

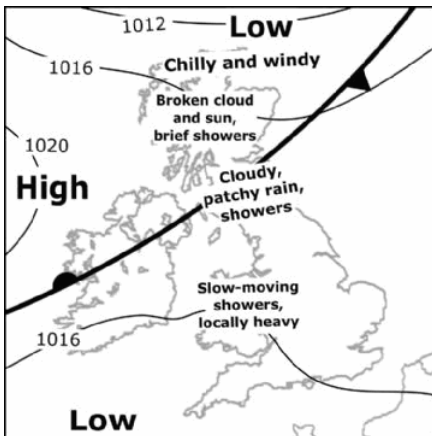
The Northwest Highlands

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 Friday, 8 May, 2026



British Mountain Summary:

Based on forecast chart for noon 8 May, 2026

Near freezing all day on higher Scottish mountains, considerable chill factor in the north with brisk winds, though tending to ease. A few showers, snow flurries on Scottish tops, but a fair amount of dry weather for the Highlands. Lighter winds England, Wales & southern Scotland, localised heavy bursts of rain forming.

Headline for The Northwest Highlands

Strongest winds lessening. Chilly with showers, snow tops.

Detailed Forecast for Friday, 8 May, 2026

How windy? (On the Munros)	Southwesterly 25-40mph, strongest Ben Hope early in the day. Shifting westerly and easing from the south, but staying at least 30mph north into afternoon, nearer 20mph Skye; slightly less by evening.
Effect of wind on you?	Walking inconvenienced, strenuous in the north with buffeting for a few hours, considerable wind chill, particularly morning. Some improvement, but a distinct chill all day over exposed high terrain.
How wet? (Precipitation and its impact)	Showers, flurries on tops, mostly west Occasional showery rain through morning and perhaps into early afternoon; falling as sleet/snow above 700-800m in west. Patchier into afternoon, but some scattered west coastal showers linger into evening.
Cloud on the hills?	Lowest in west in morning, later just caps on west coast tops Fairly extensive from dawn from 600m up in west, particularly the Cuillin. Lifting through morning to at least 800m, remaining lowest Skye, but increasingly broken, breaks to tops in afternoon, but cloud caps over coastal summits come and go.
Chance of cloud free Munros?	20% rising to 70% well-inland
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through, best in east. Variable visibility in showers, but becoming very good as showers ease.
How Cold? (at 900m)	1C, may briefly rise a degree eastern Munros; lowering later in day onward into night to -1 or -2C. Feeling like -10 to -13C in direct wind, coldest in morning on northern tops.
Freezing Level	900-1000m, lowest toward west, tending to drop further evening onward into night from northwest to 700-800m.

The Northwest Highlands - Looking Ahead

	Saturday 9 May	Sunday 10 May
How windy? (On the Munros) Effect of wind on you?	North to northwesterly 15 to 20mph. Fairly small.	Westerly - timing uncertain, but likely to strengthen to 30mph, risk 40mph north, perhaps widely later, turning N-NW'ly. Prepare for considerable wind chill, risk more significant later. Walking becoming strenuous, affecting balance on ridges.
How wet? (Precipitation and its impact)	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.	Showers, becoming wetter, later snow Showers coming in from the northwest, falling as snow flurries on the Munros. With time risk becoming more frequent or merging into constant rain, then turns increasingly to snow to mid-heights in north late in day or evening.
Cloud on the hills?	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.	Lowering over western hills Possibly clear to tops inland and east early in day. Patchy cloud over higher western slopes forming more widely in showers, tending to fill in and lower in steady rain over western mountains.
Chance of cloud free Munros?	70%	70% dropping to 30%.
Sunshine? Air clarity (below cloud)	Patchwork of sun, best near to west coast in afternoon. Visibility excellent.	Early sun mostly toward east, becoming largely cloudy, increasingly overcast. Visibility starts excellent, reducing in precipitation, becoming poor in west.
How Cold? (at 900m) Freezing Level	-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.	-1C rising to +2C, but into evening may fall quickly from north toward -2C. Feeling much colder as wind increases. 800m plus frost inland glens at dawn. Up to 1100m afternoon, but late in day risk a rapid drop from north to 600-700m.

Planning Outlook

All mountain areas of Britain from Saturday, 9 May, 2026

A chilly outlook into mid-May, with higher Scottish mountains staying near or often below freezing point as northwesterly air prevails. Higher tops in England and Wales also dropping intermittently to freezing point. 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 weather over the next 10-day period, plus some fronts bringing persistent rain mostly to 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 Thursday, 7 May, 2026

The Production of the Scottish forecasts is fully funded by 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.