

The Northwest Highlands

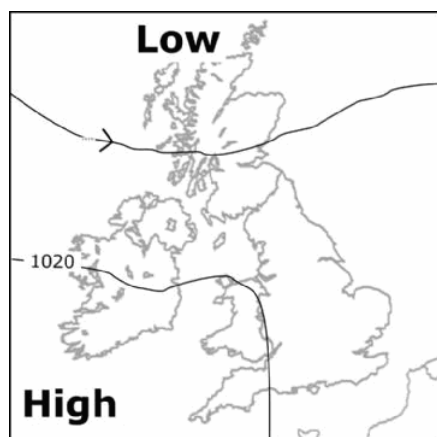
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Friday, 31 July, 2026



British Mountain Summary:

Based on forecast chart for noon 31 July, 2026

Westerly winds, tending to strengthen through the day will continue to bring lower temperatures to the mountains (particularly W & NW Scotland), Showers, throughout day W and NW Highlands, but mostly afternoon elsewhere - and few if any S Pennines and Wales.

Headline for The Northwest Highlands

Showers; cold. Wind speed tending to increase..

Detailed Forecast for Friday, 31 July, 2026

How windy? (On the Munros)	West to southwesterly typically 20 to at times 25mph, although until late morning no more than 10 or 15mph on many summits.
Effect of wind on you?	Mostly fairly small.
How wet? (Precipitation and its impact)	Frequently raining, particularly western mountains Showers near Skye soon extending across region - sometimes frequent - but tending to become fewer again from west late in day.
Cloud on the hills?	Often covering higher slopes; by afternoon mostly confined to near coast West coastal slopes: frequently covered all day above 600m, occasionally 450m. By around 10 miles inland from the general lie of the coast, by midday cloud nearly all above 800m. Elsewhere, by midday, summits rarely covered.
Chance of cloud free Munros?	20% near west coast to by midday 80% elsewhere
Sunshine? Air clarity (below cloud)	Ranging from glimpses of sun only toward the coast to a patchwork of bright sun more eastern hills. The air very clear, but visibility markedly reduced in showers.
How Cold? (at 900m)	4C rising marginally through day coastal slopes, but to 8C easternmost summits. Will feel below freezing point directly in wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Saturday 1 August	Sunday 2 August
How windy? (On the Munros) Effect of wind on you?	Westerly 20-30mph; generally most gusty near rain. May be locally fairly small but strongest gusts on high terrain will affect stability at times with notable wind chill.	Westerly 15 to 25mph after dawn. Will drop to 10mph near Skye by midday and then progressively northwards. Fairly small before becoming negligible from south.
How wet? (Precipitation and its impact)	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.	Showers all or nearly all dying out Starting showery, particularly more western mountains. Showers will become few or isolated from the south middle of day and afternoon.
Cloud on the hills? Chance of cloud free Munros?	Extensive toward coast, base rising well inland - higher tops may not clear Extensive above 500-700m in the morning, lowest toward west coast. A lifting trend, particularly well inland, where breaks above 900m increasingly common by midday. Nevertheless cloud base dropping again near showers. 20%; rising to 50% eastern summits	Becoming confined to higher slopes, later may well almost all clear Progressively improving as extensive cloud above 700m toward the coast and more patchy above 900m toward the east gradually rises. By mid afternoon, perhaps still patches above about 900m western hills; otherwise mostly cloud free. 20% gradually rising to 80%
Sunshine? Air clarity (below cloud)	Glimpses of sun, best south and east. Varied visibility, very good where out of cloud and rain; a west coastal haze builds later.	Patches of sun morning, mostly well inland from west coast. Gradually becoming more sunny from east across there region - although later the sun hazy. Very good or excellent visibility.
How Cold? (at 900m) Freezing Level	5 or 6C, rising a degree or two well inland. Will feel close to or below freezing point directly in wind. Above the summits.	5C rising to 8 to 11C, warmest toward Ben Wyvis. Feeling close to or below freezing point directly in wind in morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 1 August, 2026

Extensively dry with cloud widely confined above the mountains this weekend, although mainly Saturday in Scotland, showers and on western mountains areas of low cloud. Relatively chilly on the west and NW Highlands, but otherwise fairly normal temperatures for early August.

Very complicated early next week; areas of rain will drift slowly across central and northern Britain, but the distribution of rain (and associated low cloud) very uncertain. Probably very little rain across Wales.

Despite some rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry 'tinder dry'.

Forecast issued at 7:30 on Friday, 31 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.