

# The Northwest Highlands

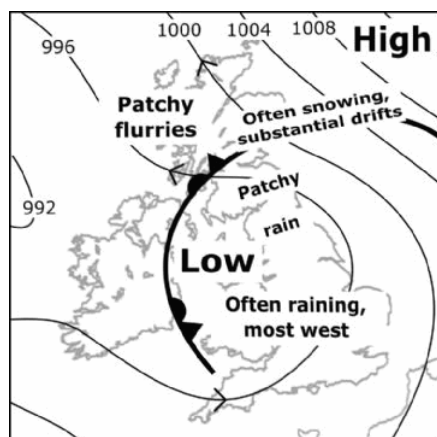
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Saturday, 31 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 31 January, 2026

Winter conditions on most high mountains; deep snow and large drifts in central/east Scotland, whiteout conditions in fog. Mostly dry NW Scotland. Morning rain in south Scotland and England trends patchy, often dry south Pennines. Often raining in Wales, most on western slopes. Freezing levels rise towards upper slopes.

### Headline for The Northwest Highlands

Some snow flurries inland and east; windy, particularly north

## Detailed Forecast for Saturday, 31 January, 2026

<b>How windy? (On the Munros)</b>	East-southeasterly 30-40mph, strong gusts over summits and downslope reaching 50mph. Some variability in strength, at times lower speeds around Skye.
<b>Effect of wind on you?</b>	<b>Walking strenuous in exposure, often arduous on high terrain with buffeting gusts making stability challenging. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some snow flurries east, later south</b> Snow flurries and sleet falling into Caithness, patches drifting to Kintail and East Ross with time, perhaps to Ben Hope too. Only odd spots will reach Skye. Snow level rises slightly with time, towards the summits of Skye.
<b>Cloud on the hills?</b>	<b>Inland Munro summits shrouded, breaks west for a time</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 clear for periods but with a greater chance of cloud banks later.
<b>Chance of cloud free Munros?</b>	<b>30%, west coast starting nearer 50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A few glimpses of sun near the west coast but often cloudy. Good visibility out of precipitation, though a light haze.
<b>How Cold? (at 900m)</b>	-1 or -2C, rising to -1 or 0C, highest temp Skye/Torridon, locally may reach 1C. Feeling like -10 to -15C in the wind.
<b>Freezing Level</b>	500-700m, higher west coast, locally 900m; rising more widely to 700m or higher with time, some variability around 900m overnight.

## The Northwest Highlands - Looking Ahead

	Sunday 1 February	Monday 2 February
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 35-45mph north, nearer 25-35mph towards Skye, gusty. An easing trend, notably south, may lower to 10mph.  <b>Walking strenuous-to-arduous in exposure in the north with significant wind chill. Easing in the south to fairly small.</b>	Southeasterly 25-40mph, strongest north and later strengthening in the south too. Gusty, tops speeds to 45-50mph.  <b>Fairly small in the south early, deteriorating, becoming strenuous-to-arduous with significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain mostly northeast, later southwest</b> Patchy rain onto central and eastern hills, most frequent Caithness to Ben Hope. Only spotty precipitation west, then rain arrives to Skye afternoon, patches drifting into Wester Ross.	<b>Many hills dry</b> Showery rain drifts into Caithness from the east much of the day, a few spots drifting towards Ben Hope and into East Ross. Snow flurries may reach further inland with time, but west coast Munros stay dry.
<b>Cloud on the hills?</b>	<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>Mostly high terrain, lowest north and east</b>  Cloud caps the high inland and east hills much of the day, lowest bases around Caithness/Ben Hope, to mid-slopes or lower during precipitation. Well broken towards Skye, clearing summits at times.
<b>Chance of cloud free Munros?</b>	<b>50% west, lowering to 30% widely</b>	<b>30%, to 50% Skye</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some glimpses of sun towards west coast, mostly cloudy elsewhere. Good visibility out of cloud, poor in precipitation.	Most sun on the west coast, particularly Skye, some cloud building with time. Very good visibility out of precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0 or 1C, highest temperatures on the west coastal hills. Feeling like -10 to -13C in the wind.  900-1000m, highest level on the west coast where some summits may be near freezing point. May lower late in the day.	-1 or -2C. Typically higher on the west coast, near 0C or locally a degree higher. Feeling like -10 to -15C in the wind.  Poorly defined - around 600m, though locally lower south and east; west coast up to 900m.

## Planning Outlook

## All mountain areas of Britain from Sunday, 1 February, 2026

Unsettled weather persists through the late weekend and into next week: a southerly flow is dominant through Monday, lifting freezing levels and brining precipitation to most mountain groups through the early week. The Munros will likely stay below freezing; precipitation will continue to fall as snow on high terrain: snowdrifts from the Cairngorms to central and southern Highlands with a continued risk of flooding here. Gales are likely as well.

Southeasterly winds will tend to re-establish later in the week, lowering freezing levels and drawing cloud and precipitation into the Pennines and eastern Scotland, the snow level dropping to middle elevations with time. Cloud and precipitation more patchy in the west with the brightest skies northwest of high summits.

## Forecast issued at 16:30 on Friday, 30 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.