

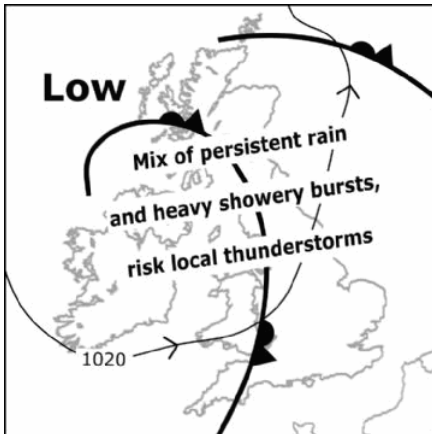
The Northwest Highlands

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, 30 June, 2026



British Mountain Summary: Based on forecast chart for noon 30 June, 2026

Rain and cloud over the hills widely, heavier pulses of rain tending to extend north and eastwards with time through middle of day into afternoon, some local thundery downpours forming. Wind dropping light across much of Highlands, fresh south-southwest winds England and Wales.

Headline for The Northwest Highlands

Showery areas of rain, varied cloud. Wind drops light.

Detailed Forecast for Tuesday, 30 June, 2026

How windy? (On the Munros)	Southerly 15 to 20mph, but tending to drop lighter and variable. Late in day turning northerly 15-20mph mainly around Skye and coastal Wester Ross.
Effect of wind on you?	Mostly small. Sudden gusts around heavy showers inland.
How wet? (Precipitation and its impact)	Showery rain, locally heavy afternoon, chance of lightning Areas of showery rain tending to drift north across the region in morning, then by afternoon moving around slowly, some places escaping drier, particularly west coastal areas later, but local heavy bursts possible inland, chance of isolated thunder.
Cloud on the hills?	Fairly extensive, better north Cloud varying over the hills, but often capping high tops, lowering around rain with ragged patches lower down. Breaks typically best toward north in morning. Some clearer areas develop later in west.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly north in morning. Visibility very good where dry, but reduced to poor in rain.
How Cold? (at 900m)	7 or 8C, little variation all day.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 1 July	Thursday 2 July
How windy? (On the Munros) Effect of wind on you?	South to southwesterly, starting 10mph or less, strengthening during day to 30-40mph afternoon, later 50-60mph. Small early in day, but deteriorating, walking becoming uncomfortable, later in day very difficult, marked wind chill.	Westerly, risk 70mph around dawn, lessening to 40-50mph during morning, 30-40mph in afternoon; strongest in north. Risk severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly moderating.
How wet? (Precipitation and its impact)	Rain develops, heavy later Generally dry in morning, except for an odd isolated shower. During afternoon, rain moving in quickly from west, setting in heavier toward evening on western hills.	Showery rain Heavy overnight rain likely clears to leave showery conditions, brief heavier moments, rain frequent in the wind on western hills. May become drier with time.
Cloud on the hills?	Lowest west in morning, breaks inland 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 as rain arrives.	Most persistent west coast tops Covering high terrain fairly widely from dawn, lifting to upper slopes, but often capping western tops much of the day. Some breaks into afternoon inland & east.
Chance of cloud free Munros?	20% rising to 40%, then later 10%	30%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaks through, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.	Glimpses of sun breaking through, most often in east. A general haze near west coast, visibility good below cloud inland & east.
How Cold? (at 900m) Freezing Level	8C, little variation all day. Feeling like freezing as wind increases, later near -5C in exposure on tops. Above the summits.	5 or 6C, little variation all day. Directly in the stronger winds feeling like -7 to -10C on tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 1 July, 2026

A changeable westerly Atlantic pattern this week and into the weekend. By later Wednesday into Thursday, a spell of upland gales and more widespread rain. Risk of another windy and wetter spell into Friday. Rain and cloud most frequent over western hills from Lake District northward. Temperatures this week near or slightly below average, with marked wind chill on tops. An improving trend from the south over the weekend, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, though southwesterlies may still bring more cloud to the west, some rain mainly northwest Scotland.

Forecast issued at 16:03 on Monday, 29 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.