

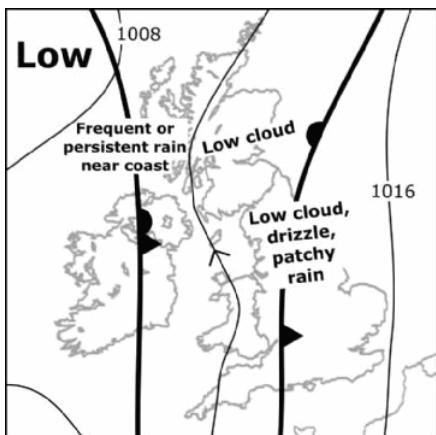
# The Northwest Highlands

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, 19 January, 2026



### British Mountain Summary:

Based on forecast chart for noon 19 January, 2026

Rain near the west coast of Scotland, largely dry inland, but low cloud covering southern Highlands widely, higher and more broken cloud northward. Rain or drizzle and blanket fog over the Pennines, drier for Lakes and Wales, with best cloud breaks northern areas. Southerly winds strongest N/W Scotland, gusty.

### Headline for The Northwest Highlands

Windy, near-gales. A little rain, low cloud west.

## Detailed Forecast for Monday, 19 January, 2026

<b>How windy? (On the Munros)</b>	South to southeasterly 30mph, up to 40mph Cuillin and nearby mainland, particularly gusty downslopes to north; easing a little from south up to dusk.
<b>Effect of wind on you?</b>	<b>Affecting comfortable walking, on exposed ridges balance more challenging in west. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain or high-level snow, mostly Skye</b> Patchy areas of rain, or snow flurries mostly on higher terrain, most frequent near coast around Skye. Small amounts inland, largely dry toward the far north.
<b>Cloud on the hills?</b>	<b>Varied, but often clear northwest</b> Banks of low cloud most persistent around Skye, lowest on southern Cuillin often to mid-slopes. Patches likely to drift over hills elsewhere, but more often clearer near/north of Ullapool.
<b>Chance of cloud free Munros?</b>	<b>20% Skye, to 60% near NW coast.</b>
<b>Sunshine?</b> Air clarity (below cloud)	A little weak sun mostly in far north. Visibility good away from cloud, poorer on Skye if damp.
<b>How Cold? (at 900m)</b>	0 or 1C, small change with height inland. Feeling like -12C where exposed to wind.
<b>Freezing Level</b>	900 to 1000m. Also slight frost inland glens early morning.

## The Northwest Highlands - Looking Ahead

	Tuesday 20 January	Wednesday 21 January
<b>How windy? (On the Munros)</b>	Southeasterly 25 to 35mph, tending to strengthen around Skye, very gusty in places including downslope to north.	Southeasterly 40 to 50mph, in places 60mph, powerful gusts downslope to some lower terrain in the west.
<b>Effect of wind on you?</b>	<b>Affecting comfortable walking and making balance challenging on exposed ridges, particularly Skye; marked wind chill.</b>	<b>Challenging conditions widely, walking difficult in exposure on high terrain. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain, snow on tops</b> Patchy areas of rain moving northwards, snow falling mostly above 800-900m. Small amounts most western areas north of Torridon.	<b>Rain most frequent eastern hills</b> Rain mostly over eastern areas, snow falling above 800m. Intermittent rain extending westwards, but small amounts much of the west coast.
<b>Cloud on the hills?</b>	<b>Varied, better northwest</b> Banks of cloud persistent over hills inland, toward east and the Great Glen, often above 800m, some patchy lower banks. Best breaks near to coasts Ullapool north.	<b>Most persistent east, breaks west coast</b> Often covering eastern hills from Ben Hope to Ben Wyvis, from some mid-slopes up; patchier cloud westwards, but capping tops on and off at least; clearer near Torridon.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of weak sun mostly northwest coastal areas. Visibility good toward north/northwest, hazier around Skye.	Glimpses of weak sun mostly near west coast, where visibility very good, reduced around rain further east.
<b>How Cold? (at 900m)</b>	0 to 2C. Wind chill feeling near -10C.	0 to 2C, highest near west coast. Wind chill feeling like -10 to -15C where exposed on higher areas.
<b>Freezing Level</b>	900 to 1000m, higher northwards. Patchy slight frost some lower slopes.	900 to 1000m, but likely just above freezing to higher tops near west coast.

## Planning Outlook

## All mountain areas of Britain from Tuesday, 20 January, 2026

South to southeasterly winds prevail during the week ahead, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. A slowly circulating weather system will bring areas of rain and high-level snow, becoming more persistent as the week progresses, cloud covering most hills; generally driest and clearest in northwest Scotland. Colder air trying to move in from the east into later January, leaving most mountain terrain frozen in the longer range.

## Forecast issued at 16:17 on Sunday, 18 January, 2026

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, 2026.