

The Northwest Highlands

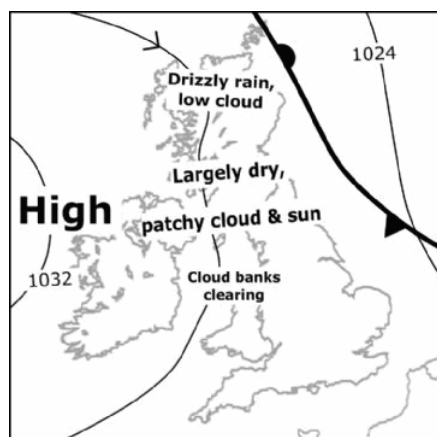
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Wednesday, 22 July, 2026



British Mountain Summary:

Based on forecast chart for noon 22 July, 2026

Dull and damp for northern Scotland much of the day, low cloud blanketing the hills, fresh northwesterly winds, feeling cool. Drier and better cloud breaks southward across the Highlands. Some cloud on hills in northern England and Wales tending to lift and break, some warm sunshine.

Headline for The Northwest Highlands

Breezy and cool; rain, drizzle and extensive low cloud.

Detailed Forecast for Wednesday, 22 July, 2026

How windy? (On the Munros)	Northwesterly 25mph, in places 30mph over higher tops, more sustained over northern mountains, particularly Ben Hope where gusts 35-40mph occasionally.
Effect of wind on you?	Feeling blustery on high terrain, starting to affect comfortable walking and balance on exposed ridges. Considerable wind chill on the higher mountains.
How wet? (Precipitation and its impact)	Light rain and drizzle Steady rain and drizzle much of the morning west and northern hills, tending to become patchier, though western hills stay often damp with near-constant drizzle. Slippery rock surfaces.
Cloud on the hills?	Extensive, lowest coasts Covering hills widely above 600 to 800m, or to some lower slopes nearer coasts in west and north in morning. Tending to lift a little, but shrouding most mountains all day. Some local breaks forming inland afternoon near Kintail.
Chance of cloud free Munros?	Below 10% most N/W hills, 20% toward Great Glen afternoon.
Sunshine? Air clarity (below cloud)	Largely cloudy and dull, misty, glimpses of sun mainly toward eastern glens. Visibility poor due to rain and drizzle, some improvement inland afternoon.
How Cold? (at 900m)	8C, small change far north and coasts, rising up to 10C around Kintail. Feeling like 0C directly in the wind, often nearer -3C high northern tops.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Thursday 23 July	Friday 24 July
How windy? (On the Munros)	West to southwesterly 20 to 30mph, strongest over northern mountains, strengthening toward 40mph later.	West to southwesterly 30 to 40mph, at times to 50mph, strongest speeds likely most sustained around Ben Hope.
Effect of wind on you?	Feeling breezy over the hills, quite cool on higher tops, increasing buffeting gusts around exposed summits and ridges.	Frequent buffeting over high terrain, making walking strenuous, affecting balance on ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Damp much of day west Drizzle frequent over west coastal hills, patchy drizzle drifting inland. Some steadier light rain developing in west late afternoon into evening.	Drizzly rain, heavier later Drizzle over many mountains much of the day, some steadier light rain in western areas. Some drier moments toward east. Later in day, increasingly persistent heavier rain likely develops widely.
Cloud on the hills?	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, lowering again evening.	Extensive, lowest west Shrouding west coastal mountains above 500-600m most or all day, bases nearer 700m inland, some breaks occurring on easternmost hills near Ben Wyvis.
Chance of cloud free Munros?	20% west, rising to 40% inland/east.	10%
Sunshine? Air clarity (below cloud)	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.	Cloudy and dull, misty over western hills. Better visibility well inland and toward east below cloud and where dry.
How Cold? (at 900m)	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.	7C slight rise to 9C; little change with added height on Munros. Feeling nearer -5C directly in the wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 23 July, 2026

Westerly winds strengthen widely later this week, reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later Friday. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable westerly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:01 on Tuesday, 21 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.