

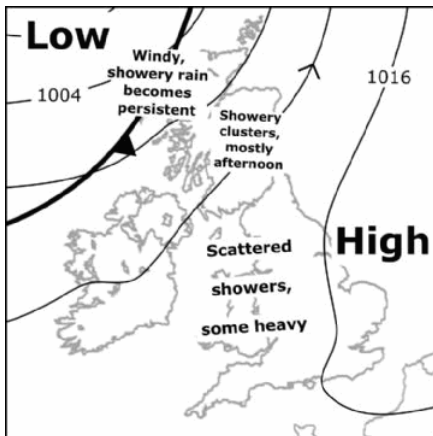
The Northwest Highlands

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, 7 May, 2026



British Mountain Summary: Based on forecast chart for noon 7 May, 2026

South to southwesterly winds giving considerable chill factor over high terrain, up to gale-force over coastal northwest Highlands. Areas of showery rain, most widespread into the afternoon when some clusters of heavier rain forming. Rain generally becomes more persistent toward northwest Scotland.

Headline for The Northwest Highlands

Increasingly gales western tops. Showers then frequent rain.

Detailed Forecast for Thursday, 7 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 25 to 35mph, strengthening and trending southwesterly, sustained 40mph along the coast, stronger Skye, gusts reaching 50mph in exposure on Cuillin, in afternoon on western tops more widely, all areas evening-night.</p> <p>Walking impeded in exposure, conditions increasingly strenuous, later arduous along the coast with significant wind chill and increasingly frequent buffeting gusts.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Showery rain, becoming frequent rain west</p> <p>Showery rain from dawn, most often southern and west coastal areas, but a scattering of showers forming inland during morning and drifting northward. More frequent to persistent showery rain along the west coast with time into afternoon as a front encroaches in. Drier afternoon more eastern hills.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Mostly just summits with breaks; lowest more often Skye to Wester Ross coast</p> <p>Banks above 800m in the morning, most extensive inland south of Ullapool. Most cloud lifting to at least the summits inland and north, some breaks above best inland and eastward, but banks returning to 800-900m and above from the west with time, fairly persistent near Skye as rain develops.</p> <p>50%, dropping to 20% Skye and nearby west coast in rain.</p>
<p>Sunshine?</p> <p>Air clarity (below cloud)</p>	<p>Mostly cloudy, a few glimpses of sun.</p> <p>Mixed visibility, often excellent but poor during rain, particularly west afternoon onward.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>0 or +1C, rising to 4C or locally 5C well inland and north. Falling to -1C into night. Feeling like -5 to -8C in strongest wind during daytime.</p> <p>1000m at dawn, or 900m inland, lifting to just highest summits or likely above. Then dropping into night to 800m.</p>

The Northwest Highlands - Looking Ahead

	Friday 8 May	Saturday 9 May
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-40mph, strongest Ben Hope. Westerly trend, easing from the south, staying at least 30mph north. Walking inconvenienced, at least strenuous in the north with buffeting and notable wind chill. Some improvement.	North to northwesterly 15 to 20mph. Fairly small.
How wet? (Precipitation and its impact)	Showers, may ease somewhat Frequent showery rain through morning and perhaps into early afternoon; falling as sleet/snow on the highest tops. A chance of easing afternoon, some scattered west coastal showers later.	Occasional flurries Scattered brief light showers, mostly eastern hills by afternoon. Falling as snow flurries over hills, to mid-slopes or lower in the morning.
Cloud on the hills? Chance of cloud free Munros?	Early fog lifts, later just caps on west coast tops Fairly extensive from dawn from 600m up, or lower slopes of the Cuillin. Lifting through morning to at least 800m, remaining lowest Skye, but also increasingly broken, summits breaks afternoon; cloud caps over coastal summits come and go. 20% rising to 70% well-inland	Lifting, clearing many summits Occasional patches of cloud on upper slopes in the morning, patches may come and go for a few hours in western areas, but tending to lift above many tops. 70%
Sunshine? Air clarity (below cloud)	Soon a patchwork of cloud and sun, perhaps more often sunny afternoon. Variable visibility in showers, but becoming very good as showers ease.	Patchwork of sun, best near to west coast in afternoon. Visibility excellent.
How Cold? (at 900m) Freezing Level	2 or 3C, may briefly rise a degree eastern Munros; lowering afternoon towards 0C. Feeling like -10 to -13 in direct wind. Just above the summits at dawn, lowering to the high tops in the northwest, gradually more widely to 900-1000m.	-2C rising to 0 or +1C. 600 to 800m, lowest in north and in morning, lifting toward 1000m in south. Also frost in sheltered glens at dawn.

Planning Outlook

All mountain areas of Britain from Friday, 8 May, 2026

A notably chilly outlook for May into the weekend and early next week, with higher Scottish mountains almost continuously below freezing point possibly onward through much of next week as northwesterly air prevails. After a warmer end to this week, higher tops in England and Wales also dropping intermittently to freezing point from the weekend onward. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery through mid-May, plus some fronts bringing persistent rain most common in northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

Forecast issued at 16:26 on Wednesday, 6 May, 2026

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