

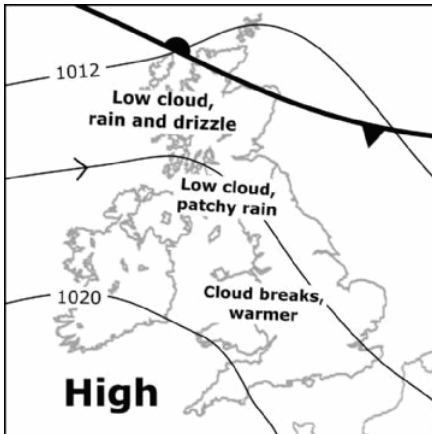
# The Northwest Highlands

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 Tuesday, 7 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 July, 2026**

Windy over high terrain, strongest in the morning, again later in Scotland. Damp and murky north and western Highlands, more persistent rain at times. Some improvement southern Highlands in afternoon. Often dry for northern England, but higher fells shrouded in cloud. Brighter for Wales as cloud thins.

### Headline for The Northwest Highlands

Windy, gales mainly later. Wet, persistent low cloud.

## Detailed Forecast for Tuesday, 7 July, 2026

|   |  |
|---|--|
| <b>How windy? (On the Munros)</b>                 | Westerly 30-40mph around dawn, strong gusts over tops, easing to 25-30mph morning into middle of day, increasing a little again during afternoon, 40-45mph with stronger gusts toward evening.   |
| <b>Effect of wind on you?</b>                     | <b>Arduous walking with considerable buffeting and wind chill, effects easing for a few hours but often strenuous in exposure, later in day more difficult again.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Rain and drizzle</b><br>Persistent light rain and drizzle in west, but some extended spells of rain with local heavy falls. Patchier eastwards. Slippery rock surfaces and staying wet underfoot to the west, fast-flowing streams may block some routes. |
| <b>Cloud on the hills?</b>                        | <b>Extensive</b><br>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>Sunshine?</b><br>Air clarity (below cloud)     | Overcast and dull.<br>Poor visibility west, better eastern glens below cloud.  |
| <b>How Cold? (at 900m)</b>                        | 8 or 9C, rising slightly.<br>Feeling near or just below freezing in direct wind.   |
| <b>Freezing Level</b>                             | Above the summits.   |

## The Northwest Highlands - Looking Ahead

|  | Wednesday 8 July  | Thursday 9 July   |
|--|---|---|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southwesterly 20 to 35mph, varying, typically strongest far north in morning, more widely along west coast later.<br><br><b>Blustery in places especially coastal hills, at times buffeting gusts affecting ease of walking and balance on ridges.</b>                | Southwesterly 25 to 35mph, gusty around high tops, strongest for mountains along the west coast.<br><br><b>Affecting comfortable walking and balance over higher terrain, some buffeting gusts at times including in passes and downslope.</b>                                |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Drizzly west coast</b><br>Western mountains often drizzly and damp, steadier drizzle in the morning, becoming patchier and fading out afternoon. Further east more often dry.  | <b>A little drizzle west</b><br>Patchy drizzle in west, may be frequent for periods over coastal mountains on and near Skye. Largely dry inland and east.   |
| <b>Cloud on the hills?</b>   | <b>Extensive low cloud west</b><br><br>Shrouding western hills much of day, to lower slopes near coast in morning, some rise of base with time, but rarely above 700-800m west. Breaks form on eastern hills near Ben Wyvis. Tops above 1000-1100m near top of cloud. | <b>Covering most hills</b><br><br>Fairly extensive cloud banks between 500 and 1000m, some mist at first locally into glens. Highest tops just above cloud early in day, but cloud then drifts higher up to shroud tops. Likely to persist west, base lifting to 800m inland. |
| <b>Chance of cloud free Munros?</b>                                    | <b>20% west, 50% furthest east.</b>   | <b>20%</b>  |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Cloudy and misty western hills, some glimpses of sun inland and further east; visibility good in east below cloud.  | Largely cloudy, misty over hills, but some highest tops may poke into clearer air and sun for a time at least. Lower down may visibility may improve slowly.  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 10C rising to 13C out of cloud.<br>Feeling like 0 to 5C where exposed to stronger wind.<br><br>Above the summits.   | 11C up to 14C if not in cloud on high terrain.<br>Feeling like 3 to 6C if directly in wind on tops.<br><br>Above the summits.   |

## Planning Outlook

### All mountain areas of Britain from Wednesday, 8 July, 2026

A drier and warmer window builds into the middle of this week: very warm in England and Wales. Still low cloud persistent especially toward northwest Scotland, but spells of sunshine spread northward, and lighter wind. Some rain late this week in western Scotland though mostly light and patchy, many places dry. High pressure expands across Scotland through the weekend bringing more widely clearer hills, dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some isolated thunderstorms occasionally.

### Forecast issued at 16:21 on Monday, 6 July, 2026

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