

The Northwest Highlands

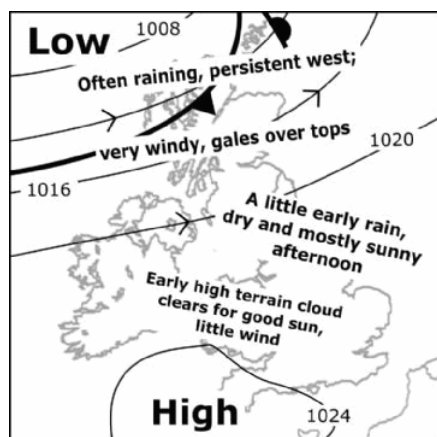
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Friday, 7 August, 2026



British Mountain Summary:

Based on forecast chart for noon 7 August, 2026

Rain in the Scottish Highlands, persistent central/west areas; windy too, gales developing over summits. Some early rain in England, cloud covering high terrain, improving for frequent sun and minimal hill cloud. Light wind and mostly sunny Wales, just some early cloud and dampness high Snowdonia terrain.

Headline for The Northwest Highlands

Persistent rain and gales

Detailed Forecast for Friday, 7 August, 2026

How windy? (On the Munros)	Southwesterly 35-45mph at dawn, strongest north and strengthening, 45-50mph widely, variably higher speeds over high tops later, approaching 60mph.
Effect of wind on you?	Strenuous walking from dawn, deteriorating to difficult conditions with significant wind chill; you will struggle to remain on your feet on exposed tops.
How wet? (Precipitation and its impact)	Persistent rain Persistent rain most or all day, heavy falls come and go. Least rain on more eastern hills near Great Glen and Ben Wyvis. Becoming quite wet underfoot.
Cloud on the hills?	Extensive West coast hills shrouded to at least middle slopes all day, banks forming to low slopes with patches to forest canopies during heavy rain. Well-inland, a slight rise in cloud base, particularly during breaks in rain, but unlikely anywhere above 700-800m.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast and largely dull. Poor visibility in cloud and rain, haze building along the west coast.
How Cold? (at 900m)	6 or 7C, rising slightly, locally up to 9C mostly likely around Ben Wyvis/Easter Ross; becoming humid too. Feeling like -5C or colder in strongest wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Saturday 8 August	Sunday 9 August
How windy? (On the Munros) Effect of wind on you?	Southwesterly 50-65mph, stronger gusts over high tops. Difficult conditions widely with significant wind chill; you will struggle to remain upright in exposure.	West-southwesterly 30-40mph, strongest in the north, some variability and also gusty around showers; may lessen somewhat. Strenuous-to-arduous walking with notable wind chill and buffeting gusts, particularly northern hills.
How wet? (Precipitation and its impact)	Constant rain west, spreading widely Frequent or persistent falls along western Munros most or all day, heavy falls common, likely spreading widely afternoon; rain rarely ceases Skye and nearby; very wet underfoot.	Showers, some extended falls Showers drifting from the west most or all day, some extended falls come and go with heavy bursts.
Cloud on the hills? Chance of cloud free Munros?	Extensive Western Munros shrouded all day above 400-500m, often lower during heavy rain, patches to forest canopies; persistently low Skye. A few breaks eastward to 800m or higher out of rain, but filling in as rain spreads more widely. 10%	Lifting towards summits, varied around showers May be fairly extensive over high terrain at dawn, but a lifting trend, most cloud rising towards 800-900m with breaks above tops away from showers, best south and east. Where showers occur, bases lower, locally to middle western slopes. Rising to 50%
Sunshine? Air clarity (below cloud)	A few early bright glimpses, becoming overcast and dull with poor visibility.	A patchwork of cloud and sun. Varied visibility, often good but suddenly deteriorating during showers.
How Cold? (at 900m) Freezing Level	7 or 8C, rising a degree, feeling humid. Feeling like -5 to -8C in direct wind. Above the summits.	6 or 7C. Feeling near or below freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 8 August, 2026

Westerly winds prevail into the weekend: Saturday will see extensive cloud and heavy rain develop across Scotland with gales; bands of rain passing to the south and east into England and Wales through Sunday with showers in Scotland. A ridge of high pressure early next week brings warmer temperatures and clearer hills, though western areas likely remain fairly cloudy with some drizzle on the high tops. Westerly flow returns through mid-week and a series of low pressure systems will pass west-to-east across the country with periods of strong wind (sometimes gales), rain, and low cloud, western hill groups always most affected. Mild-to-warm temperatures and sometimes quite humid. Changeable conditions persist into next weekend.

Forecast issued at 7:43 on Friday, 7 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.