

The Northwest Highlands

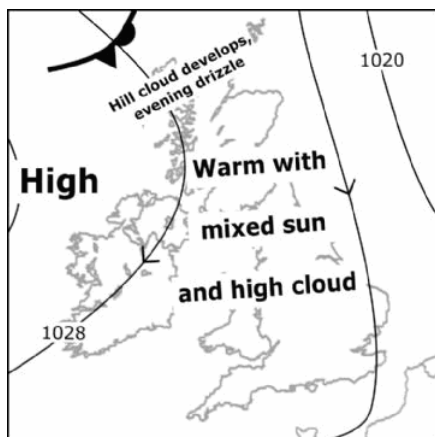
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Sunday, 19 July, 2026



British Mountain Summary:

Based on forecast chart for noon 19 July, 2026

Some patchy mist here and there at dawn, but the hills largely clear with a mix of sun and high cloud across the country. Mostly warm, milder north Scotland where cloud patches graze highest tops. Late in the day, hill cloud arrives into northwest Scotland with light drizzly rain. Fire risk remains high.

Headline for The Northwest Highlands

Hills largely clear; wind and cloud increasing later

Detailed Forecast for Sunday, 19 July, 2026

How windy? (On the Munros)	Northwesterly 10-15mph, strengthening towards 20-25mph, strongest gusts north of Ullapool reaching 30mph into evening/nighttime.
Effect of wind on you?	Fairly small but wind increasingly inconvenient and later feeling chilly.
How wet? (Precipitation and its impact)	Little expected Later in the day, a rising chance of light spots of rain along the west coast with some drizzle on tops, but totals will be small before sunset and most Munros entirely dry.
Cloud on the hills?	Well broken, then filling in on high terrain At dawn, mist patches at middle and lower slopes (tops above cloud), locally to glens and coastal cliffs. Cloud lifts, to mostly above 700-800m along the coast with breaks; little or no cloud inland. Through afternoon, cloud gradually fills in from the northwest above 800m widely by evening, to 600m west coast or locally lower.
Chance of cloud free Munros?	60%, to 80% well inland; lowering to 30%
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sunshine, increasingly cloudy through afternoon. Excellent visibility.
How Cold? (at 900m)	6C rising to 7 to 9C; coolest west, mildest east, may locally reach 10C Kintail. Feeling near freezing in stronger breeze as the day goes.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Monday 20 July	Tuesday 21 July
How windy? (On the Munros) Effect of wind on you?	Northwesterly 10-20mph, strongest sustained wind north in the morning, approaching 25-30mph Ben Hope. Fairly small, but blustery over the northern tops in the morning and feeling chilly.	West to northwesterly 15 to 30mph, strongest over northern mountains, tending to strengthen, risk widely 30-40mph later. Blustery all day north, fairly small for a time Skye-Kintail, risk later widely strenuous walking, considerable wind chill.
How wet? (Precipitation and its impact)	Little expected Fine drizzle on high terrain along the north and west coasts where in cloud, a few spots of light rain here and there, and more widely dry later in the day.	Drizzly showers Frequently damp over west coastal areas, drizzle in the air, at times more noticeable light showery rain. Drier further inland around Kintail and east to Ben Wyvis.
Cloud on the hills? Chance of cloud free Munros?	Extensive early, lifting Fog shrouds the hills widely from middle slopes up, to lower slopes towards the west coast, locally to glen/coastal cliff level. Bases rising, to above 900m inland with summit breaks forming. Breaks above 800m rare along the west coast. 10%, rising to 70% well-inland	Fairly extensive, lowest west Covering west coastal areas above 600-700m much of the day, inland around 800m upward; rare higher breaks, mostly forming toward Great Glen. 20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, increasing sunny breaks afternoon, best inland south. Very good visibility out of cloud.	Mostly cloudy, reduced visibility in light rain, but good below cloud inland, some brighter glimpses in east.
How Cold? (at 900m) Freezing Level	6 or 7C, slight rise inland afternoon, to 10C Kintail/Ben Wyvis. Feeling below freezing in early wind north. Above the summits.	7 to 9C. Feeling like 0C to later -5C directly in the stronger winds. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 20 July, 2026

Weather remains settled through next week as high pressure persists west of Ireland. Northwesterly flow keep temperatures nearer to average for the time of year, dawn temperatures in the middle single digits in Scotland; staying warm in England and Wales but maximum summit temperatures only to the high teens. Cloud and drizzle starts to affect northwest Scotland more often, occasionally drifting further south, chance of an area of patchy rain slipping south through the country on Wednesday, though totals likely small. Despite this, ground remains very dry with high fire risk, with active wildfires limiting access in places. An unsettling trend is indicated next following weekend, bringing wind and rain first to Scotland and increasingly widely. England and Wales may remain quite warm.

Forecast issued at 16:24 on Saturday, 18 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.