

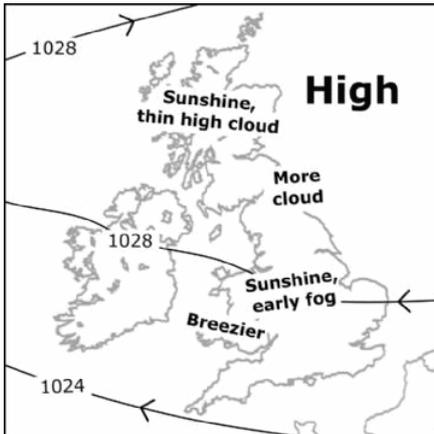
The Northwest Highlands

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 Thursday, 19 March, 2026



British Mountain Summary:

Based on forecast chart for noon 19 March, 2026

Dry overall, clear hills and sunny, thin high cloud for Scotland. A zone of cloudier skies and some varied fog from the Borders to northeast Pennines. Warmer further southwards, sunny but hazy views, some early valley fog in Wales & Peak District. Light winds for most places, breezier in south Wales.

Headline for The Northwest Highlands

Dry, sunshine, some early cloud/fog. Breezier north and later.

Detailed Forecast for Thursday, 19 March, 2026

How windy? (On the Munros)	West turning southwesterly, 10mph or often less Skye to Great Glen, to 15mph in northern areas, local gusty 20mph near Ben Hope early in day. Increasing more widely toward evening 15-20mph, or 25mph into night.
Effect of wind on you?	Mostly small much of day, locally feeling breezier and gustier, more noticeably toward dusk.
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Low and middle cloud early, mostly clearing Dawn fog in the glens, patchy cloud up to 700-800m northwestern coasts (most summits likely start clear). Cloud lifts, mostly dissipating through morning, a few patches occasionally drifting over the high northern Munros afternoon.
Chance of cloud free Munros?	70% in morning, rising above 90%
Sunshine? Air clarity (below cloud)	Mostly sunny though some high cloud around. Excellent visibility.
How Cold? (at 900m)	1 or 2C in morning, staying cool all day north of Ullapool, rising elsewhere to 5C. Feeling just below freezing in the breeze.
Freezing Level	Close to freezing on highest tops near and north of Ullapool early morning, plus patchy frost into some glens at first. Otherwise above freezing to tops.

The Northwest Highlands - Looking Ahead

	Friday 20 March	Saturday 21 March
How windy? (On the Munros)	Southwesterly 25 to 30mph, locally gusty 35mph, strongest north of Ullapool.	Southwesterly 15 to 25mph, may reach 30mph occasionally around some tops.
Effect of wind on you?	Blustery in exposure, affecting balance on exposed western ridges. Marked wind chill.	Fairly small, but in exposure at times starting to affect ease of walking and balance. Marked wind chill.
How wet? (Precipitation and its impact)	Precipitation rare if any Chance of a little fine drizzle at times near to west coast.	A little rain Patchy rain and drizzle mostly over western hills, may be more persistent over a few hours, but amounts small.
Cloud on the hills?	Possible west coast cloud Banks of cloud may drift onto west coastal aspects in places. Otherwise patchy fog in glens at first lifting briefly into patchy cloud on some slopes, then largely dispersing.	Fairly extensive, may lift from north Covering most mountains for several hours at least, lowest bases toward west coast, from 600 to 800m upward, in places lower for a time in rain. Bases may then tend to rise and some breaks forming from north.
Chance of cloud free Munros?	70%	30%
Sunshine? Air clarity (below cloud)	Sunshine best away from west coast. Visibility very good many areas, may be hazier in west.	Fairly cloudy, some haze toward west, may improve to brighter skies and good visibility.
How Cold? (at 900m)	4 or 5C. Feeling nearer -5C if directly in the wind.	1 or 2C. Feeling like -5C directly in the wind.
Freezing Level	Above the summits, but slight frost some sheltered glens at dawn.	Close to freezing around 1000m, mainly toward the north.

Planning Outlook

All mountain areas of Britain from Friday, 20 March, 2026

High pressure stays nearby toward the weekend, although retreats to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south may rebuild to settle things again.

Forecast issued at 16:15 on Wednesday, 18 March, 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.