzly and low cloud west.

Detailed Forecast for Monday, 6 October, 2025

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| How windy? (On the Munros) | Gusty southwesterly 50 to 60mph. Powerful downslope gusts on north and east aspects, up to 70mph northern areas. Speeds tending to rise further through dusk into the night to 80mph. |
| Effect of wind on you? | Difficult conditions all day, challenging walking even at mid-elevations. Gusts may blow you over if balance is at all insecure. Further deterioration later in day. |
| How wet? (Precipitation and its impact) | Drizzle, increasingly heavier rain Near constant drizzle and light rain spots over the Cuillin and mountains near Torridon, frequently drizzly too in the north. Drier eastwards. In afternoon, steadier rain developing over western hills, heavier later in day. Very wet ground and rocks, streams in spate, some flooding in western areas. |
| Cloud on the hills? | Extensive Blanket fog across the mountains, with banks down to coastal cliffs on the west coast. Higher bases near Ben Wyvis, though unlikely breaking above 700m. |
| Chance of cloud free Munros? | Less than 10% |
| Sunshine? Air clarity (below cloud) | No sunshine expected. Very poor visibility. |
| How Cold? (at 900m) | 9 or 10C, little change with height. Eastern slopes a degree warmer. Feeling below freezing in direct wind. |
| Freezing Level | Above the summits |

The Northwest Highlands - Looking Ahead

| | Tuesday 7 October | Wednesday 8 October |
|---|---|--|
| How windy? (On the Munros) Effect of wind on you? | Southwest then westerly, gusty 40-50mph at first, likely easing to around 25mph. May tend to increase again later in day. Varied, risk difficult for a few hours, then improving, but still expect blustery conditions on high terrain. | West-southwesterly 35 to 50mph, likely strongest into the afternoon, risk reaching 60mph northernmost tops. Arduous or increasingly difficult walking conditions, balance challenging on exposed terrain. Significant wind chill. |
| How wet? (Precipitation and its impact) | Rain then drier, later showers Several hours of rain during the morning over western mountains, patchier further east. Rain likely to break up and fade to be drier for a time into middle of day, then showers follow from west. | Rain becomes more persistent west Light showery rain in the morning, most frequent western mountains, merging into more persistent rain and drizzle with time. Smaller amounts reaching eastern hills. |
| Cloud on the hills? Chance of cloud free Munros? | Most persistent west, rising toward tops Shrouding the mountains widely, to lower elevations in western areas during morning rain. Cloud base then rising to upper slopes, often capping western summits above 900-1000m, some breaks inland. 30% | Increasingly extensive, lowering Covering western tops throughout the day, highest bases in the morning, some breaks above 900m inland and east, but lowering to become extensive with time. Filling in to increasingly lower slopes in west coastal areas. 30% dropping below 10% |
| Sunshine? Air clarity (below cloud) | Glimpses of sun emerging mainly afternoon, most common in east. Visibility poor in rain, then improving, but some haze persists near west coast. | Glimpses of sun in morning, mainly in east. Visibility starts good, but some haze, becoming widely poor in western areas. |
| How Cold? (at 900m) Freezing Level | 7C up to dawn, but then dropping to be 4C most of day. Directly in the wind feeling near -5C. Above the summits | 4C rising during day to 6C. Feeling like -7 to -10C in the wind. Above the summits |

Planning Outlook

All mountain areas of Britain from Tuesday, 7 October, 2025

West-southwesterlies prevail - wet over western mountains early this week, particularly Scotland. Fast-flowing streams and further flooding expected. Dropping cooler on Tuesday-Wednesday, prepare for considerable chill factor in the stronger winds over Scottish mountains. Pressure is due to gradually rise from the south in the second half of the week, rain fading out and winds dropping lighter across many places to leave a more optimistic outlook into the weekend for most places - northwest Scotland may keep a prevailing westerly with more cloud and a stronger wind.

Forecast issued at 16:30 on Sunday, 5 October, 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.