

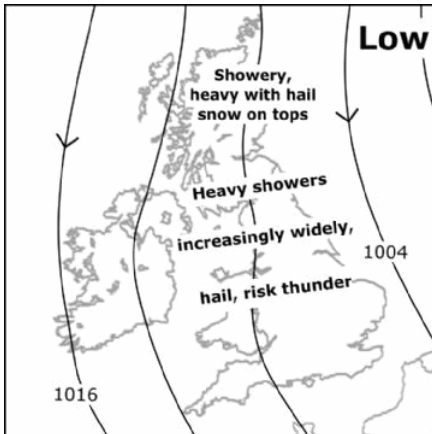
The Northwest Highlands

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, 14 May, 2026



British Mountain Summary:

Based on forecast chart for noon 14 May, 2026

Another cold day for May with considerable chill factor in exposure to brisk northerly winds. Showers focused on north-facing areas in the morning, but forming increasingly widely, falling as snow on Scottish Munros, at times higher tops elsewhere; heavy bursts with hail, isolated thunder.

Headline for The Northwest Highlands

Cold and windy. Showery with hail, snow on tops.

Detailed Forecast for Thursday, 14 May, 2026

How windy? (On the Munros)	Northerly 25 to 35mph, strongest west coastal areas, squally gusts 40mph. Increasing more widely later in day, particularly north/eastern areas to 40mph.
Effect of wind on you?	Significant wind chill for mid-May. Ease of walking impeded, at times making balance challenging on exposed ridges.
How wet? (Precipitation and its impact)	Showers, increasingly widespread. Scattered showers from dawn, clustering around coastal areas. Will develop more widely through day, containing hail with snow above 700-900m. Fewer showers later in day, most pushing away southward.
Cloud on the hills?	Bases varied, some breaks inland Cloud bases varying through day, but frequently banks will cover the tops above 800-1000m; lowest bases in morning from Ben Hope to Skye, at times 600m. Breaks forming best near Great Glen during afternoon.
Chance of cloud free Munros?	40% rising to 70% inland afternoon.
Sunshine? Air clarity (below cloud)	Skies often filled in with cloud limiting the sun to glimpses; coastal areas improving afternoon. Visibility very good, but lowering to become poor in showers.
How Cold? (at 900m)	Near 0C all day, lowering to -1C Ben Hope later afternoon; widely -2C from dusk. Feeling like -10 to -15C directly in wind.
Freezing Level	900-1000m, highest in the south. Lowering to 800m near Ben Hope toward evening, more widely 700-800m up to dusk.

The Northwest Highlands - Looking Ahead

	Friday 15 May	Saturday 16 May
How windy? (On the Munros) Effect of wind on you?	Northwesterly 25 to 35mph at dawn, briefly 40mph easternmost hills, but easing to 15 to 25mph through day, less later. Arduous start with significant wind chill and buffeting, but hour by hour easing down, to become mostly small.	Variable below 10mph at first. Becoming southerly 15 to 25mph, soonest on Skye; by evening westerly 20mph. Small early in day, becoming breezier, feeling noticeable and rather chilly on exposed higher terrain.
How wet? (Precipitation and its impact)	Scattered snow and hail showers A scattering of mostly brief snow and hail showers through the day. Tending to fade near to western coasts. Snow falling 500 to 800m, lowest in the morning.	Rain develops later in west Rare light showers near north coast at first, otherwise a dry morning. Patchy rain pushes onto west coast on and near Skye in afternoon, becoming more persistent later and extending inland.
Cloud on the hills?	Varying, most frequent coastal hills Banks of cloud over the tops in the morning, concentrated across hills from Skye up to Assynt and Ben Hope where may persist, but tending to lift. Better breaks form inland as bases rise.	Little if any until later Patchy cloud around some slopes mostly near coast in morning, lifting and clearing. Late in day, some cloud banks forming onto higher slopes, soonest on Cuillin.
Chance of cloud free Munros?	40% rising to 70%	80%
Sunshine? Air clarity (below cloud)	Patchy sun, best early morning inland, then improving west coast afternoon. Visibility very good, briefly lowering in showers.	Sun weakens as high cloud thickens during day, more overcast afternoon. Visibility excellent, reducing later near Skye as rain develops.
How Cold? (at 900m) Freezing Level	-2C at dawn, lifting to -1 to +1C; lowest up toward Ben Hope. Feeling like -10 to -15C in early wind. 700m at dawn, lifting to 800-1000m, staying lowest around Ben Hope.	-1C rising to 3C afternoon. Feeling nearer -5C if exposed to wind. 700m plus frost inland glens at dawn. Rising to be just above freezing to highest summits during afternoon.

Planning Outlook

All mountain areas of Britain from Friday, 15 May, 2026

Becoming gradually less cold into the weekend as northerly winds ease and then switch toward west-southwesterly. Fewer showers by Friday with sunny spells. A dry start to Saturday, frost at dawn where skies are clear. Rain and lowering cloud moves onto west coast areas during Saturday, persistent rain later western Scotland. By Sunday and Monday, areas of showery rain will pass eastwards during the daytimes, leaving western areas generally drier with cloud breaks afternoon-evenings. South-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday on western hills, particularly Scotland. A drier and warmer theme later in the week as higher pressure builds.

Forecast issued at 16:30 on Wednesday, 13 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.