

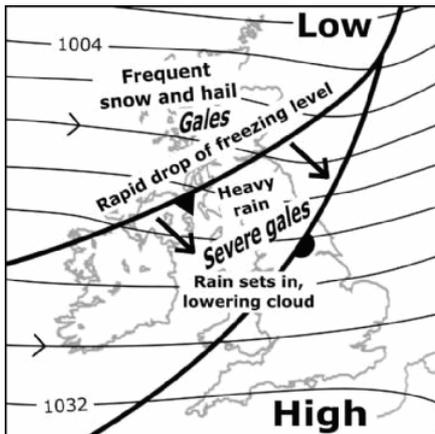
The Northwest Highlands

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, 29 March, 2026



British Mountain Summary:

Based on forecast chart for noon 29 March, 2026

Widely difficult conditions - extensive gales across the hills, often severe on higher terrain; a few hours of storm-force winds moving southward accompanied by a swathe of heavy rain, some snow on high tops. Colder air follows across Scotland, with frequent showery hail and snow, periods of whiteout on mountains.

Headline for The Northwest Highlands

Gales, severe tops, powerful squalls, frequent hail & snow.

Detailed Forecast for Sunday, 29 March, 2026

How windy? (On the Munros)	Southwesterly at first, soon westerly, 70-80mph around dawn, stronger gusts at first light. Then around 50mph all day, 60mph higher tops at times, sudden squally gusts toward 70mph in west.
Effect of wind on you?	Severe conditions at first, remaining difficult over the mountains all day, mobility often challenging, powerful gusts could knock you off your feet. Severe wind chill.
How wet? (Precipitation and its impact)	Heavy rain, snow, then showery hail, risk thunder A swathe of heavy rain from before dawn, some snow on high tops, torrential bursts soon moving through early morning. Then showery hail, and abruptly snow falling to mid-elevations, increasingly toward 400m afternoon. Risk of isolated thunder & lightning.
Cloud on the hills?	Varied over tops Cloud base constantly changing, 600 to 900m, lowest near west coast in showers, patches at times inland. Briefly breaking to above higher slopes out of showers.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, mainly in east. Visibility changing quickly, at times very poor, appalling at least temporarily in snow, intermittently very good.
How Cold? (at 900m)	+1C at dawn, dropping before midday to -2C, later -4C high tops. Wind chill feeling like -15 to -18C.
Freezing Level	Briefly just above freezing to upper slopes around dawn, but soon lowering again, to 700-800m before noon, then 500-600m during the afternoon, soonest in north.

The Northwest Highlands - Looking Ahead

	Monday 30 March	Tuesday 31 March
How windy? (On the Munros) Effect of wind on you?	West to northwesterly, 45 to 60mph, strongest toward north and in the morning, gusts over 70mph high tops. Challenging conditions, very difficult mobility especially morning, gusts could knock you over. Significant wind chill.	West to southwesterly, 30 to 40mph, very gusty in places around exposed high tops and ridges. Very blustery in exposure, making balance difficult on ridges, sudden buffeting in places. Considerable wind chill.
How wet? (Precipitation and its impact)	Snow & hail showers Showery snow, also hail in the morning, frequent over western mountains. Tending to ease to lighter and more scattered showers afternoon, by then mostly rain below 500-600m. Rain and drizzle in west into night.	Drizzly rain particularly west Drizzly over western mountains much of the day, some steadier but mostly light rain at times. Combined with some snow melt, rock surfaces will be very slippery. Smaller amounts of occasional drizzle further eastwards.
Cloud on the hills?	Most persistent western tops Likely to cover higher western areas widely in morning, bases 600-800m, tending to rise. Breaks forming higher with time. Will then lower from southwest into night.	Extensive, lowest in west Blanket low cloud across the mountains, from lower elevations upward near to west coast in the morning. Tending to rise a little during day, but likely to shroud many hills all day above 600-800m, local breaks east.
Chance of cloud free Munros?	30% rising to 60% inland	10%
Sunshine? Air clarity (below cloud)	Occasional sun, most common east. Visibility good out of showers, but some haze in west, intermittently poor in snow.	Cloudy and misty, some brighter moments may emerge mainly inland and east, where visibility good if below cloud, but generally poor over the hills.
How Cold? (at 900m) Freezing Level	-2C rising to 0 or +1C afternoon, then higher after dark. Wind chill feeling like -15 to -18C. 600-700m from dawn, rising to 900-1000m afternoon, then lifting above the summits into night.	3 or 4C. Feeling like -7 to -10C directly in the wind. Above freezing up to all summits.

Planning Outlook

All mountain areas of Britain from Monday, 30 March, 2026

Milder air across all areas by Tuesday, with drizzly rain and low cloud particularly in the west. A drop of temperature returns to Scotland at least during Wednesday, with a belt of rain expected to move slowly southwards, followed by showers turning to snow again on higher areas, possible hail. Uncertain southward extent of rain and colder air beyond midweek - lower confidence in forecast detail toward Easter - high pressure toward the east and south brings some drier weather, but Atlantic weather systems may continue to move near to the northwest of Britain bringing further spells of strong wind and rain, plus fluctuating temperatures in Scotland, whilst further south likely stays milder.

Forecast issued at 16:00 on Saturday, 28 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.