

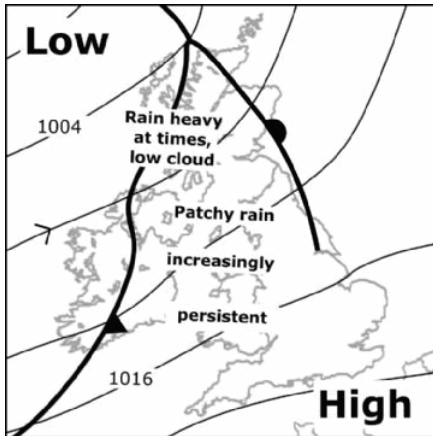
The Northwest Highlands

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 Sunday, 7 June, 2026



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

Scotland: Strong and gusty south-westerly winds will drive hill fog and frequent rainfall across western mountains, setting in during afternoon. Rainfall patchier across eastern hills with higher bases. England and Wales: Windy with patchy light rain onto western hills, becoming more widely damp or wet through the day.

Headline for The Northwest Highlands

Windy, risk gales west coast. Frequent rain in west. Best breaks in northeast.

Detailed Forecast for Sunday, 7 June, 2026

How windy? (On the Munros)	Southwesterly 30-40mph, typically strongest near west coast, sometimes 50mph gusts; trend to gradually ease from south in the afternoon.
Effect of wind on you?	Walking arduous or challenging on high terrain with significant wind chill, strongest gusts requiring bracing. Effects easing.
How wet? (Precipitation and its impact)	Frequent rainfall in west. Patchier in east. Patchy rain drifting from southwest through the day, frequent on Skye and nearby southern Munros, heavy bursts too. More scattered north and east, but a rising chance of showery bursts reaching here too. May ease late in the day.
Cloud on the hills?	Best chance clear tops north Cloud banks cling to the Cuillin above 600-800m most or all day. Inland and north, some early banks on high terrain, may lift to or above the summits and break up for a time, but again lowering back onto tops as rain moves in from southwest.
Chance of cloud free Munros?	60% north, to 20% Skye
Sunshine? Air clarity (below cloud)	Some weak sun through high cloud, perhaps more sun later in the day. Very good visibility inland and north, more often poor Skye.
How Cold? (at 900m)	5 to 7C, highest east where may rise a degree further; notably cooling overnight. Feeling as cold as -8C in strongest wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Monday 8 June	Tuesday 9 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 35mph, strongest western coastal mountains. Feeling blustery, affecting comfortable walking, buffeting gusts and a noticeable chill on exposed high terrain.	Southwesterly 10 to 15mph, but tending to strengthen on and near Skye to 20 to 25mph. May be little wind Ben Hope. Mostly small, but marked wind chill.
How wet? (Precipitation and its impact)	Showery rain Broadly showery, more frequent rain around Skye, some heavier bursts, risk isolated thunder, greater risk inland and eastwards later afternoon.	Widespread showers Showers, concentrated near west coast at first, will develop widely, with snow falling over highest tops. Some hail, and risk thunder. Showers easing west coast later.
Cloud on the hills?	Fairly extensive tops Covering higher slopes frequently through the day, bases varying in and out of showers, some patches to 600m in west, but lifting at times above 900m.	Frequent across upper slopes west West: From dawn, fairly extensive 600-800m, but bases rising to mostly 900-1100m by afternoon. Elsewhere, breaks to tops, but in rain forming on upper slopes.
Chance of cloud free Munros?	20%	40% west, 70% east
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.	Often cloudy, some patches of sun, perhaps widely in the east at first. Visibility sometimes poor due to precipitation.
How Cold? (at 900m) Freezing Level	4C. Feeling like -5 to -8C directly in the wind. Above the summits.	3 or 4C Close to very highest tops

Planning Outlook

All mountain areas of Britain from Monday, 8 June, 2026

The unsettled period of weather will persist over the coming week with low pressure area centres tracking just to the northwest of Scotland, allowing south-westerly winds to prevail. Rainfall often showery in nature, but coming in frequently to western mountains with the greatest falls for western Scotland. Chilly and windy at times; freezing level touching highest tops Scotland on Tuesday and Wednesday, when showers will fall as snow over the tops. Temperatures trending milder again next weekend, pressure may begin to rise in the south to give drier weather more widely.

Forecast issued at 16:52 on Saturday, 6 June, 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.