

The Northwest Highlands

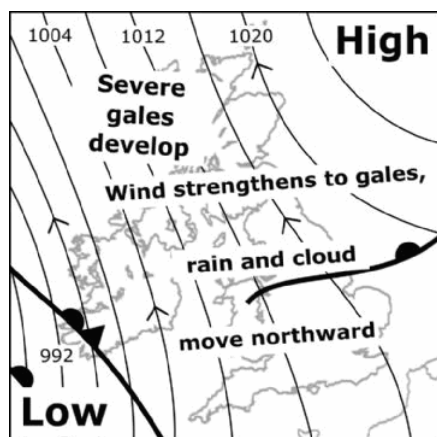
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Tuesday, 29 September, 2026



British Mountain Summary:

Based on forecast chart for noon 29 September, 2026

A windy start strengthens to widespread gales, powerful gusts not just on high terrain. Feeling chilly despite mild-to-warm temperatures, increasingly humid too. Some patchy rain and cloud moves north through Wales into England and later Scotland; northwest Scotland bright and dry well into the day.

Headline for The Northwest Highlands

Gales, later severe; sun through high cloud

Detailed Forecast for Tuesday, 29 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southeasterly 35 to 45mph, turbulent gusts downslope toward the northwest. Speeds rising, sustained 50mph over most tops, further strengthening into/overnight, particularly west with gusts to 75mph+ over tops. Walking conditions soon widely challenging, maintaining balance increasingly difficult in gusts, particularly western hill groups with strongest gusts knocking you over. Significant wind chill.
How wet? (Precipitation and its impact)	Little or none until late Later in the day, a little patchy rain will approach southern and eastern hill groups, becoming more frequent into evening, setting in overnight.
Cloud on the hills? Chance of cloud free Munros?	Little expected until later Some patchy cloud drifting over the high tops around Kintail/Ben Wyvis at times, but most Munros clear of cloud well into the day. Banks will begin developing more broadly over south and east high terrain later afternoon, increasingly filling in towards the west into night. 80%
Sunshine? Air clarity (below cloud)	Sun fairly weak through high cloud, may become mainly a thick veil of cloud. Visibility good though some haze around.
How Cold? (at 900m) Freezing Level	6 or 7C, beginning to rise afternoon, to a warm and humid 11C by evening, and further rising slightly into evening, may approach 14C northernmost areas. Feeling like 0 to -5C in direct wind. Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 30 September	Thursday 1 October
How windy? (On the Munros) Effect of wind on you?	South-southeasterly 40-60mph, at times 70mph over west coast tops, particularly higher Cuillin, and more widely early. Challenging walking conditions, frequent buffeting knocking you off balance, any mobility at times difficult.	Southwesterly 25-40mph, least wind east where may variably lessen slightly. Strengthening overnight. Strenuous walking on high tops with notable wind chill. More arduous conditions on exposed ridges of the Cuillin.
How wet? (Precipitation and its impact)	Morning heavy rain, then showers A band of heavy rain moves northeastward across the region through morning, breaking up and followed by some showers, mostly south and west.	Showers south and west Showers rather frequent on Skye, merging into sustained falls. Nearby hills see regular showers much of the day. Showers increasingly scattered north and eastward, largely dry towards Easter Ross.
Cloud on the hills?	Lifting and breaking, more cloud Skye Extensive cloud over the hills in early rain, then lifting rapidly and clearing many hills, though patches linger especially south-facing slopes, often capping Cuillin.	Lifting off most summits except Skye and nearby The Cuillin and nearby hills shrouded from 600-700m up in the morning, banks over tops along the west coast to the north. Elsewhere, patchy banks over tops, which will increasingly break up. Many hills away from Skye clear afternoon.
Chance of cloud free Munros?	Rising to 60%	30% Skye, rising to 70% elsewhere
Sunshine? Air clarity (below cloud)	Sunshine breaking through as rain clears. Poor visibility in rain, then improving, but west coast stays fairly hazy.	Patchy sunshine, increasingly widely to the north and east, high cloud building later. Very good visibility, a haze offshore to the west.
How Cold? (at 900m) Freezing Level	Humid 12C or above from dawn, dropping to finish near a fresher 8C. Feeling near/below freezing in the wind. Above the summits.	6 or 7C. Feeling like 0 to -5C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 30 September, 2026

A band of rain moves northeast through early Wednesday, leaving fresher and blustery south-southwesterlies into Wednesday and Thursday, showery in the west but often bright between showers, particularly eastern areas. Friday will be a wetter day again, the rain quite frequent with extensive cloud over western hill groups and quite windy in England and Scotland. On Saturday, higher pressure tends to expand from the south, bringing more settled weather to England and Wales; temperatures generally mild, some cool nights when skies are clear. Scotland will stay cloudier and windier, particularly in northern areas early next week, some drizzle in the northwest and occasionally broader bands of rain slipping eastward.

Forecast issued at 16:30 on Monday, 28 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.