

The Northwest Highlands

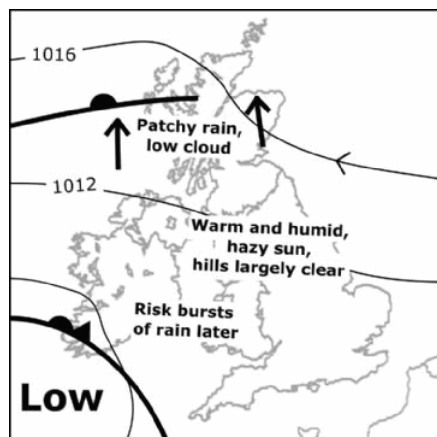
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



Skye Basecamp - a brand new climber's hostel run by Skye Guides mountain guiding

Visit www.skyebasecamp.co.uk to book your stay

General Summary for Monday, 3 August, 2026



British Mountain Summary:

Based on forecast chart for noon 3 August, 2026

Some rain drifts north across Scotland, with low cloud banks mostly on south-facing hill groups. A gusty east-southeasterly wind all day England & Wales, and strengthens with time across the Highlands. Humid with warm sun and thin high cloud for England & Wales, later risk of rain in west.

Headline for The Northwest Highlands

Some rain moves north, cloud banks east, increasing breeze.

Detailed Forecast for Monday, 3 August, 2026

How windy? (On the Munros)	Easterly 10mph, tending to strengthen from south to 20mph afternoon. Rising further into the night to 30mph gusts 40mph, soonest Skye.
Effect of wind on you?	Small, becoming more noticeable with time. Deteriorating into night.
How wet? (Precipitation and its impact)	Rain develops, mainly afternoon onward As cloud thickens from south, patchy rain spreads northwards, some more constant falls during the afternoon more widely, though rarely heavy. Onward into night, more persistent and heavier rain develops from south.
Cloud on the hills?	Mostly little, patches in rain Many western hills starting clear, though some cloud banks on eastern slopes in the morning. In rain, particularly on more eastern hills, fog gradually shrouds higher slopes, remaining patchier westwards.
Chance of cloud free Munros?	70% dropping to 40%
Sunshine? Air clarity (below cloud)	Some weak sunshine through thin high cloud, becoming more overcast. Excellent or superb visibility, but dropping markedly in rain.
How Cold? (at 900m)	8C, little change all day. Feeling cooler as wind increases, later in day near to freezing on tops.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Tuesday 4 August	Wednesday 5 August
How windy? (On the Munros)	Easterly 25 to in places a gusty 35mph.	Easterly turning northerly, 20 to 35mph, speed likely to vary, a possible lull.
Effect of wind on you?	Sudden buffeting in gusty winds both higher up and on some lower slopes and valleys. Expect balance to be tricky.	Likely to affect ease of walking on high terrain, in places making balance more challenging at times. Marked wind chill.
How wet? (Precipitation and its impact)	Intermittent rain Bands of rain will circulate within an area of low pressure. Least rainfall probably on west coastal hills south from Wester Ross, where in places frequently dry.	Frequent or persistent rain Areas of rain likely to affect the region much of the day, risk setting in heavier for periods, possibly some thundery downpours. May break up into more scattered showers from the north.
Cloud on the hills?	Never clearing most summits Blanket of fog across higher areas, sometimes the cloud below 300m Sutherland and eastern hills further south. Breaks to 700, sometimes 900m within a few miles of the west coast south of Ullapool.	Extensive Shrouding mountains widely much of the day, with ragged patches from lower slopes up around heavier rain. Rare breaks toward some higher slopes. Bases may tend to rise with some breaks later.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Little or no sunshine. Visibility often poor due to rain.	Little or no sun. Visibility poor during rain, occasionally improving, perhaps better generally later in the day.
How Cold? (at 900m)	8C	6 to 8C, coolest toward the north, little change all day. Feeling near or below freezing in the wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 4 August, 2026**

Low pressure circulates slowly over Britain into midweek bringing areas of rain and thundery showers widely, accompanied by brisk winds up to gale force for periods. Trending toward westerlies later in the week and next weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

Forecast issued at 16:00 on Sunday, 2 August, 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.