

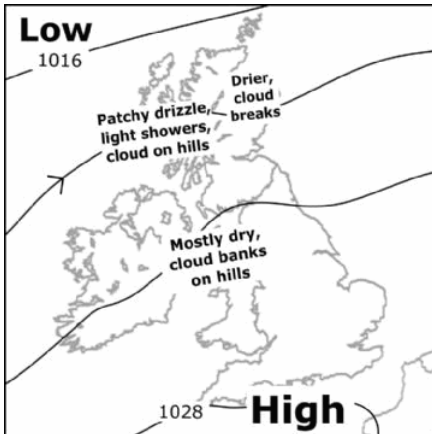
# The Northwest Highlands

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, 29 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 29 June, 2026**

Southwesterly breezes, strongest in the morning. Cloud covering many western hills, some drizzly rain and light showers, mostly western Scotland. Cloud higher and more broken toward east. Some improvements in the west as cloud base rises, some breaks forming afternoon. Rain develops from west into night.

### Headline for The Northwest Highlands

Strongest wind easing. Patchy rain and low cloud west.

## Detailed Forecast for Monday, 29 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 35-40mph dawn to early morning, strongest toward north, gusts over tops to 50mph+. Easing to 25-35mph middle of day, later toward evening 15-25mph.
<b>Effect of wind on you?</b>	<b>Challenging conditions on the high tops early with significant wind chill and difficulty maintaining stability; easing with time to more moderate conditions, smaller later.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain and showers</b> Rain fairly widespread just around dawn, on and off into the morning hours, most frequent in west, showers continuing into afternoon. Only odd patches further north and east, amounting to little. Into night, some more persistent rain spreading from the southwest, locally heavier Skye and nearby.
<b>Cloud on the hills?</b>	<b>Fairly extensive, improving east</b> A shield of cloud shrouds west coast slopes from 300-400m up at dawn, nearer to 700m well-east. A lifting tendency, approaching 800-1000m east, some summit breaks possible. Cloud persistent above 500-700m west coast, lowest south near Skye.
<b>Chance of cloud free Munros?</b>	<b>10%, rising to 40% east summits</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sun breaking out, sunniest on lower elevations to the east. Very good visibility out of cloud, some west coast haze.
<b>How Cold? (at 900m)</b>	5 or 6C, rising to 8C inland/east afternoon. Feeling like -5C in strongest wind in morning.
<b>Freezing Level</b>	Above the summits.

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 30 June</b>	<b>Wednesday 1 July</b>
<b>How windy? (On the Munros)</b>	Southerly 15 to 20mph, but likely to drop lighter and variable.	South to southwesterly, starting 10mph or less, strengthening during day to 30-40mph afternoon, later risk 50mph+.
<b>Effect of wind on you?</b>	<b>Mostly small.</b>	<b>Small early in day, but deteriorating, walking becoming uncomfortable, later more arduous, marked wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery rain</b> Areas of showery rain tending to drift north across the region in morning, then by afternoon moving around slowly, some places escaping dry, but local heavy bursts possible, chance of isolated thunder.	<b>Rain likely later</b> Generally dry for many hours, except for an odd isolated shower. Later afternoon-evening, increasing risk of rain moving in from west, may set in heavy.
<b>Cloud on the hills?</b>	<b>Fairly extensive, better north</b>  Cloud varying over the hills, but often capping high tops, lowering around rain with ragged patches lower down. Breaks likely best toward north in morning.	<b>Lowest west in morning, breaks inland</b>  Covering most western hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes, best inland and east, but capping west coast tops. Lowering later if rain arrives.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>20% rising to 40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mainly north in morning. Visibility very good where dry, but reduced to poor in rain.	Fairly cloudy, some sun breaks through, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.
<b>How Cold? (at 900m)</b>	7 or 8C, little variation all day.	8C, little variation all day. Feeling like freezing as wind increases, risk later near -5C in exposure on tops.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 30 June, 2026**

A changeable westerly Atlantic pattern dominates this week. Western hill groups from Lakeland northward will see the most cloud and rain, while east and southern areas are drier and sunnier. A spell of stronger winds and more widespread rain likely develops later Wednesday to early Thursday. Possibly another windy and wetter spell into Friday. A rather cool and windy westerly pattern is likely to continue into next weekend with showery rain. Drier and warmer conditions are indicated into the week of 5th July, though southwesterlies may still bring more cloud to the west, some rain in northwest Scotland.

**Forecast issued at 16:00 on Sunday, 28 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.