

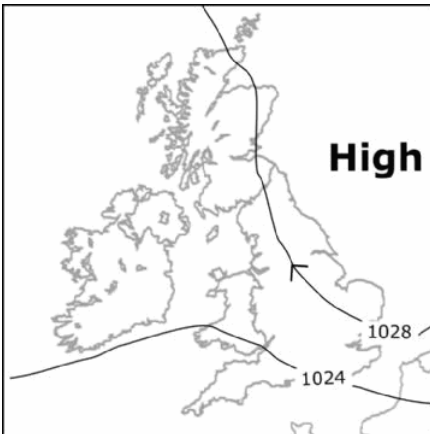
# The Northwest Highlands

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, 22 June, 2026



**British Mountain Summary:**  
**Based on forecast chart for noon 22 June, 2026**

Although high pressure will dominate - bringing high temperatures and sunshine to Wales and most of England, in the far north and across Scotland, high level cloud may bring rain for an hour or two, this leading to formation of low cloud that may be very slow to lift.

**Headline for The Northwest Highlands**

Light wind; rain temporarily in some areas. Low cloud mostly clearing.

## Detailed Forecast for Monday, 22 June, 2026

<b>How windy? (On the Munros)</b>	Southerly 10 to 15mph.
<b>Effect of wind on you?</b>	<b>Mostly negligible</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Risk occasional rain - probably light</b> Risk of occasional patches of rain, ranging from brief showers to locally an hour or so of rain. The rain mostly or only light - just the odd heavier burst.
<b>Cloud on the hills?</b>	<b>Mostly very little but may form for a few hours in/after rain.</b> Most mountains free of cloud although on Skye, particularly south Cuillin, fog possible: patches may form on coastal cliffs - higher slopes likely to be above the fog. In rain, cloud may shroud higher slopes for a few hours.
<b>Chance of cloud free Munros?</b>	<b>70%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Only glimpses of sun - extensive layers of high cloud.. Excellent visibility.
<b>How Cold? (at 900m)</b>	9C rising to 12 to 14C (coldest coastal summits).
<b>Freezing Level</b>	Above the summits

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 23 June</b>	<b>Wednesday 24 June</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwesterly, in the range 25 to 40mph: probably strengthening through morning, and strongest far north. <b>Significant buffeting likely, particularly afternoon onwards north from about Torridon.</b>	Southwesterly, mostly 10mph or less, although up to 20mph, perhaps 25mph far north above about 900m. <b>Mostly negligible</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk turning drizzly near coast</b> Spells of or occasional drizzle may in afternoon envelop coastal hills, especially near Skye. Here and there a little drizzly rain penetrating 10 or 20 miles inland late in day.	<b>Isolated coastal drizzle</b> A few patches of fine drizzle near southwest facing coastal slopes in morning before more or less all dying out.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Blanket of low cloud spreading to coastal hills afternoon</b> Patches higher slopes morning will mostly lift above 1000m. In afternoon, fog probably enveloping coastal hills, from 100 to 300m up. The cloud progressing slowly afternoon or evening, but mostly above 500 to 700m. <b>80%, dropping to 10% near coast</b>	<b>Nearly all clearing - last to clear some coastal slopes</b> Generally areas of cloud above 450 to 600m from dawn will through morning gradually lift and break up. Near Skye and perhaps west coastal Wester Ross, fog from coastal cliffs up will slowly lift and may eventually all clear (chance of higher slopes clearing first). <b>20% rising to 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine will in afternoon or evening slowly give way as cloud and patches of mist penetrate slowly inland. Otherwise excellent visibility.	Increasingly sunny as cloud thins and breaks. Mostly excellent visibility although fog clearing only slowly from some coastal slopes.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	14 to 16C  Above the summits.	8C coastal summits most of day; elsewhere rising to around 13C.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 23 June, 2026**

A few days of often sunny and very warm weather. Some doubt remains about daytime temperatures - these possibly exceptionally hot on Wednesday (England and Wales) and Thursday (everywhere). The range in mountain temperatures given on Wednesday's forecasts reflects the uncertainty. Gradually less hot Friday and into the weekend; the change accompanied by thunderstorms in some areas.

**Forecast issued at 14:22 on Sunday, 21 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.