

The Northwest Highlands

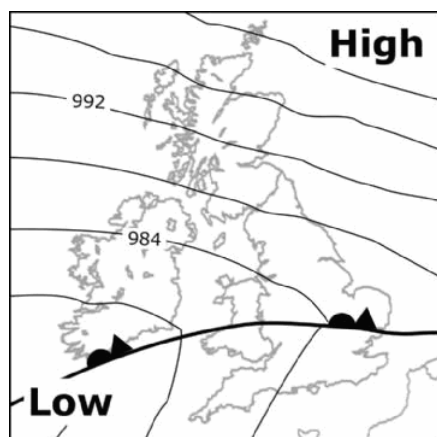
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Friday, 6 February, 2026



British Mountain Summary:

Based on forecast chart for noon 6 February, 2026

Widely very poor conditions on the hills: upland gales, and persistent fog and rain, or on higher areas (widely Scottish Highlands) snow. But western Scotland, mainly westernmost slopes, often dry with higher cloud base (sometimes clearing). Wales: some improvement from south during day.

Headline for The Northwest Highlands

Upland gales; snow (very little west and south). Fog.

Detailed Forecast for Friday, 6 February, 2026

How windy? (On the Munros)	Easterly 40 to locally 55mph, powerful gusts around higher mountains and particularly downslope (west) of major ridges and summits.
Effect of wind on you?	Difficult mobility, particularly on high terrain, buffeting gusts knocking you off balance or over even on some lower slopes. Severe wind chill.
How wet? (Precipitation and its impact)	Snow mostly north from Ben Wyvis Frequent snow most mountains. South from Torridon, western Wester Ross and near the west Sutherland coast, little if any precipitation, only flurries.
Cloud on the hills?	Blanket of fog most mountains - breaking up toward west coast Persistent cloud base 400 to 550m most of region. Toward west, especially south from Torridon, most cloud above 800-1000m may sometimes clear summits near Skye.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Largely dull and on eastern hills hazy (appalling visibility in snow). On western hills, particularly near Skye, sunshine, locally extensive and excellent visibility.
How Cold? (at 900m)	-4C north and east, to -2C, locally 0C toward west coast and on Skye. Will feel as cold as -15 to -20C directly in the wind.
Freezing Level	450m tending to rise toward 600m, but locally as high as 900m near west coast near Skye.

The Northwest Highlands - Looking Ahead

	Saturday 7 February	Sunday 8 February
How windy? (On the Munros) Effect of wind on you?	Easterly 25 to 40mph, perhaps higher in the morning around Ben Hope. Walking fairly arduous with significant buffeting and wind chill, most marked toward Ben Hope.	Between east and south typically 15 to 25mph, although possibly below 15mph near Skye. Mostly small
How wet? (Precipitation and its impact)	Patchy precipitation mainly in the east. Patchy snow or flurries, rain below 300m later 700m; mainly hills near and east of A836 from Tongue to Lairg. West of Ben Hope and down to Skye, very little if any.	Little or no precipitation Rain, or above 600 to 900m snow here and there, mostly amounting to very little, although particularly Sutherland and Ben Wyvis, possibly widespread precipitation at dawn clearing only slowly north during day.
Cloud on the hills? Chance of cloud free Munros?	Extensive, but good breaks west coast and Skye. Persistent fog nearly everywhere above 300 to 450m. Again, higher cloud base in places breaking completely westernmost summits south from Wester Ross. 10%	Most mountains persistently covered. May clear some western hills. Persistent fog most of region, but by afternoon perhaps breaks to 600m and here and there higher slopes briefly clearing or between cloud layers. Again on westernmost areas, cloud may sometimes or fleetingly clear, revealing higher slopes or summits. 10%
Sunshine? Air clarity (below cloud)	Patchy sun toward west coast in an otherwise overcast atmosphere. Hazy, best visibility west coast, poor or very poor in snowfall.	Glimpses of sunshine here and there - possibly bright sun for an hour or two near Skye. Widely misty or murky, possibly very good visibility westernmost hills.
How Cold? (at 900m) Freezing Level	Around -1C. Poorly defined: 600 to 900m, but locally 1100m westernmost summits: generally only slow temperature drop with height.	0 or 1C 800 to 1050m. although terrain down to lower slopes (except close to west coast) mostly frozen.

Planning Outlook**All mountain areas of Britain from Saturday, 7 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (although lower total rainfall in eastern Scotland and Wales than recently) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the chance of the return of low freezing level toward the middle of next week.

Forecast issued at 12:26 on Thursday, 5 February, 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.