

The Northwest Highlands

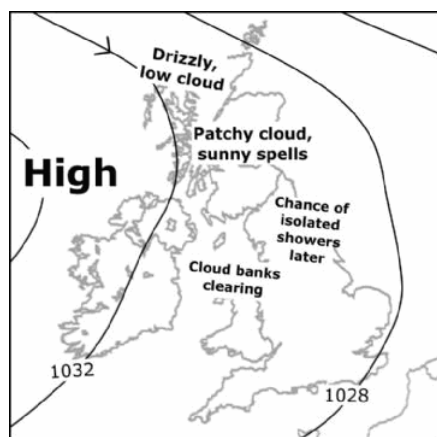
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Tuesday, 21 July, 2026



British Mountain Summary:

Based on forecast chart for noon 21 July, 2026

Breezy over northern Scottish mountains, tending to strengthen; fairly light wind elsewhere. Most places dry with some patchy cloud on tops largely clearing. Feeling warm in the sun. Northwest Highland coasts hold low cloud and some drizzle much of day. Chance of a late shower over the Pennines.

Headline for The Northwest Highlands

Breezy, strongest in north. Patchy drizzle, lowest cloud west.

Detailed Forecast for Tuesday, 21 July, 2026

How windy? (On the Munros)	West to northwesterly 15 to 30mph, strongest northern mountains, most sustained Ben Hope. Tending to widely strengthen to 30mph, or up to 40mph far north evening.
Effect of wind on you?	Blustery all day north, fairly small for a time Skye-Kintail, becoming more strenuous walking later, frequent buffeting northern tops, considerable wind chill.
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.
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.
Chance of cloud free Munros?	20%, to 40% near Great Glen.
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.
How Cold? (at 900m)	7C, slight rise to 8 or 9C afternoon. Feeling like 0 to -3C directly in the stronger winds, coldest in north.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 22 July	Thursday 23 July
How windy? (On the Munros) Effect of wind on you?	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.	West to southwesterly 20 to 30mph, strongest over northern mountains, some gusts over 35mph. Feeling breezy over the hills, quite cool on higher tops, some buffeting gusts around exposed summits and ridges.
How wet? (Precipitation and its impact)	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.	Damp much of day west Drizzle frequent over west coastal hills, patchy drizzle drifting inland. Some steadier light rain developing in west.
Cloud on the hills?	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.	Extensive, base rising, persistent west Shrouding hills from many lower elevations upward early in the day. Bases tending to gradually lift to 800-900m, higher breaks inland and east, but many west coast tops remain covered, may lower again later.
Chance of cloud free Munros?	10% most N/W hills, 20% south inland.	20% west, rising to 40% inland/east.
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun mainly toward eastern glens. Visibility very good below cloud, but reduced where damp.	Largely cloudy, misty poor visibility lower elevations up in the morning, improving to become good below cloud where dry. Glimpses of sun mainly in east.
How Cold? (at 900m) Freezing Level	7C, small change far north and coasts, rising up to 10C around Kintail. Feeling like 0C directly in the wind. Above the summits.	8 or 9C, little change all day in west, may rise a degree or so toward Ben Wyvis. Feeling near/below 0C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 22 July, 2026

Largely dry weather continues this week as high pressure stays nearby. Very dry ground and high fire risk, beware of some ongoing fire management with locally restricted access to hills. A prevailing northwesterly wind brings further low cloud and some drizzle onto northwestern Scottish mountains - more widely across the western Highlands later in the week as the flow turns more westerly, with occasional steadier light rain. Patchy cloud over tops elsewhere, best sunshine and warmth in east and south-facing areas. Westerly winds strengthen everywhere into the weekend, bringing some rain and showers to all regions. A changeable and cooler outlook is expected into the last week of July.

Forecast issued at 16:00 on Monday, 20 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.