

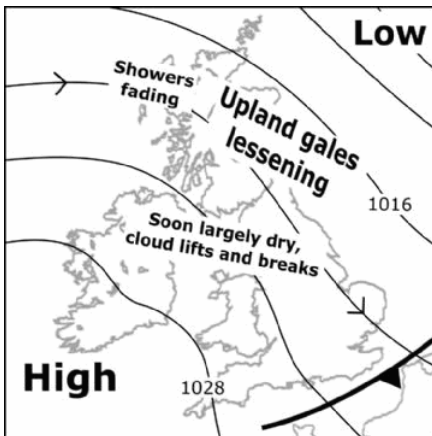
The Northwest Highlands

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 Thursday, 2 July, 2026



British Mountain Summary: Based on forecast chart for noon 2 July, 2026

Gales early, severe over tops of north England and Scotland. Wind gradually eases, though staying blustery north. Showers, drizzle, and low cloud early, particularly west hills. England, Wales, and east Scotland largely dry afternoon, few cloud caps over high tops; cloud and drizzle linger in west Scotland.

Headline for The Northwest Highlands

Severe gales early, slowly easing; light showers and drizzle

Detailed Forecast for Thursday, 2 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly, rapidly strengthening to 55-60mph around dawn from overnight. Lessening with a gradual westerly shift to 35-50mph during morning, lowest speeds south, and later 30-40mph, always strongest in north.</p> <p>Severe conditions from overnight and still difficult well into daytime, walking and balance challenging with significant wind chill, slowly moderating from the south though walking remains at least strenuous in exposure.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Showery rain and drizzle</p> <p>Heavy overnight rain breaks into showery conditions from dawn, some drizzle on the high tops between showers, brief heavier moments, most frequent western hills. Trending drier through the later afternoon.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Most persistent west coast tops</p> <p>Covering high terrain fairly widely from dawn, lowest west where locally to 300-400m early. Lifting to upper slopes, but often capping western tops much of the day. Breaks forming inland and east, perhaps some tops clearing, but may briefly fill in again around showers.</p> <p>20% rising to 50% easternmost Munros</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun breaking through, most often in east through afternoon. A general haze near west coast, visibility good below cloud inland & east.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>5 to 7C, mildest east and may reach up to 8C well-inland southern areas. Directly in the stronger winds feeling like -7 to -10C on tops, later nearer -5C.</p> <p>Above the summits.</p>

The Northwest Highlands - Looking Ahead

	Friday 3 July	Saturday 4 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 40mph, some variability, gusting 50mph high tops (or stronger north), later deteriorating. Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.	West-southwesterly, 30 to 45mph, stronger gusts early, notably north, tending to lessen towards 25-30mph afternoon. Strenuous walking, particularly early, powerful gusts constantly challenging balance with considerable wind chill.
How wet? (Precipitation and its impact)	Generally damp in west, some rain Drizzly over western hills, some patchy rain, occasionally steadier for periods along the west coast. Rock surfaces slippery even if only small amounts of rain.	Rain and drizzle Generally damp all day, drizzle and some more persistent rain particularly western mountains. Patchier eastwards. Rock surfaces remain very slippery.
Cloud on the hills?	Fairly extensive, lowest west Covering many hills much of the day, lowest bases over west coastal areas, sometimes to 600m, to 400m or lower Cuillin/Torridon. More often above 800m inland, best chance higher breaks east of Ullapool.	Extensive, lowest west Blanket cloud across many hills, from mid-slopes in west coastal areas at least and often lower. Higher and more broken cloud further east, and may improve a little later in the day with higher bases and some breaks.
Chance of cloud free Munros?	20% west, to 40% east.	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly eastern glens. Some haze below cloud in west, better visibility inland, good toward east.	Largely cloudy and misty west coastal hills. At times better visibility lower east slopes, and some brighter breaks possible later.
How Cold? (at 900m) Freezing Level	5 to 7C, may reach 8C east Munros. Feeling like 0 to -5C directly in the wind. Above the summits.	8 or 9C, slight cooling with time. Feeling near or below 0C where directly in wind, coldest in morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 3 July, 2026

Westerlies 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, which could regularly be quite strong and gusty. An improving trend from the south into and over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. A drier and warmer window looks probable from early-to-middle next week, very warm sunshine on some days England and Wales, southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest. This pattern looks to continue into the following weekend with high pressure to the southwest maintaining drier conditions here with cloudier/damper conditions in the north and west.

Forecast issued at 16:04 on Wednesday, 1 July, 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.