

The Northwest Highlands

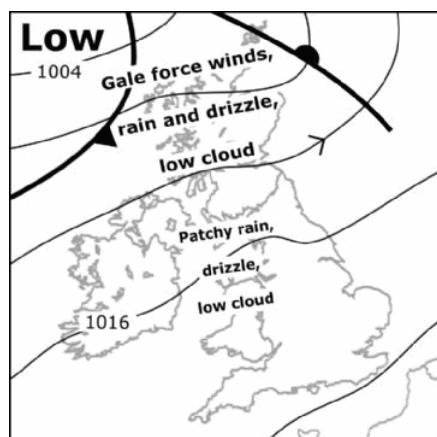
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Tuesday, 28 July, 2026



British Mountain Summary:

Based on forecast chart for noon 28 July, 2026

Challenging conditions over high terrain with gale-force winds, severe gales on the higher Scottish mountains. A few hours of persistent rain, some heavy for the Highlands, leaving drizzly conditions, low cloud across most hills. Some heavier rain again later in western Scotland.

Headline for The Northwest Highlands

Gales strengthen, severe high terrain. Rain and low cloud.

Detailed Forecast for Tuesday, 28 July, 2026

How windy? (On the Munros)	Southwesterly strengthening to 40 to 55mph during morning, more sustained higher speeds into the afternoon with gusts 60-70mph, soonest near Skye but increasingly widely.
Effect of wind on you?	Increasingly difficult walking conditions widely over the hills, balance challenging on exposed ridges, gusts could knock you over particularly afternoon. Considerable wind chill.
How wet? (Precipitation and its impact)	Frequent or persistent rain, some heavy morning Rain or drizzle much of the day particularly on western mountains, some more prolonged heavier falls in the morning. Occasionally easing off with some drier breaks in east afternoon. Heavier rain returns from west later in day.
Cloud on the hills?	Extensive Blanket low cloud across the mountains, shrouding west coastal areas from lower elevations upward for periods. Some higher bases above 700m inland and east mainly afternoon.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Generally overcast and dull, poor visibility much of day west and widely in rain, some improvements at times in east afternoon.
How Cold? (at 900m)	8 to 10C, coolest on coastal tops, little variation all day. Feeling below freezing directly in wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 29 July	Thursday 30 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20 to 30mph, strongest early in the day, may be nearer 40mph around dawn. Blustery start, considerable buffeting at first tending to lessen, but may still feel uncomfortable in exposure on ridges.	Southwesterly 10 to 20mph at first, shifting westerly and strengthening during morning to 30mph, risk 40mph for a time. May start small, but soon deteriorating to make walking uncomfortable in exposure. Increasingly considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain, risk locally heavier Occasional rain and showers, at times more frequent rain on west coastal hills particularly around Skye, some heavier bursts possible.	Showers or more frequent heavy rain Broadly showery, but may cluster into a more organised area of heavy rain over a few hours, possible torrential downpours locally inland, chance of thunder.
Cloud on the hills?	Most persistent near Skye Banks of cloud likely over coastal hills, particularly Skye, may linger on some southern slopes to mid-elevations. Varied on tops elsewhere, good breaks eastward.	Shrouding most tops Covering much high terrain most of the day, but will vary around rain, more extensive to some mid-slopes for periods, ragged patches down to forest canopies.
Chance of cloud free Munros?	30% west, 50% inland/east.	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly eastern areas. Visibility reduced around rain, otherwise good below cloud.	Largely cloudy, poor visibility around rain, occasional improvements.
How Cold? (at 900m) Freezing Level	7C, mostly little change, but some eastern areas may reach 10C. Feeling near/below freezing in the wind. Above the summits.	5 or 6C, lowering to 4C later in daytime. Feeling like -5C in exposure to stronger winds on tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 29 July, 2026

A complex pattern into the start of August as weak low pressure is nearby to the west . Some showery bursts of rain, possibly thundery in places on some days, locally persistent rain possible, but some places may well escape drier. Cloud varying over the hills from day to day. Strong southwesterly winds later this week, then becoming more variable in speed and direction over the weekend into early next week, may strengthen again for periods. A generally showery westerly may then prevail during next week. Temperatures near average or on the cooler side for Scotland , warmer for Wales and Peak District. Beware ongoing fire management restrictions to access despite rain in the forecast.

Forecast issued at 16:30 on Monday, 27 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.