

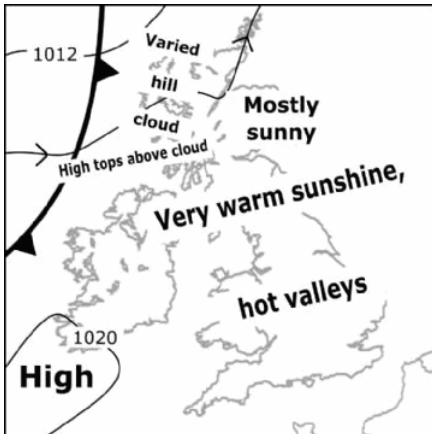
# The Northwest Highlands

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, 9 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 9 July, 2026**

Warm-to-hot sun for most, risk of sunburn and dehydration. Early sea fog on low slopes near west coasts of England and Wales, may briefly lift but soon dissipating. Varied cloud western Scottish Highlands, mostly Mull to Skye, little or none eastward; high tops in and around Lochaber above the cloud layer.

### Headline for The Northwest Highlands

Breezy, particularly west; broken cloud inland

## Detailed Forecast for Thursday, 9 July, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 20 to 35mph; gusty around high tops, strongest for mountains along the west coast, in places to 40-45mph.
<b>Effect of wind on you?</b>	<b>Affecting comfortable walking and balance over higher terrain, some buffeting gusts over tops passes and locally downslope; walking more strenuous to the north with notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>A little drizzle west coast</b> Patchy drizzle on westernmost hills, most often affecting Sutherland and Skye. Drizzle may set in for periods over the Cuillin. Rare drizzle and largely dry further inland and particularly eastern hills.
<b>Cloud on the hills?</b>	<b>Periodically extensive west coast</b> Blanket fog over the Cuillin from lower elevations upward most or all day. More varied northward, coastal tops often capped, but periodically filling in more extensively, persistently foggy later. Breaks inland where bases rise to 700-800m; Ben Wyvis and Easter Ross hills may be largely clear.
<b>Chance of cloud free Munros?</b>	<b>10% Cuillin, 30% west coast, to 70% easternmost hills</b>
<b>Sunshine? Air clarity (below cloud)</b>	Varied cloud and sun along low west coast slopes, misty on high terrain, persistently cloudy on Skye. More often sunny inland, most extensive sun eastward with excellent visibility but weakened by high cloud.
<b>How Cold? (at 900m)</b>	11C up to 14C if not in cloud on high terrain; approaching up to 22C in easternmost glens in the sun. Feeling like 0 to 5C if directly in wind on tops.
<b>Freezing Level</b>	Above the summits.

## The Northwest Highlands - Looking Ahead

	Friday 10 July	Saturday 11 July
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 10 to 20mph, strongest in north toward Ben Hope, may drop below 10mph near Kintail.  <b>Fairly small, but feeling breezy and rather chilly on exposed high terrain, especially northern mountains.</b>	Generally easterly but variable, 10mph and often less.  <b>Negligible.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Periods of rain</b> Patchy drizzle around Skye and nearby coast, steadier rain falling for a time more widely, risk of some local heavier bursts. Dry windows too, and more often dry later.	<b>Some patchy rain</b> Occasional spots of light rain, amounting to little, most hills see extended dry periods. A chance of steadier falls to the south and east, notably early.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Some low cloud, possibly clearing</b>  Varied extent of cloud, may shroud some areas from lower elevations upward for periods. Further northwest may disperse, to leave broken cloud mostly above the mountains.  <b>50%</b>	<b>Best chance breaks towards west coast</b>  Fairly extensive at dawn, to at least middle slopes east coast, or lower near Kintail. A lifting trend in bases, slopes towards the west coast seeing more varied breaks, perhaps approaching summit level at times; Ben Wyvis southward rarely breaking above 700m.  <b>40%, to 20% eastern hills</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sun mostly weak through a veil of high cloud. Some misty areas, but visibility may improve to be widely very good.	Some brighter moments towards the west coast but largely overcast; poor visibility on high terrain, to very good below cloud.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8 to 10C dawn, coolest near and north of Ullapool, rising slightly, up to 13C near/east Kintail.  Above the summits.	9 to 11C, rising a degree and always mildest on western slopes.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Friday, 10 July, 2026

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands on Friday and Saturday, some risk of heavier thundery bursts on Friday. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog beginning to affect northeastern hill groups later weekend.

Easterly wind will persist next week, sometimes quite strong England and Wales. Mostly sunny and quite hot, including Scottish Highlands. Low pressure south of the country may push showers into Wales, though confidence is low.

Otherwise, this hot and dry pattern is likely to persist until late next week, at least.

### Forecast issued at 16:20 on Wednesday, 8 July, 2026

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