

The Northwest Highlands

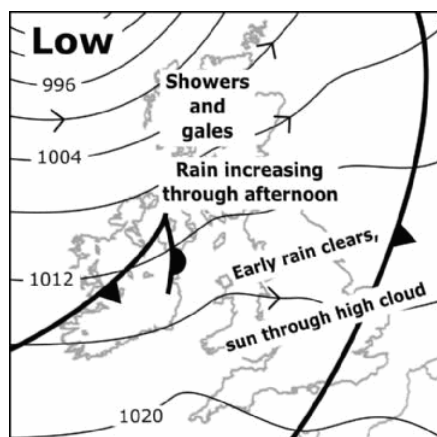
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Monday, 7 September, 2026



British Mountain Summary:

Based on forecast chart for noon 7 September, 2026

Showers in west Scotland from dawn, spreading east. Gales across the highlands, severe northwest, feeling cold. Early rain in England and Wales breaks for sun through high cloud, windy in the north. Prolonged rain arrives into south Scotland from midday, spreading into north England with time, and later Wales.

Headline for The Northwest Highlands

Showers and gales, deteriorating trend

Detailed Forecast for Monday, 7 September, 2026

How windy? (On the Munros)	Southwesterly 45 to 55mph, generally strongest over west hills, and strengthening, sustained speeds to 60mph over highest northern tops, gusts approaching 70mph.
Effect of wind on you?	Arduous conditions from dawn, deteriorating into difficult conditions fairly widely, buffeting from middle slopes upward and significant wind chill.
How wet? (Precipitation and its impact)	Showers Showers much of the day, some heavy bursts and occasionally merging into prolonged falls, particularly Skye to Wester Ross. Least rain reaching east, but tending to increase with time, more widespread falls overnight. Very wet underfoot and streams in spate.
Cloud on the hills?	Most persistent west coast hills Often capping higher western areas, bases varying around rain, but rarely above 800m on west coastal slopes up to Wester Ross, at times 600m, most persistently lower over the Cuillin. Higher breaks further inland and eastwards, above tops during drier windows.
Chance of cloud free Munros?	30% west coast, to 50% east summits
Sunshine? Air clarity (below cloud)	Patchy sunshine, more often cloudy from Skye to Wester Ross but a few sunny glimpses break out. Varied visibility, most often poor west coast in cloud, rain, and haze; sometimes very good east hills.
How Cold? (at 900m)	5 or 6C, may rise a degree on hills east of Ullapool. Feeling like -7 to -10C in the wind on tops.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Tuesday 8 September	Wednesday 9 September
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 50-60mph, gusts to 70mph highest tops; trending northerly, generally lessening, some variability. Challenging conditions to start, buffeting and significant wind chill; effects lessen variably, though staying strenuous.	Northwesterly 25-35mph, easing, shifting westerly, 15mph afternoon and locally less. A blustery start and feeling chilly, easing to small effects.
How wet? (Precipitation and its impact)	Rain rarely ceases A near constant stream of showers spills onto the Munros from the north and west, some bursts of hail and sometimes merging into persistent, extended spells of rain. Breaking up somewhat later.	Few showers Spotty showers drift onto the Munros from the north and west, all quite light, and tending to fade with time.
Cloud on the hills? Chance of cloud free Munros?	Extensive Blanket cloud across the west coast hills rarely breaking above 500-600m, and often lower during heavier rain. May occasionally rise higher from Ben Wyvis to Easter Ross, but also returning widely. Beginning to break up later. 10%	Lifting to summits with breaks for a time May start fairly extensive near and north of Ullapool from middle slopes upward. Patchier south and around Skye, and tending to lift and break up, just passing banks over high summits. May more frequently graze the western summits into evening. Rising to 60%
Sunshine? Air clarity (below cloud)	Rare bright glimpses, more as sunset approaches. Largely poor visibility, hazy towards west coast.	Patchy sunshine breaking out, extended sunny windows forming. Very good visibility.
How Cold? (at 900m) Freezing Level	4 or 5C. Feeling like -5 to -7C in direct wind. Above the summits.	6C, slight rise Ben Wyvis/Easter Ross. Feeling like -5C in direct wind early, wind chill effect easing. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 8 September, 2026**

Generally unsettled through next week with spells of rain and showers moving in from the Atlantic, accompanied by strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

An unsettled weekend is indicated, followed by a rising chance of longer settled windows from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows east hill groups.

Forecast issued at 16:19 on Sunday, 6 September, 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.