

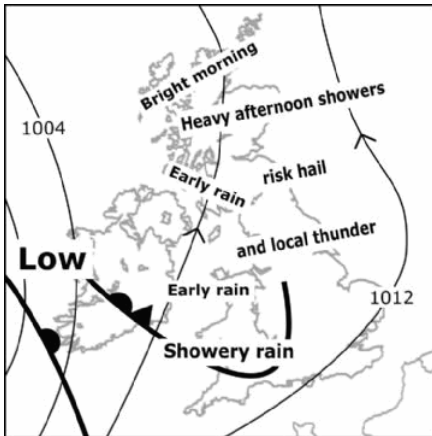
# The Northwest Highlands

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, 18 May, 2026



### British Mountain Summary: Based on forecast chart for noon 18 May, 2026

Variable hill cloud at dawn, early rain in Wales into Lakeland and south/eastern Scotland; NW Scotland starts clear. Most cloud lifts to or above summits. Heavy afternoon showers build over the Pennines northward across most of Scotland; risk hail and local thunder. Risk lingering rain south Wales.

### Headline for The Northwest Highlands

Minimal cloud, then heavy afternoon showers, risk thunder

## Detailed Forecast for Monday, 18 May, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southerly 5-10mph at dawn, some variability in direction and speed. Trending southeasterly and rising, approaching 15-25mph by dusk, strongest Caithness/Ben Hope, but also some strong gusts around showers. Deteriorating overnight.</p> <p><b>Fairly small, but increasingly noticeable as the day goes; notable gusts around showers.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Afternoon heavy showers, risk thunder later</b></p> <p>Light early showers Skye and west coast, these soon fading for dry Munros until early afternoon. Scattered light showers begin forming afternoon, these suddenly increasing in strength and frequency later afternoon, mostly in the south, but spreading north, a risk of hail and localised thunder. May stay driest on Skye.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Mostly little, then variable over high terrain later afternoon</b></p> <p>Ragged patchy cloud on upper slopes near the west coast, some low inland mist in sheltered glens too, this all lifting after sunrise and mostly dissipating for cloud-free Munros until at least early afternoon. In heavy showers, cloud returns above 800-900m, locally lower later in heaviest showers. Skye likely stays clear.</p> <p><b>90% lowering to 60%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Soon mostly sunny as early cloud fades, then turning into a patchwork of cloud and sun afternoon, more often cloudy later in the day.</p> <p>Excellent visibility, but deteriorating where showers form.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>2C rising to 6 or 7C. Feeling suddenly cooler around showers later in the day, near freezing in strongest gusts.</p> <p>Likely just grazing the high tops at dawn, plus slight frost inland glens. Rising above all tops.</p>

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 19 May</b>	<b>Wednesday 20 May</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 40-55mph; gusty and variable on high terrain. Trending southerly, easing to 30-35mph, or lower  <b>Arduous walking with considerable buffeting and wind chill well into the day; effects ease somewhat later.</b>	Generally westerly 10-20mph.  <b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent patchy rain</b> Frequent showery rain affects most Munros from dawn, at times merging into broader areas of rain, most of the rain towards the south. Best of dry periods inland north. Slippery rock surfaces.	<b>Most rain south and east</b> All Munros likely to see some rain, but south and eastern areas most vulnerable. Greatest risk of rain Easter Ross/Caithness later in the day, may become quite heavy. Some fine drizzle lingers on Skye/Torrison tops.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive, local higher cloud</b>  Extensive to lower south and eastern slopes at dawn, perhaps clear northwest coast for a time. Cloud moves north but bases rise, ending 800-900m or above, best chance of breaks west coast. South areas unlikely clear above 600-700m.  <b>30%; 70% near Ben Hope at first</b>	<b>Most extensive south but variable</b>  Fairly extensive early from at least middle slopes up, low slopes in the south/Skye. A lifting trend in the bases inland and north, occasional breaks in these areas too, but banks filling in again as rain becomes heavier. Summit breaks possible but likely brief.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Chance of some sunny bursts later in the day but otherwise cloudy. Variable visibility, often poor due to frequent rain.	Mostly cloudy and often dull. Variable visibility, poor in rain but good during dry periods.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	4 or 5C, rising as high as 8C, particularly central/northern Munros. Feeling like -5 to -10C in direct wind. Above the summits.	6C to 8C, coolest Skye; may rise to 9C around Ben Wyvis.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 19 May, 2026**

A mixed but milder outlook. Damp southwesterlies prevail for a few days as mid-week approaches with regular rain and showers, most on western hills where drizzly rain may persist between showers and persistent low cloud. Expect increasingly wet conditions underfoot and slippery rock surfaces. Also, a risk of isolated hail and lightning in the showers; showers may be enhanced in eastern Scotland in sea breezes. Indications of rising pressure later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will bring local periods of rain.

**Forecast issued at 16:27 on Sunday, 17 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.