

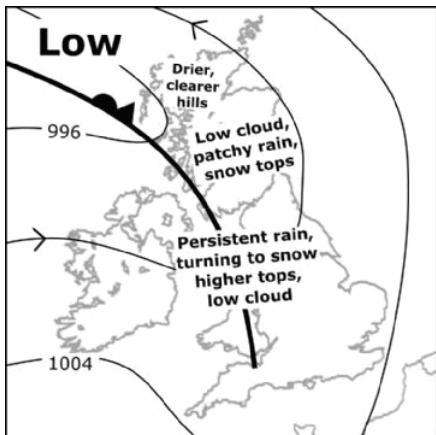
The Northwest Highlands

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 Sunday, 1 February, 2026



British Mountain Summary:

Based on forecast chart for noon 1 February, 2026

Extensive low cloud and patchy areas of rain, or snow on higher mountains, merging into more constant precipitation from the west over England, Wales and southwest Scotland. Driest conditions for the coastal northwest Highlands. Improving afternoon for Wales. Variable winds, dropping fairly light Highlands.

Headline for The Northwest Highlands

Wind easing. Local rain north, possible showers Skye, varied cloud.

Detailed Forecast for Sunday, 1 February, 2026

How windy? (On the Munros)	Southeasterly, in morning 35mph north, 20-25mph towards Skye, gusty in places especially northwest of high tops. An easing trend, notably south, toward 10mph Skye and Wester Ross afternoon.
Effect of wind on you?	Walking strenuous in exposure in the north early in day with significant wind chill, but improving, becoming small in south.
How wet? (Precipitation and its impact)	Rain mostly northeast, later southwest Patchy rain onto eastern hills, most frequent Caithness to Ben Hope. Only spotty precipitation west. Occasional showery rain arrives to Skye afternoon, patches later drifting into Wester Ross, but dry much of day west coast.
Cloud on the hills?	Most high terrain, breaks west 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, some summit breaks north of Torridon, cloudier southwest with time.
Chance of cloud free Munros?	50% west, lowering to 30% widely
Sunshine? Air clarity (below cloud)	Some glimpses of sun towards west coast, mostly cloudy elsewhere. Good visibility out of cloud, poor in precipitation.
How Cold? (at 900m)	0 or 1C, highest temperatures on the west coastal hills. Feeling like -10 to -13C in the wind.
Freezing Level	900-1000m, highest level near the west coast toward north where just above freezing point on some higher slopes.

The Northwest Highlands - Looking Ahead

	Monday 2 February	Tuesday 3 February
How windy? (On the Munros)	Southeasterly 25-40mph, strongest north and later strengthening in the south too. Gusty, top speeds to 45-50mph.	Easterly 35 to 50mph, very gusty in places around higher mountains and downslope west of high terrain.
Effect of wind on you?	Fairly small in the south early, deteriorating, becoming strenuous-to-arduous with significant wind chill.	Challenging walking conditions over exposed terrain, gusts knocking you off balance; significant wind chill.
How wet? (Precipitation and its impact)	Western hills dry, rain/snow northeast Showery rain drifts into Caithness and Ben Hope area from the east much of the day, snow above 700m later 500m. Snow flurries may reach further inland with time, but west coast Munros stay dry.	Snow mostly east and north Snow frequent or persistent eastern hills from Ben Wyvis area up to Ben Hope. Further west, rarer flurries, often dry Skye and coast near Torridon.
Cloud on the hills?	Mostly high terrain, lowest north and east 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.	Most persistent east, breaks west Covering much higher eastern terrain above 600m, 800m further inland, but often higher and more broken westwards, but grazing higher slopes for periods.
Chance of cloud free Munros?	30%, to 60% Skye	40%
Sunshine? Air clarity (below cloud)	Most sun on the west coast, particularly Skye, some cloud building with time. Very good visibility out of precipitation.	Glimpses of sun mainly near Skye, where visibility mostly good. Very poor if in snow and cloud east/north.
How Cold? (at 900m)	-1 or -2C. Typically higher on the west coast, 0 or +1C around Skye. Feeling like -10 to -15C in the wind.	-4C north and east, to -1C near west coast. Wind chill feeling like -15 to -18C.
Freezing Level	Starting 800 to 1000m, highest in west; dropping during day from east toward 600m, from dusk 400-500m in east.	300-400m Caithness to Easter Ross, up to 600m more western areas, or locally varied higher up nearest to west coast.

Planning Outlook

All mountain areas of Britain from Monday, 2 February, 2026

Southeast then easterly winds will prevail during the week ahead, strong to gale force over many hills for sustained periods. From Monday into Tuesday onward, colder air temperature and lower freezing level again, leaving mountain terrain widely frozen from mid-elevations upward, or to lower slopes in eastern Scotland. Further snow will affect eastern mountains, with additional accumulations and drifting. Some periods of hill snow for England and Wales into midweek. Cold easterly patterns are expected to continue onward into mid February, though higher pressure to the north may see reduced precipitation amounts, always driest with highest cloud in west.

Forecast issued at 16:30 on Saturday, 31 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.