

The Northwest Highlands

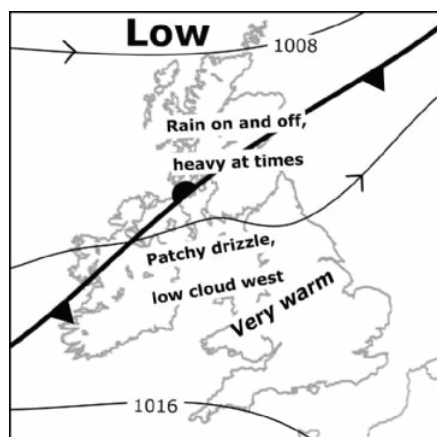
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Wednesday, 29 July, 2026



British Mountain Summary:

Based on forecast chart for noon 29 July, 2026

A swathe of frequent to persistent rain through central & southern Scotland, some heavier bursts with possible thunder and lightning afternoon. Patchier showers in northwest, rather cool here. Warmer and humid southwards, low cloud covering many western hills, some drizzle near Irish Sea.

Headline for The Northwest Highlands

Strong breeze. Patchy showery rain, cloud banks lowest west.

Detailed Forecast for Wednesday, 29 July, 2026

How windy? (On the Munros)	Southwesterly 35-40mph around dawn with briefly stronger gusts, easing to typically 25mph, nearer 20mph afternoon.
Effect of wind on you?	Blustery start, considerable buffeting at first tending to lessen, but may still feel uncomfortable in exposure on ridges. Notable wind chill on high terrain.
How wet? (Precipitation and its impact)	Patchy rain most common toward west Occasional rain and showers, at times more frequent rain on west coastal hills particularly around Skye, some heavier bursts possible mainly later in day. Windows of drier weather inland and eastern hills.
Cloud on the hills?	Most persistent near Skye, varied elsewhere with breaks Banks of cloud over coastal hills much of the day above 700m, particularly Skye, at times covering some southern slopes to mid-elevations. Varied on tops elsewhere, good breaks eastward above 900m.
Chance of cloud free Munros?	30% west, 60% inland/east.
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly eastern areas. Visibility reduced around rain, otherwise good below cloud.
How Cold? (at 900m)	7C, mostly little change, but some eastern areas briefly up to 10C afternoon. Feeling near to 0C in the wind, or colder at first.
Freezing Level	Above the summits.

	Thursday 30 July	Friday 31 July
How windy? (On the Munros)	Westerly 15 to 25mph, but risk a swathe of higher speeds for a few hours, mainly toward south, 35mph with stronger gusts.	Southwesterly 25 to 30mph, risk occasionally 40mph, gusty in showers.
Effect of wind on you?	Breezy, may be fairly small affect on walking especially in north, but further south risk more challenging for a time.	Affecting ease of walking on high terrain, gusts challenging balance on ridges at times. Marked wind chill.
How wet? (Precipitation and its impact)	Heavy bursts, setting in for a time Showery bursts and a zone of more persistent heavy rain over a few hours, some torrential downpours forming and moving eastward, chance of thunder. Fading to scattered showers later in west.	Showery, chance of lightning Showers mostly toward west coast early in day, but developing increasingly widely, some heavy bursts forming inland and in east into afternoon. Risk isolated thunder.
Cloud on the hills?	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.	Often covering higher slopes Fairly widespread above 600 to 800m early in day, lowest in west, tending to lift to 800-900m with breaks toward tops at times. Lower ragged patches during/after rain.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, poor visibility around rain, occasional improvements.	Brief sun breaking through. Visibility very good below cloud, but reduced in showers.
How Cold? (at 900m)	5 or 6C, lowering to 4C later in daytime. Feeling near -5C if exposed to stronger winds on tops.	5 or 6C, slight rise afternoon. Feeling nearer -5C in the wind on tops.
Freezing Level	Above the summits.	Above the summits.

All mountain areas of Britain from Thursday, 30 July, 2026

Cool and showery westerlies late this week and into Saturday, windy over high terrain; western hills often capped in cloud. Rain may encroach from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales at least. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, may strengthen northwesterly by Tuesday to gales. An improving trend into midweek, but showery westerlies likely prevail in Scotland at least. Despite spells of rain, beware ongoing fire management restricting access to some mountains.

Forecast issued at 16:15 on Tuesday, 28 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.