

The Northwest Highlands

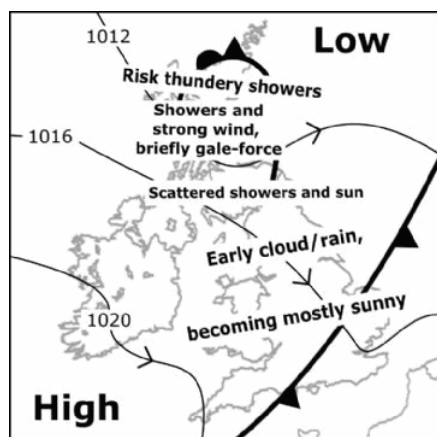
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Thursday, 30 July, 2026



British Mountain Summary:

Based on forecast chart for noon 30 July, 2026

Cool, windy, and showery in Scotland. Gales and heavy showers pass west-to-east across the highlands, showers most frequent with lightning risk north. Starting breezy with rain over the Pennines and Wales, this clearing east for sun, a few odd showers northwest England. Mild-to-warm England and Wales.

Headline for The Northwest Highlands

Heavy showers, risk thunder; windy, gales for a time

Detailed Forecast for Thursday, 30 July, 2026

How windy? (On the Munros)	Westerly 15 to 25mph at dawn, then a swathe of higher speeds passes east for a few hours, top speeds to 35-40mph and stronger gusts in the morning/midday. Reorienting west-northwesterly with speeds reducing, to 25-35mph later in the day.
Effect of wind on you?	Highly variable, ease of walking always impacted on summits, but a period of more strenuous-to-arduous walking over high southern Munros with notable wind chill; considerable buffeting around showers.
How wet? (Precipitation and its impact)	Heavy showers, setting in for a time with risk of lightning Showers all day with a zone of more persistent heavy rain passing east over a few hours; torrential downpours forming with a chance of lightning.
Cloud on the hills?	Shrouding most tops, variably to lower slopes Covering much high terrain most of the day. Some higher breaks early, briefly to or off summits. Variable around rain, more extensive to some mid-slopes for periods, lowest west where ragged patches to forest canopies at times.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Sun glimpses, mostly early and late; otherwise cloudy with often poor visibility in hill cloud and heavy rain.
How Cold? (at 900m)	5 or 6C, lowering to 4C later in daytime. Feeling near -5C if direct wind, approaching -10C in strongest wind.
Freezing Level	Above the summits.

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All mountain areas of Britain from Friday, 31 July, 2026

Cool and showery westerlies into the weekend, windy over high terrain; western hills often capped in cloud. Southern Pennines and Wales likely see only scattered showers and remain warm. Cloud encroaches from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales. 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, trending northerly and strengthening, to gales over high summits on Tuesday. A window of improvement from midweek, which may persist into the weekend, but a showery northwesterly persists in Scotland. Beware ongoing fire management restricting access to some mountains.

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.