

The Northwest Highlands

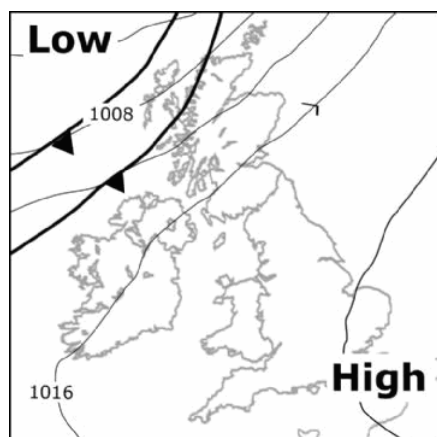
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Saturday, 8 August, 2026



British Mountain Summary:

Based on forecast chart for noon 8 August, 2026

Ranging from persistent gales, and increasingly toward west and north, rain and fog across the Scottish Highlands to blustery but largely dry Cumbria and S Scotland. Extensively warm and sunny elsewhere.

Headline for The Northwest Highlands

Severe upland gales; rain and fog.

Detailed Forecast for Saturday, 8 August, 2026

How windy? (On the Munros) Effect of wind on you?	Southerly 50-65mph most of day. Slow drop in speed toward evening. Strongest wind Skye and nearby mainland, particularly west from Kintail northwards to west of Ullapool. Difficult conditions widely with significant wind chill; you may struggle to remain upright; balance challenging.
How wet? (Precipitation and its impact)	Constant rain setting in during morning Increasingly wet as renewed more or less constant rain develops near the coast through the morning and extends gradually inland. Least rain, where may only start around midday, Ben Wyvis and more eastern summits near Great Glen. Near Skye; very wet underfoot.
Cloud on the hills? Chance of cloud free Munros?	Persisting all day on nearly all mountains Persistent fog from 200 to 450m up on and near Skye. Elsewhere, cloud base typically 450 to 650m, perhaps a little higher easternmost summits, particularly morning. Almost nil
Sunshine? Air clarity (below cloud)	Extensively dull with poor visibility.
How Cold? (at 900m) Freezing Level	8C, rising a degree, feeling humid. Feeling like -6C in direct wind. Above the summits.

The Northwest Highlands - Looking Ahead

	Sunday 9 August	Monday 10 August
How windy? (On the Munros)	Westerly 30 to 40mph, generally strongest toward the north.	Northwesterly 15mph, dropping to very low speeds by afternoon.
Effect of wind on you?	Strenuous-to-arduous walking with notable wind chill and buffeting gusts, particularly northern hills.	Small
How wet? (Precipitation and its impact)	Drizzly showers Drizzly rain on and off, sometimes frequent particularly within 10 miles or so of the general lie off the coast. Very wet underfoot western mountains after previous rain.	Well scattered showers Here and there a brief shower; not heavy.
Cloud on the hills?	Persistent on higher areas; lowest cloud base toward coast Cloud base typically between 300 and 500m within a few miles of west facing coasts. Inland base will rise, may reach 700 to 900m easternmost slopes (from summits close to Great Glen north to Ben Wyvis).	Confined to higher tops By late morning, cloud rare below 1000m, although within a few miles of the coast there may be patches near 800m.
Chance of cloud free Munros?	20%	60%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine, mainly eastern lower slopes and valleys. Varied visibility, often good but poor in rain.	Patches of sun - perhaps through areas of high level cloud. Excellent or increasingly superb visibility.
How Cold? (at 900m)	7C. Feeling near or below freezing in direct wind.	5C, rising a degree or so near the coast, but to 11C well inland.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 9 August, 2026

Extensively fine and warm early next week - indeed very little rain or low cloud and frequently light winds England and Wales all week.

Generally less settled after midweek northwestwards across Scotland where occasional rain and areas of low cloud.

Forecast issued at 16:00 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.