

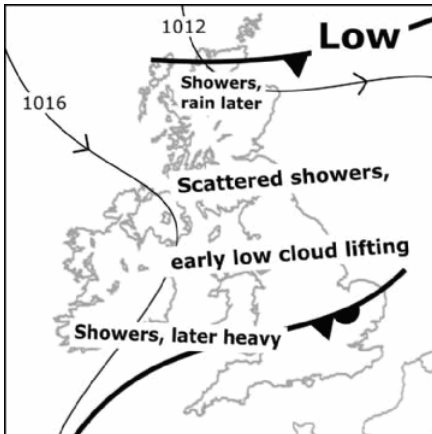
# The Northwest Highlands

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 Monday, 4 May, 2026



### British Mountain Summary: Based on forecast chart for noon 4 May, 2026

Showers soon drifting into northwest Scotland, cloud spreading onto western high terrain, and rain later more widespread across northern Scotland. Scattered showers in southern Scotland and afternoon in England, early low cloud but many summits clearing. Some showers in Wales, mostly south with heavy bursts afternoon.

### Headline for The Northwest Highlands

Showers and hill cloud increasingly set in from the north

## Detailed Forecast for Monday, 4 May, 2026

<b>How windy? (On the Munros)</b>	Westerly 20-35mph in the morning, strongest wind far north. Gradually easing to 15-20mph through morning, then shifting north-northeasterly through afternoon, 10-15mph, perhaps a lull later.
<b>Effect of wind on you?</b>	<b>Blustery in the morning, particularly Ben Hope where walking will be strenuous in exposure with wind chill. Trending towards small effects by afternoon.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showers, setting in for a time</b> Showers drift into the northwest from dawn, showers gradually spreading south along the coast and increasingly widespread and more frequent into afternoon. Some local heavier falls, but rainfall totals mostly small; perhaps some snow flurries mixed in on highest tops, particularly early.
<b>Cloud on the hills?</b>	<b>Mostly high terrain early, then thickening from the north</b> Cloud base likely to vary, generally rising through the morning to 650 to 900m, just west coast hills at first but gradually spreading more widely above 900m, though local breaks still likely. Bases lower again from the north as showers arrive, perhaps filling in above 500m for a time. Bases stay above 800m southern hills.
<b>Chance of cloud free Munros?</b>	<b>50% for several hours, deteriorating to 20% from the north through afternoon</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sunshine, perhaps more extensive in the morning; trending cloudier through afternoon. Visibility excellent but deteriorating as rain arrives.
<b>How Cold? (at 900m)</b>	0 or +1C at dawn, rising up to 3C south of Ullapool (though only slightly rising along the coast); little change north, and may lower below freezing at Ben Hope afternoon.
<b>Freezing Level</b>	Around 900m dawn, patchy frosts in glens. Lifting to or above summits. Returning to 800-900m northern areas later afternoon, later more widely, to 600m north.

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 5 May</b>	<b>Wednesday 6 May</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Generally northerly but some variability, 5-15mph. Risk stronger a few early hours, to 25-30mph Skye summits. <b>Small most of the day, though a risk quite blustery at dawn, strongest wind affecting stability in exposure.</b>	Variable becoming southerly, 10 to 20mph, lowest speeds early in day, may increase nearer 30mph on Skye during day. <b>Fairly small, but may become more noticeably blustery and chillier, particularly on westernmost tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Scattered snow showers</b> Scattered snow showers drifting from the north throughout the day, dry periods, but a risk of clustering together easternmost hills with time. Falling as rain below 500m in the south.	<b>Scattered showers, of snow on tops</b> Local showers mostly forming during afternoon, snow flurries above 700m, possible soft hail; may form a cluster of precipitation over an hour or so, but some locations staying fully dry.
<b>Cloud on the hills?</b>	<b>Mostly high terrain north and east</b>  Patchy fog to the middle elevations from dawn, lifting through the morning to largely above 900m, Munros often clear. Cloud returns to 700-800m during showers, lowest bases near the northeast where may be more persistent.	<b>Mostly little, lifting above tops</b>  Some patchy cloud forming on mid to upper slopes in the morning, but rising to higher tops then most cloud above the hills by midday onward. Odd ragged patches may return around showers.
<b>Chance of cloud free Munros?</b>	<b>70%</b>	<b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sunshine, perhaps more extensive for some early hours. Largely excellent visibility, but suddenly poor in snow showers.	Patchwork of sun, thin high cloud; tending to cloud over especially inland afternoon. Visibility excellent.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	-2C rising to 0C, likely staying milder northern coastal Munros. May rise to +1C Torridon.  Early frosts north, 500-600m near coasts. Rising to 800-900m, lowest north.	-2C at first, rising to +3C afternoon.  700m from dawn, plus patchy frost inland glens if skies are clear. Rising just above freezing to higher tops during afternoon.

**Planning Outlook****All mountain areas of Britain from Tuesday, 5 May, 2026**

Chilly most or all week, particularly across the Scottish Highlands where fresh snow in some areas and morning freezing level sometimes below 700m; patchy frosts developing in the glens and corries, though always thawing soon after sunrise. Wednesday is likely the chilliest day. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards high terrain, often above summits though regions for best breaks are uncertain; often cloud with just glimpses of sun for most. Next weekend is indicated to be wet in Wales and England; detail remains uncertain in Scotland.

**Forecast issued at 16:26 on Sunday, 3 May, 2026**

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