

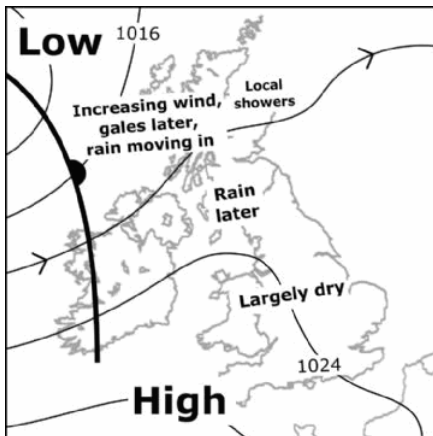
# The Northwest Highlands

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 Wednesday, 1 July, 2026



### British Mountain Summary: Based on forecast chart for noon 1 July, 2026

Rapidly strengthening wind into the afternoon, gales develop increasingly widely later. Odd showers, then rain sweeps into western Scotland through the afternoon, setting in. England & Wales largely dry until evening. Cloud fairly widely on western hills in the morning, lifting for a time prior to rain.

### Headline for The Northwest Highlands

Varied low cloud; deteriorating to gales and rain later afternoon.

## Detailed Forecast for Wednesday, 1 July, 2026

<b>How windy? (On the Munros)</b>	Starting variable 10mph or less from dawn, soon south to southwesterly, strengthening during day to 30-40mph afternoon, later 50-60mph, soonest Skye, more widely into the evening; switching westerly into night, 70mph with stronger gusts overnight.
<b>Effect of wind on you?</b>	<b>Small early in day, but deteriorating, walking becoming uncomfortable, later in day very difficult mobility over higher terrain, marked wind chill. Severe conditions into overnight hours.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain develops, heavy later</b> Generally dry in morning, and afternoon in north, except for an odd shower. During afternoon, rain moving in quickly from west, setting in heavier toward evening for several hours on western hills. Persistent rain into night, often heavy in west.
<b>Cloud on the hills?</b>	<b>Lowest west in morning, breaks inland prior to rain</b> Covering most western hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes during middle of day to afternoon, best inland and east, but capping west coast tops. Lowering later as rain arrives.
<b>Chance of cloud free Munros?</b>	<b>20% rising to 40%, then later 10%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Fairly cloudy, some sun breaks through mainly in east, then giving way to thickening high cloud. Visibility very good below cloud, reducing later as rain develops.
<b>How Cold? (at 900m)</b>	8C, little variation all day. Feeling like freezing as wind increases, later near -5C in exposure on tops.
<b>Freezing Level</b>	Above the summits.

## The Northwest Highlands - Looking Ahead

	Thursday 2 July	Friday 3 July
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Westerly, 60-70mph around dawn, lessening to 40-50mph during morning, 30-40mph in afternoon; strongest in north. <b>Severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly moderating.</b>	Southwesterly 25 to 40mph, speeds likely to fluctuate during the day, reaching 50mph at least in gusts, greater risk Skye. <b>Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain</b> Heavy overnight rain likely clears to leave showery conditions, brief heavier moments, rain frequent in the wind on western hills. Becoming drier with time.	<b>Generally damp in west, some rain</b> Drizzle frequent over western hills, some steadier rain possible for periods, patchier eastwards. Rock surfaces slippery even if only small amounts of rain.
<b>Cloud on the hills?</b>	<b>Most persistent west coast tops</b> 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.	<b>Fairly extensive, lowest west</b> Covering many hills much of the day, lowest bases over west coastal areas, sometimes to 600m. More often above 800m inland, some breaks eastwards.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>20% west, to 40% east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun breaking through, most often in east. A general haze near west coast, visibility good below cloud inland & east.	Glimpses of sun mostly eastern glens. Some haze below cloud in west, better visibility inland, good toward east.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	5 or 6C, little variation all day. Directly in the stronger winds feeling like -7 to -10C on tops. Above the summits.	7 or 8C, little variation all day. Feeling like 0 to -5C directly in the wind. Above the summits.

**Planning Outlook****All mountain areas of Britain from Thursday, 2 July, 2026**

West to southwesterlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops. An improving trend from the south over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, very warm some days England and Wales, though southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest.

**Forecast issued at 16:28 on Tuesday, 30 June, 2026**

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