

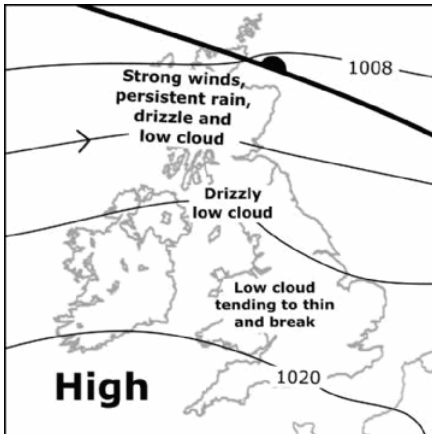
# The Northwest Highlands

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 Monday, 6 July, 2026



### British Mountain Summary: Based on forecast chart for noon 6 July, 2026

Windy and generally wet across Scottish hills, rain and drizzle most persistent in northwestern Highlands. Breezy, damp and drizzly too for northern England. Drier and lighter winds for Wales. Poor visibility with low cloud cloaking many hills through the day, best of any breaks toward east.

### Headline for The Northwest Highlands

Gusting gale-force over tops. Rain and blanket cloud.

## Detailed Forecast for Monday, 6 July, 2026

<b>How windy? (On the Munros)</b>	West-southwesterly 30 to 40mph, lowest speeds in north at first, but strengthening widely during morning, gusting 45-50mph over high tops.
<b>Effect of wind on you?</b>	<b>Strenuous walking in exposure, challenging at times during strongest gusts with considerable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain most of the day, heavier early and late</b> Rain and drizzle all day, setting in for periods with heavy falls in the west, particularly in the morning, and likely again by evening. Somewhat patchier rain afternoon, a few breaks east but only brief and always feeling damp. Very wet underfoot in western areas, streams high and fast-flowing, may block some footpaths.
<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>Chance of cloud free Munros?</b>	<b>10%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Overcast and dull. Poor visibility.
<b>How Cold? (at 900m)</b>	7 to 9C, coolest north, and likely warming a degree. Feeling near freezing or just below in strongest wind.
<b>Freezing Level</b>	Above the summits.

## The Northwest Highlands - Looking Ahead

	<b>Tuesday 7 July</b>	<b>Wednesday 8 July</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</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>	Southwesterly 20 to 35mph, varying, typically strongest around west coast.  <b>Blustery in places around west coast, at times buffeting gusts affecting ease of walking and balance on ridges.</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Drizzly west coast</b> Western mountains often drizzly and damp, may persist as steadier drizzle in the morning, becoming patchier afternoon. Further east more often dry.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<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>10%</b>	<b>Extensive low cloud west</b>  Shrouding western hills much of day, to lower slopes near coast in morning, some rise of base through day, but rarely above 700-800m. Some breaks to tops eastern hills near Ben Wyvis.  <b>20% west, 50% furthest east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and dull. Poor visibility.	Cloudy and misty western hills, some glimpses of sun inland and further east; visibility good in east below cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8 or 9C, rising slightly. Feeling just above freezing in direct wind.  Above the summits.	10C rising to 12C out of cloud.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 7 July, 2026**

A damp start westerly pattern continues at the start of the week, particularly in Scotland, then a drier and warmer window builds into the middle of the week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some patchy rain continues through late week in western Scotland though detail is uncertain and more often dry. High pressure is indicated to expand across Scotland through next weekend bringing more widely dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some thunderstorms.

**Forecast issued at 16:00 on Sunday, 5 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.