

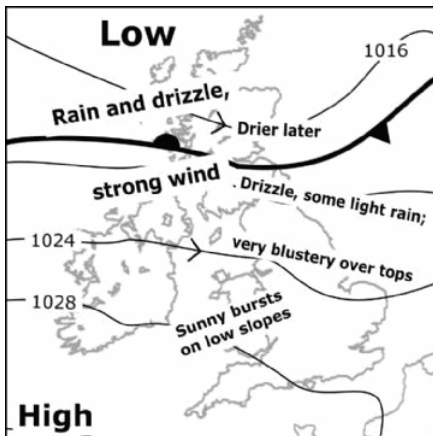
The Northwest Highlands

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 Saturday, 4 July, 2026



British Mountain Summary: Based on forecast chart for noon 4 July, 2026

Rain sweeps east through Scotland, persistent for several hours; easing afternoon but staying drizzly and dull west. Mild but feeling chilly in strong wind. Lakeland and Pennines very windy and drizzly with hill cloud. Drier in Wales, sunny breaks on low slopes. Warm Wales and England though notable wind chill.

Headline for The Northwest Highlands

Morning rain, afternoon drizzle; very windy, strongest south

Detailed Forecast for Saturday, 4 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>West-southwesterly, 25 to 35mph, strongest sustained speeds south, gusts briefly approaching 45-50mph during rain. Some lighter speeds at times far north, and a westerly trend with time.</p> <p>Strenuous walking over the high tops, more arduous for a time south with buffeting gusts challenging stability and considerable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Morning rain, afternoon drizzle</p> <p>Persistent drizzle from dawn, to middle slopes towards the west coast. An area of persistent rain sweeps eastward through morning, extended heavy falls likely towards Skye. This eases afternoon but drizzle remains on high terrain. Very slippery rock surfaces.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, lowest west</p> <p>Blanket cloud across the hills, shrouded to lower slopes on and around Skye, to 400m further north. Higher and more broken cloud further east, and improving through afternoon, but any breaks above 900m rare and brief.</p> <p>20%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely cloudy and misty west coastal hills. At times better visibility lower east slopes, particularly later in the day.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>8 or 9C, may warm a degree towards Kintail but then a slight cooling through afternoon. Feeling below 0C where directly in strongest wind.</p> <p>Above the summits.</p>

The Northwest Highlands - Looking Ahead

	Sunday 5 July	Monday 6 July
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20-25mph. Lightest north, starting near 10-15mph. May strengthen, finishing near 35mph south. May well be fairly small in the morning, but ease of walking becomes impeded at least on southern Munros.	West-southwesterly 20-30mph. Generally lightest speeds north, but also a risk of stronger speeds more widely. May be locally fairly small, but ease of walking becomes impeded in exposure, locally more strenuous.
How wet? (Precipitation and its impact)	Often raining Patchy rain drifts from the west all day, frequent near and south of Ullapool, setting in with time. A patchier start north, some drier windows, but increasingly wet here too.	Often raining Patchy rain from the west all day, setting in for periods with heavy falls. A few breaks east but only brief and always feeling damp with slippery rock surfaces.
Cloud on the hills?	Extensive Cloud shrouds the hills from middle slopes up most or all day. Bases always lowest towards west coast, ragged patches into glens around rain. Some variability to the north and east, best early, but breaks above 700m unlikely.	Extensive Cloud shrouds the hills from middle slopes upward. Bases always lowest towards west coast, patches into glens with cloud to coastal cliffs too. May rise slightly afternoon, best inland, but unlikely anywhere above 600m.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Largely overcast and dull, may be brighter in the far north early in the day. Poor visibility.	Overcast and dull. Poor visibility.
How Cold? (at 900m) Freezing Level	7 or 8C, coolest north, perhaps 6C Ben Hope. Rising a degree. Above the summits.	7 to 9C, coolest north, and likely warming a degree. Feeling bear freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 5 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward through the weekend and into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty in the north. Northeast areas are drier with higher cloud bases but patchy rain reaches here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time ; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

Forecast issued at 15:59 on Friday, 3 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.