

The Northwest Highlands

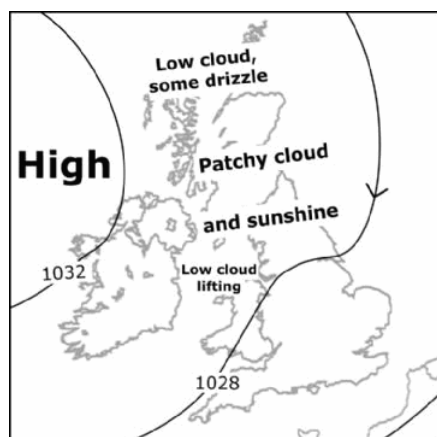
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Monday, 20 July, 2026



British Mountain Summary:

Based on forecast chart for noon 20 July, 2026

Some patchy drizzle and low cloud covering many northern mountains in the Highlands in the morning. Cloud persists on hills toward northwest coasts, tending to lift and break further inland. Hills in England & Wales mostly clear. Wind fairly light overall. Very dry ground and high fire risk remains.

Headline for The Northwest Highlands

Cool, breezy in north. Low cloud and drizzle, improving.

Detailed Forecast for Monday, 20 July, 2026

How windy? (On the Munros)	Northwesterly 10-20mph, strongest sustained wind north in the morning and again later evening, occasional 25mph higher tops Ben Hope area.
Effect of wind on you?	Fairly small, but blustery over the northern tops in the morning and feeling chilly.
How wet? (Precipitation and its impact)	Drizzly western hills, fading Fine drizzle on high terrain along the north and west coasts where in cloud, a few spots of light rain during the morning, then more widely dry afternoon. Some drizzle returns to more northern hills later evening.
Cloud on the hills?	Extensive early, lifting, most persistent coastal hills, breaks inland Fog shrouds the hills widely from middle slopes up, to some lower slopes towards the west coast, locally to glen/coastal cliff level at first. Some high slopes above cloud banks at times. Bases rising, above 900m inland toward Great Glen with summit breaks forming. Breaks above 800m rare along the west coast.
Chance of cloud free Munros?	10%, rising to 30% north and west coasts, 70% well-inland south afternoon.
Sunshine? Air clarity (below cloud)	Mostly cloudy, increasing sunny breaks afternoon, best inland south. Misty over many hills to some low levels morning, then very good visibility out of cloud.
How Cold? (at 900m)	6 or 7C, slight rise inland afternoon, to 10C Kintail/Ben Wyvis. Feeling below freezing in early wind north.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Tuesday 21 July	Wednesday 22 July
How windy? (On the Munros) Effect of wind on you?	West to northwesterly 15 to 30mph, strongest northern mountains, tending to strengthen, up to 40mph north evening. Blustery all day north, fairly small for a time Skye-Kintail, risk more strenuous walking later north, considerable wind chill.	North to northwesterly 20 to 25mph, occasional 30mph over higher tops. Feeling breezy and rather chilly on high terrain, may start to affect balance on exposed ridges.
How wet? (Precipitation and its impact)	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.	Light rain and drizzle Some steady rain and drizzle over a few hours in the morning west and northern hills, tending to become patchier, though western hills stay often damp.
Cloud on the hills?	Fairly extensive, lowest west Covering west coastal areas above 600-700m much of the day, inland around 800m upward; some local higher breaks forming mostly toward Great Glen to 900-1000m at times.	Fairly extensive Covering hills fairly widely above 600 to 800m, lowest nearer coasts in west and north in morning. Tending to lift a little, some breaks forming, best near Kintail.
Chance of cloud free Munros?	20%, to 40% near Great Glen.	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, reduced visibility in light rain, but good below cloud inland, some brighter glimpses in east and near Great Glen.	Largely cloudy, glimpses of sun mainly toward eastern glens. Visibility very good below cloud, but reduced where damp.
How Cold? (at 900m) Freezing Level	7C, slight rise to 8 or 9C afternoon. Feeling like 0 to -3C directly in the stronger winds, coldest in north. Above the summits.	7C, small change far north and coasts, rising up to 10C around Kintail. Feeling like 0C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 21 July, 2026**

Largely dry weather prevails as high pressure remains nearby to the west. A northwesterly flow keeps 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 affects northwest Scotland more often, occasionally drifting further south. Despite this, ground remains very dry with high fire risk, with ongoing wildfire management limiting access in places. A more unsettled trend develops during next weekend, bringing wind, rain and showers first to Scotland and increasingly widely. England and Wales remain quite warm.

Forecast issued at 16:00 on Sunday, 19 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.