

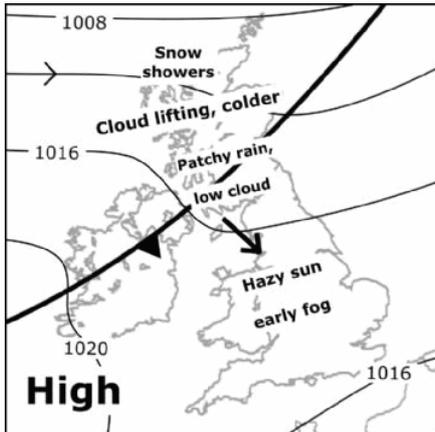
The Northwest Highlands

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, 22 March, 2026



British Mountain Summary:

Based on forecast chart for noon 22 March, 2026

A band of patchy rain and low cloud moves southeastwards, improving with rising cloud bases across the Highlands, but brisk winds and below freezing on higher terrain - snow showers mostly in northwest. England & Wales start with low-level fog, hazy sun then cloud lowering, a little rain develops.

Headline for The Northwest Highlands

Windy, up to gale force north. Cold with snow showers.

Detailed Forecast for Sunday, 22 March, 2026

How windy? (On the Munros)	Westerly 30 to 40mph, squally gusts during showers, up to 50mph northern areas around dawn, and at times later in showers. Lower speeds briefly around Skye to Kintail in the morning, 20-25mph.
Effect of wind on you?	Very blustery with significant wind chill, particularly northern areas, walking strenuous, affecting balance on exposed ridges, buffeting gusts at times. Locally more moderate conditions in south in morning.
How wet? (Precipitation and its impact)	Early rain, then snow showers A brief band of rain moving southwards soon from dawn, steady rain mixed with showery moments at first, turning to snow flurries on tops, followed by showers with snow falling to 500m, later 300m, also hail, most common north.
Cloud on the hills?	Early cloud rising with breaks, varied on tops Covering hills fairly widely around dawn, lowest bases in west 600 to 800m. Soon lifts and breaks, mostly above 900m, clearing higher tops for periods, but varied patches returning in showers, most often west coast tops.
Chance of cloud free Munros?	20% at first, rising to 60%.
Sunshine? Air clarity (below cloud)	Occasional sunshine breaking through. Visibility soon often very good as rain clears, but reduced in showers, briefly poor in snow locally.
How Cold? (at 900m)	+2C up to dawn, but soon dropping to 0C, then -2C by middle of day onward. Feeling like -10 to -15C directly in wind.
Freezing Level	Above the summits just up to dawn, but soon lowering, to 700-800m before noon, dropping to 500-600m by dusk.

The Northwest Highlands - Looking Ahead

	Monday 23 March	Tuesday 24 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly, strengthening during day, rapidly near Skye, from 25-35mph early morning, to 50-70mph. Deteriorating significantly as gales arrive, risk quickly becoming severe, making any mobility increasingly difficult on hills.	West to southwesterly 50 to 70mph, peak speeds likely in morning, but powerful squally gusts all day. Difficult conditions across the mountains, any mobility often very challenging in exposure. Severe wind chill.
How wet? (Precipitation and its impact)	Rain developing, later heavy west Chance of an odd west coastal shower, otherwise likely dry morning. Then during afternoon, patchy rain arriving from west, briefly snow may fall on high tops inland, then rain becoming more persistent, heaviest soonest near Skye.	Heavy snow and hail showers Heavy rain up to dawn, finishing as snow on high terrain. Then showery, increasingly heavy and frequent, falling as snow toward lowering elevations, also hail, risk isolated thunder.
Cloud on the hills?	Very little, then lowering over hills Some patches starting to form over higher slopes in the afternoon, then quickly filling in and lowering as rain develops.	Varied, but fairly extensive tops Cloud base constantly changing, but often covering high terrain, bases varying 600 to 900m, only brief breaks higher up.
Chance of cloud free Munros?	90%, dropping to 20% later in day.	20%
Sunshine? Air clarity (below cloud)	Weak sun through high cloud, thickening to become overcast. Visibility very good, then poor later in rain.	Brief glimpses of sun mostly east. Visibility very poor at times, appalling in snow and cloud; intermittently good.
How Cold? (at 900m) Freezing Level	-2C rising to +2C by late afternoon. As wind increases, chill factor feeling like -12 to -15C in exposure. 600m plus frost inland glens around dawn. Tending to rise, by late afternoon likely lifting just above freezing to highest tops.	0 or +1C at first, lowering to -2C afternoon. Feeling like -15 to -18C in the wind. Dropping up to dawn onto higher tops, then 700m before noon, 500m up to dusk.

Planning Outlook

All mountain areas of Britain from Monday, 23 March, 2026

A fine start to the week for many places, but strengthening winds and a spell of heavy rain arriving from the northwest during Monday advances southwards into Tuesday. Cold, wintry conditions follow across the mountains into midweek, falling sub-zero across all hills of Britain above 600-700 m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling toward lower elevations. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow likely continues to bring more changeable conditions to west and northwest Scotland.

Forecast issued at 16:00 on Saturday, 21 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.