

# The Northwest Highlands

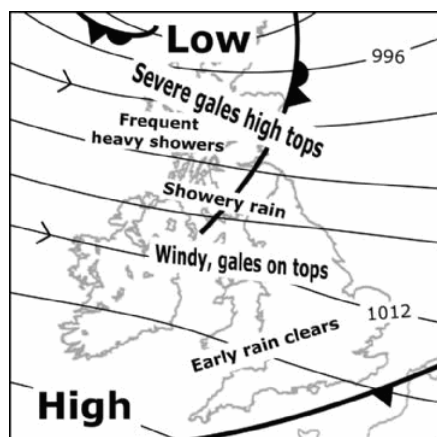
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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## General Summary for Friday, 4 September, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 4 September, 2026

Gales over high terrain in all areas, severe on higher mountains making progress very challenging and feeling cold. Showery rain, most frequent in western Scotland, scattered heavy bursts passing eastward. Remnants of overnight rain soon clears from Wales to be more often dry, less windy southwards.

### Headline for The Northwest Highlands

Gales, severe on tops. Frequent bursts of rain.

## Detailed Forecast for Friday, 4 September, 2026

|                                                |                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>              | Southwesterly, turning westerly, 40 to 55mph, powerful gusts in showers, reaching sustained 60mph with stronger gusts over 70mph for a few hours particularly northern areas in middle of day.                                                                                                               |
| <b>Effect of wind on you?</b>                  | <b>Arduous walking conditions, frequent buffeting knocking you off balance on exposed terrain. Any mobility at times challenging on tops. Significant wind chill.</b>                                                                                                                                        |
| <b>How wet? (Precipitation and its impact)</b> | <b>Often raining west, heavy showery bursts</b><br>Rain on and off throughout the day, most frequent in the west where some steady rain for periods mixed with heavier showery bursts - a more organised cluster passing eastward in the morning, but further showers follow; small chance isolated thunder. |
| <b>Cloud on the hills?</b>                     | <b>Often covering tops, lowest west</b><br>Fairly persistent over all western mountains above 700m, lower banks at times near the coast and during rain. Well inland the cloud base higher and varying, some breaks above 800-900m, tending to rise a little into afternoon.                                 |
| <b>Chance of cloud free Munros?</b>            | <b>20% west, 40% east.</b>                                                                                                                                                                                                                                                                                   |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | Largely cloudy, brief glimpses of sun eastern areas.<br>Visibility often reduced by rain, locally good below cloud especially east; a general haze near the west coast.                                                                                                                                      |
| <b>How Cold? (at 900m)</b>                     | 6 or 7C, little change all day.<br>Directly in the wind, feeling like -5C.                                                                                                                                                                                                                                   |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                                                           |

|                                                          | Saturday 5 September                                                                                                                                                                                                                                                           | Sunday 6 September                                                                                                                                                                                                                                 |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the Munros)<br><br>Effect of wind on you? | Westerly 35-45mph at dawn, strongest north, easing during morning to 20-25mph. Turning S'ly, rising into night to 50-70mph.<br><br><b>Blustery and chilly start, more challenging just at first, but lessening to be fairly small. Deteriorating significantly into night.</b> | South to southwesterly 50 to 65mph, powerful gusts through passes and on some downslopes to the north.<br><br><b>Challenging conditions on exposed terrain walking and balance difficult in places. Feeling cool in exposure despite mild air.</b> |
| How wet?<br>(Precipitation and its impact)               | <b>A few showers</b><br><br>Showers mostly western mountains early in the day tending drift inland but becoming well scattered and light, fading with time. Into night, risk of sustained heavy rain developing from south.                                                    | <b>Rain most of day</b><br><br>Rain rarely ceasing over western mountains around Skye and Torridon. Smaller amounts north and eastward, but often raining or drizzly. Streams in spate.                                                            |
| Cloud on the hills?                                      | <b>Lifting to higher tops</b><br><br>Cloud banks drift over western hills above 700-800m in the morning, higher and well broken eastwards. Base rising mostly above 900m by middle of day, but patches may come and go into afternoon in west.                                 | <b>Extensive</b><br><br>Blanket low cloud across many mountains in the west, higher bases inland and northeastwards, local breaks.                                                                                                                 |
| Chance of cloud free Munros?                             | <b>50%</b>                                                                                                                                                                                                                                                                     | <b>20%</b>                                                                                                                                                                                                                                         |
| Sunshine?<br>Air clarity (below cloud)                   | Occasional sun mostly eastern areas, high cloud tending to develop late in day. Visibility very good inland, slight coastal haze in west.                                                                                                                                      | Little or no sun.<br>Hazy at best, poor visibility in rain.                                                                                                                                                                                        |
| How Cold? (at 900m)<br><br>Freezing Level                | 5C rising to 7C afternoon, little change or rising a degree or so higher into night. Feeling like -5C in the wind early in day. Above the summits.                                                                                                                             | 10 to 12C, humid all day, rising on some slopes to 14C; cooling into night. Feeling near to 0C directly in the wind. Above the summits.                                                                                                            |

**All mountain areas of Britain from Saturday, 5 September, 2026**

Generally unsettled through the next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. A window of better weather and less wind on Saturday, but further rain moves into Scotland from the southwest by Saturday night into Sunday, heaviest northwest Highlands; gales also return to many mountains by Sunday. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times next week bringing higher Scottish tops occasionally close to freezing point. Indications favour improving weather patterns during mid-month.

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.