

The Northwest Highlands

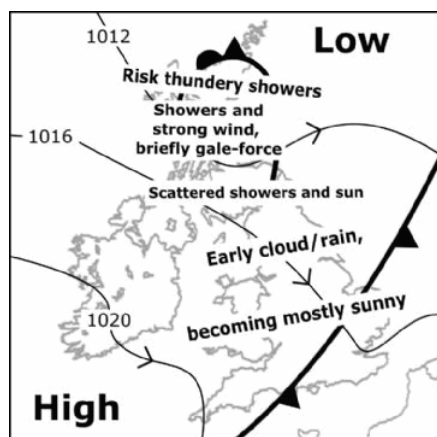
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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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 35-45mph 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 rarely ceasing rain for a couple of hours later morning and middle of day. Risk ;downpours with a chance of lightning. Most rainfall will fall western mountains south from Wester Ross.
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?	20%
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.

	Friday 31 July	Saturday 1 August
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20 to 30mph, some variability, strongest north where gusts around showers approach 40-45mph. Affecting ease of walking on high terrain, gusts affecting balance on ridges and tops. Marked wind chill.	Westerly 20-30mph, notable variability, gusts forming as showers develop. May be locally fairly small but strongest gusts on high terrain will affect stability at times with notable wind chill.
How wet? (Precipitation and its impact)	Showery, turning heavy Showers, mostly toward west coast early, but developing increasingly widely, some heavy bursts forming inland and east into afternoon. Chance isolated thunder.	Showers, becoming widespread Showers drive onto western Munros most of the day, most persistent and heavy towards the northwest. Several hours of more widespread afternoon showers, heaviest falls northward.
Cloud on the hills?	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. Variable as showers come and go, low ragged patches during/after rain.	Improving trend, some breaks, variable Fairly extensive above 600-700m in the morning, lowest and most extensive towards west coast. A lifting trend, breaks above 900m increasingly common, but lower banks return around showers, more widely for a time afternoon.
Chance of cloud free Munros?	30%	40%
Sunshine? Air clarity (below cloud)	Patchy sun in the morning, clouding over into the afternoon. Visibility very good below cloud, but reduced in showers.	Glimpses of sun, best south and east. Varied visibility, very good where out of cloud and rain; a west coastal haze builds later.
How Cold? (at 900m) Freezing Level	5 or 6C, slight rise afternoon. Feeling nearer -5C in strongest gusts on tops. Above the summits.	5 or 6C, rising a degree. Feeling like -5C in direct wind. Above the summits.

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.