

The Northwest Highlands

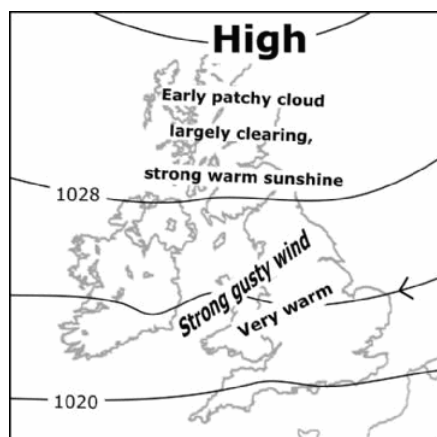
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Monday, 13 July, 2026



British Mountain Summary:

Based on forecast chart for noon 13 July, 2026

Varied banks of cloud around hills in Scotland and Pennines early in the day, but increasingly dispersing during the morning to leave most or all hills clear. Strong sunshine, pleasant temperatures, warmest in western areas. Mostly light wind for the Highlands, gusty easterly further south. Very warm for Wales.

Headline for The Northwest Highlands

Patchy cloud clears, warm sunshine, light wind.

Detailed Forecast for Monday, 13 July, 2026

How windy? (On the Munros)	Southeasterly or variable less than 10mph.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Early patches, then little if any At dawn, varied thin banks of cloud mostly middle slopes; summits will be above any banks. Cloud soon dissipates for largely clear Munros; a few varied banks may reform on high terrain to the west, not necessarily covering tops.
Chance of cloud free Munros?	Rising above 90%
Sunshine? Air clarity (below cloud)	Mostly sunny. Excellent visibility. High UV, beware sunburn.
How Cold? (at 900m)	10C rising to 14 or 15C; westernmost slopes warmest, locally to 16C. (Western sunny glens will approach 25C afternoon).
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Tuesday 14 July	Wednesday 15 July
How windy? (On the Munros) Effect of wind on you?	Variable or southeasterly, 10mph or less many areas, but local 15mph gusts 20mph at times, mainly Sutherland. Mostly small.	Southeasterly or variable, 5 to 10mph. Negligible.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Higher terrain clear Fog mainly in and just above eastward draining glens on lower hill slopes from dawn, retreating back to the North Sea coast in the morning and dispersing. Tops widely clear all day.	Mountains clear From dawn, fog in eastward draining glens and some lower hill slopes, retreating back to the North Sea and dispersing in morning.
Chance of cloud free Munros?	Above 90%	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility on hills, early mist lower down, leaving some low level haze.	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.
How Cold? (at 900m) Freezing Level	14C from dawn (warmer than many glens), rising to 17C (glens reach 25C), locally slightly warmer Wester Ross. Above the summits.	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally warmer west, cooler in east). Above the summits.

Planning Outlook

All mountain areas of Britain from Tuesday, 14 July, 2026

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure keeps the skies mostly clear, some low-level cloud rolling inland from the North Sea at times. A prevailing easterly flow, pushing the warmest temperatures for western hill groups, valley temperatures often 25C, or warmer for Wales and Peak District, at times 30C. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Notably dry ground conditions, beware very high fire risk. A cooling trend toward the weekend as north-northeasterly winds develop, a few showers possible, but a dry theme likely into early next week.

Forecast issued at 16:00 on Sunday, 12 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.