

The Northwest Highlands

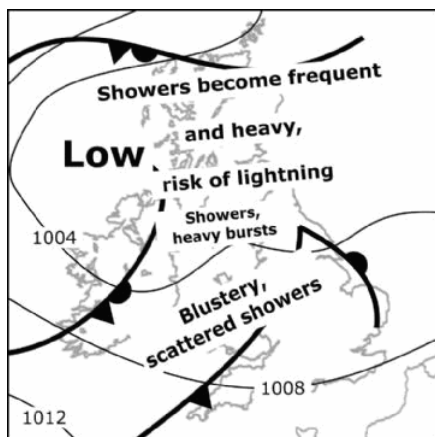
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Wednesday, 19 August, 2026



British Mountain Summary:

Based on forecast chart for noon 19 August, 2026

Slow-moving showers across Scotland, trending more frequent and heavy afternoon with thundery downpours; light wind but gusty around showers. Showers in England, most frequent and heavy early and into night in northern areas with thunder risk. Scattered showers and sun in Wales on a westerly wind.

Headline for The Northwest Highlands

Local areas of heavy showery rain with gusts

Detailed Forecast for Wednesday, 19 August, 2026

How windy? (On the Munros)	Variable 10mph or less early in day, but sudden gusts in rain. Becoming northeasterly 20 to 30mph through afternoon, soonest in north.
Effect of wind on you?	Negligible for several hours, but ease of walking starting to be affected as speeds rise; prepare for notable wind chill if exposed to increasing wind..
How wet? (Precipitation and its impact)	Showery rain, risk lightning Showery bursts of rain in the morning, mostly in northern and southern areas to start. Showers slow moving, bringing several hours of rain to several areas with lightning risk. With time, showers will tend to push south, turning lighter in the north later in the day.
Cloud on the hills?	Fairly extensive Shrouding hills fairly widely above 600 to 800m, some breaks at times if drier to 900m or above for periods, most likely central areas. During and after rain, cloud lowering, ragged patches to lower slopes.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Fairly cloudy; some sun later near coast, and perhaps central areas seeing more glimpses for a time. Visibility often reduced by rain, some periods where very good if dry.
How Cold? (at 900m)	6 or 7C, only slight rise if any, most likely south; cooling a degree or two overnight. Feeling like 0 to -3C if exposed to increasing wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Thursday 20 August	Friday 21 August
How windy? (On the Munros)	North-northeasterly 20 to 30mph, trending northerly and easing slightly.	Northerly 15-25mph, slight northwesterly bend at times.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, in places may affect comfortable walking.	Fairly small, but feeling chilly on the high tops.
How wet? (Precipitation and its impact)	Rain on and off Showery rain spreading from the north, more frequent rain for periods especially north. Some heavier bursts, increasingly forming inland.	Showers, increasingly scattered Showers drift from the north from dawn, locally frequent with a few heavy bursts in the morning, but trending less frequent with time, well-scattered inland with lengthy dry windows.
Cloud on the hills?	Fairly extensive on tops Often capping higher slopes above 700-900m, some lower patches in rain. Breaks occasionally toward some tops, best chance earlier in the day over southern inland summits.	High tops often covered Fairly extensive near coasts in the morning, bases near 500-600m on windward aspects. A lifting trend with time, breaks forming inland, to just varied banks over tops from Easter Ross south. North and western coastal high terrain remains shrouded.
Chance of cloud free Munros?	30%	20%
Sunshine? Air clarity (below cloud)	Often cloudy, brief sun breaking through. Visibility very good at times, poor in rain.	Mostly cloudy, a few sunny glimpses inland southern areas. Very good visibility out of cloud and rain.
How Cold? (at 900m) Freezing Level	4 to 6C, coolest north and only minimal rise south; slightly cooler by evening. Feeling like -3 to -5C in stronger wind. Above the summits.	4C, rising a degree south. Feeling like -3 to -5C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 20 August, 2026

As the weekend approaches, wind will shift northerly, moving showers and afternoon thundery downpours further south with time. Generally lighter wind but gusts will be common around showers. Temperature lowering later this week too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. More often dry with few lighter showers over the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side early next week, pressure dropping again as the week goes: periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail beyond the weekend is uncertain, and there may well be windows of better weather through the week too.

Forecast issued at 16:27 on Tuesday, 18 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.