

The Northwest Highlands

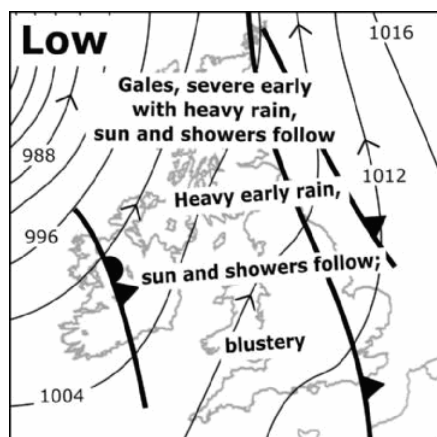
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Wednesday, 30 September, 2026



British Mountain Summary:

Based on forecast chart for noon 30 September, 2026

Heavy rain sweeps northeast across England and Scotland through morning: persistent falls, locally torrential with risk thunder, particularly west Scotland early hours. Rain soon clears Wales, more widely by midday, bright skies follow, trending cooler and showers developing. Widely windy, gales in Scotland.

Headline for The Northwest Highlands

Early severe gales and heavy rain, afternoon sun, later showers

Detailed Forecast for Wednesday, 30 September, 2026

How windy? (On the Munros)	South-southeasterly 50-65mph to start, gusting 75mph over high tops, then a general 45-55mph the rest of the day, strongest sustained wind over the Cuillin.
Effect of wind on you?	Challenging walking conditions, frequent buffeting knocking you off balance, mobility at times difficult, particularly early in the day. Significant wind chill despite mild temperatures.
How wet? (Precipitation and its impact)	Morning heavy rain, showers return later A band of heavy rain arrives into Skye overnight, spreading northeast across the region into morning, local torrential falls with risk an odd flash of lightning. Rain will break up and clear away, largely dry for several afternoon hours, then showers return from the south.
Cloud on the hills?	Early cloud largely breaks off tops, lingering south/Skye Extensive cloud over the hills in early rain, then lifting rapidly and clearing many hills, though patches linger on tops on and near Skye, bases briefly lowering towards 600-700m in later showers.
Chance of cloud free Munros?	Rising to 70%, nearer 40% Skye
Sunshine? Air clarity (below cloud)	Fairly extensive sunshine breaking through as rain clears. Poor visibility in early rain, then improving, but west coast stays fairly hazy.
How Cold? (at 900m)	Humid 12C from dawn, or warmer towards northern hills. Will vary but generally dropping, to finish near a fresher 8 to 10C, staying mildest to the north. Feeling near/below freezing in the wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Thursday 1 October	Friday 2 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-35mph, least wind east where may variably lessen slightly. Strengthening overnight. Strenuous walking along the west coast, particularly Skye with a chilly feeling; sometimes fairly small east.	Southwesterly 25-35mph, sometimes quite gusty. Blustery in exposure all day with a chilly feeling, some more strenuous moments in buffeting gusts and feeling chilly.
How wet? (Precipitation and its impact)	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, only passing afternoon sprinkles Easter Ross.	Often raining Several pulses of showery rain spread across most hills, persistent falls, sometimes heavy along the west coast. Rain may rarely cease on Skye. Least rainfall Ben Wyvis/Easter Ross.
Cloud on the hills?	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.	Extensive, local variability Cuillin in cloud to low slopes likely all day. West coast hills often shrouded above 500-600m, may break higher between pulses of showers. Highest breaks towards the east, though high breaks brief and Munro summits unlikely clear.
Chance of cloud free Munros?	30% Skye, rising to 70% elsewhere	10%
Sunshine? Air clarity (below cloud)	Patchy sunshine, increasingly widely to the north and east, high cloud building later. Very good visibility, a haze offshore to the west.	A few odd brighter glimpses, more often overcast, dull towards the west. Mostly poor visibility.
How Cold? (at 900m) Freezing Level	6 or 7C. Feeling like 0 to -3C in strongest wind. Above the summits.	5 to 7C, mildest Easter Ross. Feeling like 0 to -3C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 1 October, 2026

Fresher, blustery south-southwesterlies from overnight Wednesday persist on Thursday: showery in the west early but trending drier and brighter widely. A new frontal system approaches late Thursday and overnight, then Friday will be a wetter day again; rain quite frequent with extensive cloud for many and quite blustery. On Saturday, higher pressure begins expanding from the south, increasingly settling the weather in England and Wales; temperatures generally mild, some cool nights when skies are clear, also sometimes feeling humid. The following week remains mixed, some settled windows in England and Wales with bright breaks east, but more often windy, particularly Scotland with periods of rain, the wind and rain expanding more widely at times.

Forecast issued at 16:16 on Tuesday, 29 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.