

# The Northwest Highlands

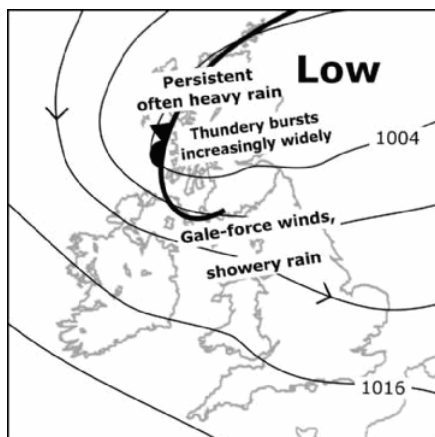
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Wednesday, 5 August, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 5 August, 2026

Increasingly gale-force winds over high terrain in northern England and near west coast of Scotland; wind strengthening widely over the Highlands. Areas of persistent rain and heavy downpours becoming widespread for the Highlands, local thunderstorms. Frequent rain for northern England, less for Wales.

### Headline for The Northwest Highlands

Strengthening wind. Often raining, heavy bursts, low cloud.

## Detailed Forecast for Wednesday, 5 August, 2026

|                                                |                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>              | Variable 10mph from dawn in many places, but northernmost tops northeasterly risk 25mph. Becoming northerly and strengthening all areas into afternoon, reaching 30-35mph, at times 40mph Skye, later elsewhere.                                                                                          |
| <b>Effect of wind on you?</b>                  | <b>Starting mostly small, but increasingly affecting ease of walking on high terrain, in places more strenuous in afternoon, making balance more challenging. Marked wind chill develops.</b>                                                                                                             |
| <b>How wet? (Precipitation and its impact)</b> | <b>Frequent or persistent rain, some heavy</b><br>Areas of rain affect the region much of the day, setting in heavier for periods, particularly around north and west coastal areas, possibly some thundery downpours also inland, chance of lightning. Showery rain continuing into evening most places. |
| <b>Cloud on the hills?</b>                     | <b>Extensive</b><br>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.                                                                                       |
| <b>Chance of cloud free Munros?</b>            | <b>20%</b>                                                                                                                                                                                                                                                                                                |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | Little or no sun.<br>Visibility poor during rain, occasionally improving, perhaps better generally later in the day.                                                                                                                                                                                      |
| <b>How Cold? (at 900m)</b>                     | 6 to 8C, coolest toward the north, little change all day.<br>Feeling near or below freezing in the stronger wind.                                                                                                                                                                                         |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                                                        |

|                                                          | Thursday 6 August                                                                                                                                                                                                                                              | Friday 7 August                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the Munros)<br><br>Effect of wind on you? | Northwest then west, later southwesterly; 15 to 30mph, strongest north, more widely around dawn, again by evening.<br><br><b>Fairly small, but affecting comfortable walking at times on some higher slopes. Feeling distinctly chilly.</b>                    | Southwesterly 25-35mph at dawn, strongest north and widely strengthening, 45-55mph, or stronger near Ben Hope.<br><br><b>Blustery from dawn, deteriorating to challenging walking; gusts knocking you off balance and significant wind chill.</b>                                  |
| How wet?<br>(Precipitation and its impact)               | <b>Brief showers, drier, then rain later</b><br><br>A few mostly light showers in the morning tending to fade to become often dry. Later in the afternoon, some patchy rain and drizzle moving in from the west, then more persistent rain evening up to dusk. | <b>Rain most of the day</b><br><br>Frequent, or persistent rain, particularly west coast, heavy falls come and go. Best chance of lighter or broken falls to the east, and may ease somewhat later in the day.                                                                     |
| Cloud on the hills?                                      | <b>Lifting with breaks to tops</b><br><br>Most cloud soon above 700-800m in the morning, lifting higher. May come and go in the west above 1000m, more often clearing eastwards. Tending to lower near coast over tops later in day.                           | <b>Fairly extensive</b><br><br>Hills widely shrouded to middle slopes in the morning, to lower slopes along the west coast with ragged patches into glens. A lifting trend though any breaks above 700-800m isolated to far eastern areas; varied lower banks in the west as well. |
| Chance of cloud free Munros?                             | <b>50%</b>                                                                                                                                                                                                                                                     | <b>30%</b>                                                                                                                                                                                                                                                                         |
| Sunshine?<br>Air clarity (below cloud)                   | Occasional sun breaking through.<br>Visibility very good.                                                                                                                                                                                                      | Sunshine unlikely.<br>Poor visibility in cloud and rain.                                                                                                                                                                                                                           |
| How Cold? (at 900m)<br><br>Freezing Level                | 4C rising to 6C afternoon.<br>Feeling below freezing where exposed to stronger wind on tops.<br><br>Above the summits.                                                                                                                                         | 6 or 7C, rising slightly, up to 9C Ben Wyvis.<br>Feeling like -5C in strongest wind, or colder far north.<br><br>Above the summits.                                                                                                                                                |

**All mountain areas of Britain from Thursday, 6 August, 2026**

West to southwesterly winds prevail later this week and into the weekend and further weather fronts will come in off the Atlantic to bring low cloud and rain especially to western mountains in Scotland. A brief ridge of high pressure this Thursday offers a better day with the wind lessening for a time and fewer showers, but winds likely strengthen again by Friday, toward gale force over northwestern Scottish mountains at least. Heavy rain likely affects western Scotland on Saturday, becoming widely showery into Sunday. A brief window of improvement is indicated early next week, but a generally unsettled theme likely continues into mid-month.

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