

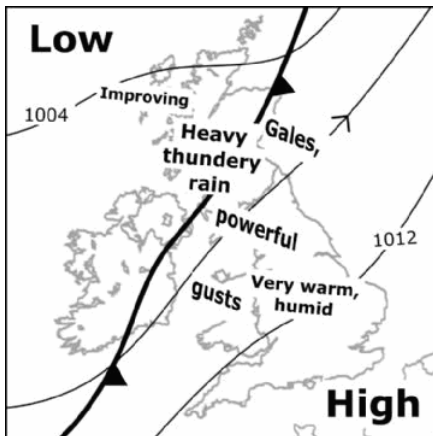
The Northwest Highlands

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, 19 June, 2026



British Mountain Summary: Based on forecast chart for noon 19 June, 2026

A swathe of heavy rain extends across the Highlands, southern Scotland then into Cumbria and west Wales, some torrential bursts, thunder and lightning possible. A belt of gale-force upland winds just ahead of the rain. Warm and humid. Winds ease in western Scotland, rain fades, cloud lifts, dropping cooler.

Headline for The Northwest Highlands

Heavy rain tending to clear. Low cloud. Varied gusty wind.

Detailed Forecast for Friday, 19 June, 2026

How windy? (On the Munros)	South-southwesterly, may vary considerably, most likely 20-25mph or less, but for a time in morning chance of gusts 40mph mainly more eastern hills.
Effect of wind on you?	May impede comfortable walking on high terrain at times, chance of more powerful buffeting gusts for a few hours. Feeling cool if exposed on tops.
How wet? (Precipitation and its impact)	Heavy thundery rain for a few hours Bursts of rain extending northwards from overnight into morning, some more constant heavy falls, particularly western areas. Risk of thunder. Breaking up into afternoon, then scattered lighter showers, but chance further pulses of rain moving up from south by evening.
Cloud on the hills?	Varied, some very low cloud In places very low cloud to lower slopes near west coast around Skye, but ragged patches widely in rain. Some breaks higher up or above tops at times for north & eastern areas. Some improvement, with breaks best in Sutherland, but varied cloud banks linger around Skye.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Misty west coast near Skye; widely hazy, murky around rain, then some improvements afternoon, locally very good inland and north.
How Cold? (at 900m)	8 to 10C, quite humid in morning, dropping from west later in day to 6C. Feeling close to freezing if exposed to stronger wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Saturday 20 June	Sunday 21 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 30mph, at times 35mph northern tops, likely strongest later afternoon-evening, may reach 40mph. Blustery in places, affecting comfortable walking and balance on exposed tops and ridges. Marked wind chill over tops.	Southwesterly 15 to 25mph, strongest toward north in morning, tending to lessen. Mostly small, but feeling breezier and rather cool in exposure in morning.
How wet? (Precipitation and its impact)	Showers easing Showery rain most frequent over Skye and Wester Ross early morning, but extending northeastwards, scattered brief bursts of rain, but tending to fade to lighter showers and more often dry afternoon.	Little or no rain Chance of occasional light spots of rain grazing the west coast, mainly toward the north in the morning.
Cloud on the hills?	Lowest in west and in morning Covering the hills fairly widely in morning, above 600-800m, lowest Skye and west coast. Bases rising, tending to thin and break, best inland and east, but patches may linger above 900m in western areas.	Lifting, clearing Patchy cloud around some slopes in morning, also mist briefly in some glens at dawn. All lifting and clearing the tops, but odd patches may clip west coast tops until middle of day.
Chance of cloud free Munros?	10% rising to 40% west, 60% east.	80%
Sunshine? Air clarity (below cloud)	Largely cloudy start, improving with some sun breaking through and visibility becoming very good below cloud.	Patchwork of cloud and sun, best near coasts in afternoon. Visibility very good.
How Cold? (at 900m) Freezing Level	5 or 6C, little change all day in west, up to 7C inland & eastern hills afternoon. Feeling near -5C in the wind on tops. Above the summits.	5C early morning, rising to 8C, local 10C near Kintail later afternoon. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 20 June, 2026**

Cooler and less humid for Saturday, some showery rain and low cloud in the west, tending to improve. Sunday is a dry day for most with clearer hills, light winds and feeling warmer, becoming more humid again from the south. More uncertainty early next week - some rain possible for Scotland into Monday, potential scattered thunderstorms for England and Wales as it becomes very humid. A fresher westerly wind is indicated into Tuesday with some showers, then higher pressure likely expands over the country from the south midweek with drier weather then likely for a few days. Scope for higher temperatures and humidity to build toward next weekend, which may eventually break into thunderstorms.

Forecast issued at 16:25 on Thursday, 18 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.