

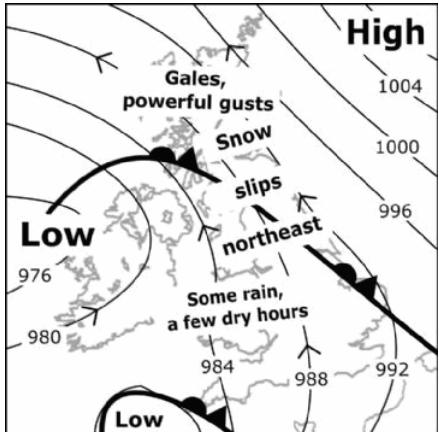
# The Northwest Highlands

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, 30 January, 2026



### British Mountain Summary:

Based on forecast chart for noon 30 January, 2026

Gales for northern England and Scotland all day with powerful gusts over tops and downslope to the northwest. Several hours of snow in these regions as well, passing from west-to-east with time, the snow level lifting to mid-slopes; northwest Scotland mostly dry and bright. Blustery in Wales, most of the rain south/east.

### Headline for The Northwest Highlands

Gales, powerful gusts; often bright west coast

## Detailed Forecast for Friday, 30 January, 2026

<b>How windy? (On the Munros)</b>	Southeasterly, sustained speeds 40-50mph, powerful gusts in places downslope toward the north/northwest of higher mountains, may approach 60mph around Ben Hope.
<b>Effect of wind on you?</b>	<b>Challenging conditions in exposure, stability difficult in powerful gusts, limiting mobility, not just on high tops. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Munros largely dry</b> Flurries fairly regularly in Caithness, odd spots reaching Ben Hope but amounting to very little if any. An increased chance of patchy snow flurries towards Kintail and Skye later, as well as Easter Ross, but again amounting to very little.
<b>Cloud on the hills?</b>	<b>Banks north and east, clearer west &amp; south with some clear summits</b> Patchy cloud around higher inland Munros and toward the east coast. Often clearer much of west coast, clearest to the south around Skye and Torridon, perhaps often clearing summits.
<b>Chance of cloud free Munros?</b>	<b>40% inland, to 60% west coast</b>
<b>Sunshine?</b> Air clarity (below cloud)	Good sun on the west coast, high cloud builds from the south with time; very good visibility here. Cloudier inland and east, poor visibility in snow.
<b>How Cold? (at 900m)</b>	-3C at dawn, rising slightly, -2 to -1C most areas, highest temperatures near the west coast, approaching 0C Skye and nearby. Wind chill feeling like -10 to -15C.
<b>Freezing Level</b>	400-600m to start the day, lowest in the north. Rising slightly, most notably Skye and nearby coastal slopes where reaching up to 800m.

## The Northwest Highlands - Looking Ahead

	Saturday 31 January	Sunday 1 February
<b>How windy? (On the Munros)</b>	East-southeasterly 30-40mph, strong gusts reaching 50mph. Some variability in strength, at times lower speeds south.	Low confidence: southeasterly 35-45mph, turning southerly 25-30mph west coast. Strong gusts probable.
<b>Effect of wind on you?</b>	<b>Walking strenuous in exposure, often arduous on high terrain with buffeting. Significant wind chill.</b>	<b>Walking strenuous-to-arduous in exposure most of the day; buffeting will challenge stability. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some snow flurries east</b> Snow flurries and sleet falling into Caithness, odd patches drifting to Kintail and Wester Ross, perhaps to Ben Hope too. Snow level rises slightly with time.	<b>Rain mostly northeast, later southwest</b> Patchy rain onto central and eastern hills, most frequent Caithness to Ben Hope. Mostly dry west coast early, then rain arrives to Skye afternoon, patches drifting into Wester Ross.
<b>Cloud on the hills?</b>	<b>Inland Munro summits shrouded, breaks west</b> Cloud covers the Munro summits from Kintail north to Ben Hope, eastern high terrain often foggy with lowest bases in Caithness, to middle slopes. More patchy Skye/Wester Ross, mostly high terrain, summits often clear along the coast.	<b>Most high terrain, breaks west</b> Cloud covers the high terrain of most inland and eastern mountains, the lowest bases east down to middle slopes. Broken and higher bases west coast, perhaps some summit breaks, cloudier southwest with time.
<b>Chance of cloud free Munros?</b>	<b>50%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Most sunshine along the west coast and Skye. Good visibility out of precipitation, though a light haze.	Some glimpses of sun towards west coast, mostly cloudy elsewhere. Good visibility out of cloud, poor in precipitation.
<b>How Cold? (at 900m)</b>	-1 to -3C, rising to -1 or 0C, highest temp Skye/Torridon, locally may reach 1C. Feeling like -12 to -15C in the wind.	0 or 1C, highest temperatures on the west coastal hills. Feeling like -10 to -13C in the wind.
<b>Freezing Level</b>	500-700m, higher west coast, locally 900m; rising more widely to 700m or higher with time.	900-1000m, highest level on the west coast.

## Planning Outlook

## All mountain areas of Britain from Saturday, 31 January, 2026

Unsettled this weekend: often cloudy and patchy rain for most. Variable winds cause rapid local changes in cloud amounts, rain, and impact on walking. The freezing level may lift somewhat, isolating snowfalls to higher Scottish terrain. In the coming week, periods of precipitation and wind will affect most mountains at least every few days. Scottish Munros generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead (with continued flooding risk too); much less precipitation northwestward. Hills in England and Wales may see a period of freezing levels above the summits as a southerly flow brings slightly milder air to the country. An indication of colder easterlies in February, though detail is very uncertain.

## Forecast issued at 15:55 on Thursday, 29 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.