

# The Northwest Highlands

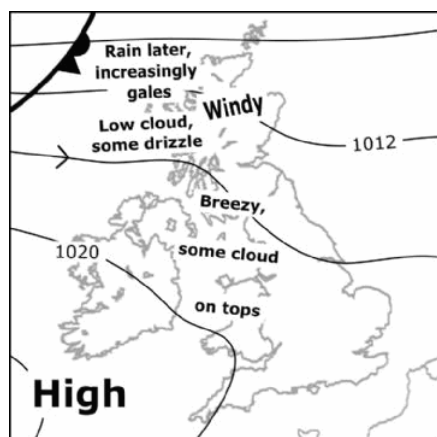
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Friday, 24 July, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 24 July, 2026

Strong westerly winds, reaching gale-force on Scottish tops, increasing later. Low cloud and some drizzle in western Scotland, drier and some cloud breaks further east. More persistent rain develops from the northwest later. Largely dry England & Wales, some cloud capping high western tops.

### Headline for The Northwest Highlands

Windy, strengthening to gales. Drizzle, low cloud, wetter later.

## Detailed Forecast for Friday, 24 July, 2026

|                                                |                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>              | Westerly 30 to 40mph, strongest speeds most sustained around Ben Hope, tending to strengthen widely afternoon, reaching 50mph with stronger gusts on high tops. During evening and into night up to 55-60mph with gusts 70mph.                                                                                        |
| <b>Effect of wind on you?</b>                  | <b>Frequent buffeting over high terrain, making walking strenuous, affecting balance on ridges, becoming increasingly challenging. Generally deteriorating further later in the day. Considerable wind chill.</b>                                                                                                     |
| <b>How wet? (Precipitation and its impact)</b> | <b>Drizzly rain, heavier rain later evening-night</b><br>Drizzle over many mountains much of the day, some steadier light rain in western areas in the morning, fading afternoon. Some drier moments toward east. Later in day, increasingly persistent heavier rain develops more widely, continuing into the night. |
| <b>Cloud on the hills?</b>                     | <b>Extensive, lowest west</b><br>Shrouding west coastal mountains above 500-600m most or all day, bases nearer 700m inland, some breaks occurring on easternmost hills near Ben Wyvis. Lowering again widely by evening.                                                                                              |
| <b>Chance of cloud free Munros?</b>            | <b>10%</b>                                                                                                                                                                                                                                                                                                            |
| <b>Sunshine? Air clarity (below cloud)</b>     | Cloudy and dull, misty over western hills. Better visibility well inland and toward east below cloud and where dry.                                                                                                                                                                                                   |
| <b>How Cold? (at 900m)</b>                     | 7C slight rise to 9C; little change with added height on Munros. Feeling like 0 to -5C directly in the wind.                                                                                                                                                                                                          |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                                                                    |

|                                                          | Saturday 25 July                                                                                                                                                                                                                                           | Sunday 26 July                                                                                                                                                                                                                                                            |
|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the Munros)<br><br>Effect of wind on you? | West to northwesterly, 40 to 50mph with stronger gusts at dawn, easing to 25-35mph, 15-25mph later around Skye.<br><br><b>Blustery conditions and marked chill in morning, buffeting gusts at first, gradually improving to become small later in day.</b> | West-northwesterly 10-20mph.<br><br><b>Mostly small.</b>                                                                                                                                                                                                                  |
| How wet?<br>(Precipitation and its impact)               | <b>Drizzly rain and showers</b><br>Persistent rain from overnight, heavy on western hills, tending to ease into the morning, breaking up into drizzly showers, fading out at times. Risk of some heavier showery rain developing inland afternoon.         | <b>Patchy rain and showers</b><br>Patchy rain onto west coast hills through the day, clusters sometimes push east. Showery outbreaks more widely afternoon, some heavy bursts, notably Ben Wyvis/Easter Ross. An easing tendency later east.                              |
| Cloud on the hills?                                      | <b>Extensive, rising, local breaks east</b><br><br>Shrouding hills fairly widely from low elevations upward early morning. Base tending to rise, but likely to persist western areas above 600-700m, mostly 800m inland, some breaks best further east.    | <b>Varied, high tops rarely clear if at all</b><br><br>Fairly extensive early, bases to 500-700m lowest west, or lower along the coast. A lifting trend, some breaks forming, but bases return to 700-800m during showers, or lower if heavier showers occur in the east. |
| Chance of cloud free Munros?                             | <b>20%</b>                                                                                                                                                                                                                                                 | <b>40%</b>                                                                                                                                                                                                                                                                |
| Sunshine?<br>Air clarity (below cloud)                   | Largely cloudy, poor visibility early in day, staying misty over hills especially in west, better visibility where dry below cloud.                                                                                                                        | Glimpses of sun.<br>Varied visibility, very good when out of showers.                                                                                                                                                                                                     |
| How Cold? (at 900m)<br><br>Freezing Level                | 7 to 9C.<br>Feeling below freezing directly in the wind early in the day.<br><br>Above the summits.                                                                                                                                                        | 5 or 6C, rising up to 9C southern inland areas, least rise northward.<br><br>Above the summits.                                                                                                                                                                           |

**All mountain areas of Britain from Saturday, 25 July, 2026**

Westerly winds prevail this weekend and early next week, then southwesterly into midweek, bringing spells of rain, drizzle and some showery falls; low cloud persistent across hills, particularly in the west. Upland gales early on Saturday tend to lessen, but staying breezy; lower wind speeds for Scotland on Sunday. Rather cool this weekend and Monday, single-figures Celsius on high terrain. Then more humid, and warmer, especially England & Wales. More prolonged heavier rain possible for western Scotland Monday-Tuesday, risk of gales again on high tops. More uncertainty later in the week as a slow-moving area of low pressure is nearby, but risk areas of heavy rain and showers.

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.