

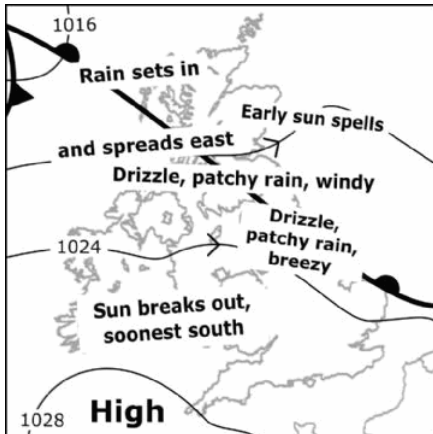
# The Northwest Highlands

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 Sunday, 5 July, 2026



### British Mountain Summary: Based on forecast chart for noon 5 July, 2026

Early sunny bursts in east Scotland, rain and cloud setting in west and spreading widely with time. Extensive cloud and drizzle on English summits, some patchy rain, notably northwest hill groups; south Pennines drier later. Largely dry Wales, sun increasingly breaking out (through high cloud), particularly south.

### Headline for The Northwest Highlands

A few sunny glimpses early; rain gradually sets in widely

## Detailed Forecast for Sunday, 5 July, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>West-southwesterly 10-15mph though much of morning, some stronger breezes at times, then strengthening through afternoon, finishing 30-35mph south, to 20mph far north.</p> <p><b>Mostly small through morning, effects gradually deteriorating through afternoon, to strenuous walking on high southern tops late in the day.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Rain sets in</b></p> <p>Spotty rain drifts from the west at dawn, some fine drizzle on the high tops, gradually becoming more frequent from the south. Setting in from midday, first in the south, steady falls widespread by later afternoon, heaviest along the west coast. Totals perhaps small in the far north until later.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Increasingly extensive</b></p> <p>Cloud shrouds the hills from middle slopes up most of the day. Some variability early, broken cloud with bases above 700-800m inland. As rain sets in, cloud becoming widely extensive above 600m (only later this low in the far north), with lower bases along southwest coast and patches to glen level.</p> <p><b>40% north at dawn, gradually lowering to 10% widely</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Some sunny breaks in the early morning with good visibility but increasingly overcast and dull with deteriorating visibility.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>6 or 7C at dawn, coolest Ben Hope where locally 5C. Rising a degree, locally to 9C southernmost hills.</p> <p>Above the summits.</p>

## The Northwest Highlands - Looking Ahead

	Monday 6 July	Tuesday 7 July
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	West-southwesterly 25-35mph. Lightest speeds north early, but strengthening widely, gusting 45-50mph over high tops. <b>May be locally fairly small, but ease of walking becomes impeded, strenuous in exposure with buffeting and wind chill.</b>	Westerly 30-40mph dawn, strong gusts over tops, easing to 25-30mph, through always gusty. <b>Arduous walking with considerable buffeting and wind chill, effects easing but often strenuous in exposure.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain most of the day</b> Patchy rain from the west all day, setting in for periods with heavy falls to the west. A few breaks east but only brief and always feeling damp. Quite wet underfoot.	<b>Rain and drizzle</b> Drizzly over the high tops with patchy rain regularly drifting from the west, some extended spells of rain with local heavy falls. Slippery rock surfaces and staying wet underfoot to the west.
<b>Cloud on the hills?</b>	<b>Extensive</b> Cloud shrouds the hills from middle slopes upward. Bases always lowest towards west coast, patches into glens and coastal cliffs around heavy rain. May rise slightly afternoon, best inland, but unlikely anywhere above 700m.	<b>Extensive</b> West coastal slopes shrouded to low elevations all day, patches into glens during heavier rain. Inland slopes shrouded to mid-elevations, a slight rise but unlikely breaking above 700-800m at any point.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and dull. Poor visibility.	Overcast and dull. Poor visibility.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	7 to 9C, coolest north, and likely warming a degree. Feeling bear freezing in strongest wind. Above the summits.	8 or 9C, rising slightly. Feeling just above freezing in direct wind. Above the summits.

## Planning Outlook

### All mountain areas of Britain from Monday, 6 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty central and south Scotland. Northeast areas are drier with higher cloud bases but 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 16:17 on Saturday, 4 July, 2026

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