

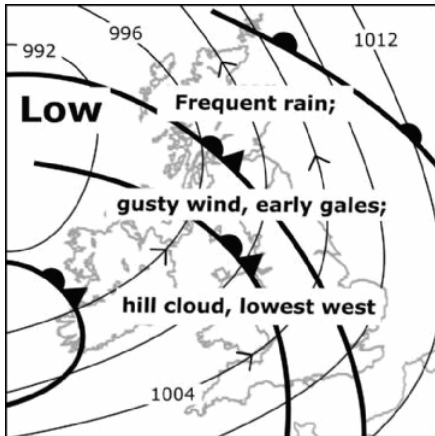
The Northwest Highlands

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 Tuesday, 19 May, 2026



British Mountain Summary:

Based on forecast chart for noon 19 May, 2026

Frequent rain nearly everywhere all day, the rain most persistent west where hill-cloud fills in to low slopes with little improvement. A risk of localised hail and thunder in afternoon showery rain, increasingly wet underfoot, and with slippery rock surfaces. Very windy, gusty gales early including downslope.

Headline for The Northwest Highlands

Frequent rain, particularly south; windy, gusty gales early

Detailed Forecast for Tuesday, 19 May, 2026

How windy? (On the Munros)	Southeasterly 40-50mph; gusty and variable on high terrain and downslope early in the day, up to 55-60mph. Easing afternoon and trending southerly, towards 30mph later in the day.
Effect of wind on you?	Arduous walking with considerable buffeting and wind chill through morning, strongest gusts significantly challenge balance. Effects easing, but walking likely remains strenuous on high exposed tops.
How wet? (Precipitation and its impact)	Frequent patchy rain 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, though likely a broader area of rain here in the morning as well. Becoming wet underfoot and slippery rock surfaces.
Cloud on the hills?	Fairly extensive, local higher cloud Extensive to lower south and eastern slopes at dawn, perhaps clear northwest coast briefly. Cloud moves north but bases rise, ending 700-900m, best chance of breaks west coast. South areas unlikely clear above 500-700m.
Chance of cloud free Munros?	30%; 70% near Ben Hope at first
Sunshine? Air clarity (below cloud)	Chance of some sunny bursts later in the day, most likely north, but otherwise cloudy. Variable visibility, often poor due to frequent rain.
How Cold? (at 900m)	3 to 5C at dawn, minimal change with added height at first. Rising towards 8 or 9C, mildest central/northern Munros. Feeling like -5C, to as cold as -10C in early wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 20 May	Thursday 21 May
How windy? (On the Munros) Effect of wind on you?	Southwesterly 15-20mph early, strengthening towards 35mph by afternoon and perhaps 40mph for a time. Walking increasingly impeded in exposure, becoming strenuous afternoon and feeling chilly.	Southwesterly 30-40mph, strongest west coast. Gusts over tops and passes, also downslope to the north early, to 45mph. Strenuous to arduous walking, feeling chilly with buffeting gusts affecting stability most of the day.
How wet? (Precipitation and its impact)	Most rain south and west All Munros likely to see some rain, but south and western 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.	Rain through morning, drizzly afternoon Patchy rain most hills through the morning, heaviest near Skye/Torrison and northward along west coast. Rain fades into high-terrain drizzle through much of afternoon, gradually isolating to southwest hills.
Cloud on the hills? Chance of cloud free Munros?	Most extensive south but variable 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. 30%	Fairly extensive West coast slopes shrouded to 400-600m much of the day, to coastal cliffs in the morning Skye/Torrison. Similar cloud heights inland early as well, with time rising towards 700-800m, small chance an odd break towards summits. 20%
Sunshine? Air clarity (below cloud)	Mostly cloudy and often dull. Variable visibility, poor in rain but good during dry periods.	Mostly cloudy and often dull, particularly near the coast where visibility will be poor. Locally better visibility with time inland.
How Cold? (at 900m) Freezing Level	6C to 8C, coolest Skye; may rise to 9C around Ben Wyvis towards Easter Ross. Feeling below freezing in strongest wind. Above the summits.	7 to 9C, some hills reaching 10C by afternoon. Feeling below freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 20 May, 2026

Damp southwesterlies establish by mid-week; regular periods of rain with only glimpses of sunshine. Wettest on western hills where drizzle may persist between rain and low cloud clings to the hills. Expect slippery exposed rock surfaces and rare (if any) exposed tops in Scotland before the weekend.

Indications of rising pressure later in the week, bringing milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, outbreaks of rain as well, but rising chances of clear hills. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will continue to bring cloud and rain here and there.

Forecast issued at 15:55 on Monday, 18 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.