

The Northwest Highlands

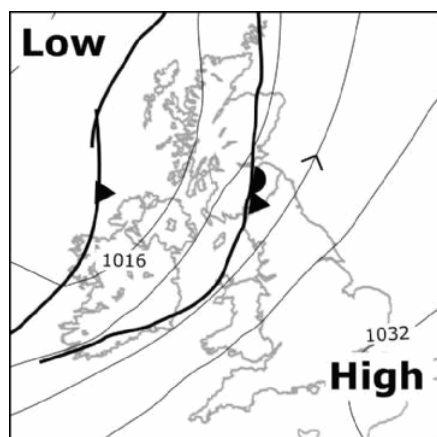
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Friday, 2 October, 2026



British Mountain Summary:

Based on forecast chart for noon 2 October, 2026

Continuing mild, but gales - or in the north severe gales on many mountains - will make it feel cold due to wind chill. A weakening front will bring a little rain eastwards before a further front brings heavier rain in from the southwest later in the day.

Headline for The Northwest Highlands

Deteriorating: upland gales becoming severe; rain.

Detailed Forecast for Friday, 2 October, 2026

How windy? (On the Munros) Effect of wind on you?	Southerly, strongest winds toward coast, in morning ranging from 30-40mph across region. In afternoon progressively strengthening to 40-55mph, but 60mph higher western Increasingly difficult conditions, particularly western mountains, where into afternoon mobility where exposed very strenuous and wind chill becoming severe.
How wet? (Precipitation and its impact)	Increasingly wet afternoon, particularly more southern mountains Rain on and off at dawn will clear most areas for a few hours, though still patches east from Skye to summits near Great Glen, where in afternoon the rain will set in. Elsewhere, rain returning, but 'on and off' through afternoon. Very little north of Ullapool.
Cloud on the hills? Chance of cloud free Munros?	Extensive generally; highest cloud base toward and north of Ullapool Fog persistent on and near Skye all day above 300-500m and 450-600m east toward Great Glen. Will lower further in rain. Elsewhere, in rain patches below 600m, but often 750-900m. perhaps 1050m Ben Wyvis. Near/north of Ullapool hills often cloud free. 10% south to 70% toward and north of Ullapool.
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly toward and north of Ullapool. Intermittently poor visibility, especially southern mountains east from Skye. Often excellent more northern areas.
How Cold? (at 900m) Freezing Level	8C, but increasingly feeling as cold as minus 8C directly in the wind. Above the summits.

The Northwest Highlands - Looking Ahead

	Saturday 3 October	Sunday 4 October
How windy? (On the Munros) Effect of wind on you?	West backing southwesterly 25-35mph, strengthening toward 40 or 45mph evening, further rising. Strenuous walking in exposure with notable wind chill, deteriorating to challenging conditions into night.	Southwesterly, increasing markedly with height to 50-60mph on higher exposed areas. Severe wind chill and walking extensively difficult. Any mobility may be a challenge in places.
How wet? (Precipitation and its impact)	Showers, temporarily the rain frequent Showers from time to time, although the hint of the rain frequent over an hour or so.	Drizzly rain, mainly western hills. Curtains of drizzly rain coming in off the sea onto Skye and penetrating 10-20 miles inland, although generally confined to near the west coast toward and north of Ullapool. Elsewhere, drizzly rain now and again.
Cloud on the hills? Chance of cloud free Munros?	Extensive, higher cloud base progressively eastwards Cloud base will vary as rain comes and goes, sometimes below 400m mainly within 10 miles of the west coast, where only occasionally reaching 750m. Further eastwards, by midday, most cloud above 650m with breaks to 900m, perhaps 1050m Ben Wyvis area. 20%	Foggy across nearly all mountains all day Persistent low cloud penetrating inland from about dawn will persist all day, forming on some coastal cliffs and inland from just above valleys. Well inland (and away from immediate west coast in north) most cloud above 600m, sometimes higher easternmost hills. Less than 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly lower slopes well inland from west coast. Hazy and sometimes poor visibility western hills. Mostly very good visibility well inland.	Sunshine may come through lower slopes toward Ben Wyvis, where visibility good. Elsewhere, often misty.
How Cold? (at 900m) Freezing Level	4C, rising a degree Ben Wyvis/Easter Ross. Feeling like -5C, later -10C in direct wind. Above the summits.	8C. Will feel as cold as minus 8C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 3 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively further south, periods of strong winds will be increasingly infrequent. A hint of a brief period of much colder weather around the middle of next week.

Forecast issued at 15:22 on Thursday, 1 October, 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.