

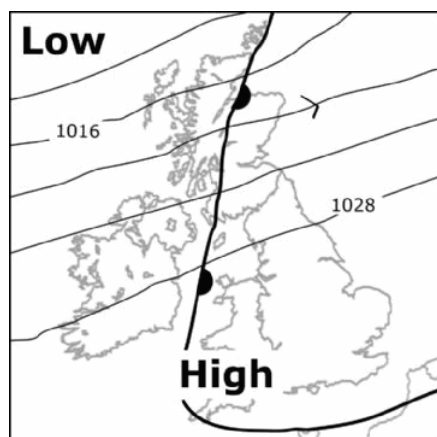
The Northwest Highlands

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 Sunday, 4 October, 2026



British Mountain Summary:

Based on forecast chart for noon 4 October, 2026

A weakening warm front will gradually bring low cloud to western hills of NW England and Wales. Blustery N England. In Scotland, widespread gales; in the NW & W Highlands, heavy rain and fog, but only occasional rain eastern and southern Scottish mountains.

Headline for The Northwest Highlands

Persistent upland gales, rain and fog.

Detailed Forecast for Sunday, 4 October, 2026

How windy? (On the Munros)	Southwesterly, increasing markedly with height to 60mph on higher exposed areas.
Effect of wind on you?	Severe wind chill and walking extensively difficult. Any mobility may be a challenge in places, particularly morning.
How wet? (Precipitation and its impact)	Raining most or all day, particularly south of Ullapool. Almost incessant rain soon setting in. The rain more intermittent and less heavy on hills near Great Glen to Ben Wyvis, and also near and north of Ullapool.
Cloud on the hills?	Foggy across the 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.
Chance of cloud free Munros?	Almost nil
Sunshine? Air clarity (below cloud)	Sunshine very unlikely. Visibility frequently poor, particularly western mountains south of Ullapool.
How Cold? (at 900m)	8C. Will feel as cold as minus 8C directly in the wind.
Freezing Level	Above the summits.

	Monday 5 October	Tuesday 6 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly typically 40mph, but where exposed on higher summits sometimes 55mph. Sudden gusts some lower slopes. Difficult walking where exposed: balance strenuous in sudden gusts (some reaching lower slopes), and significant wind chill.	Westerly between 20 and 30mph, strongest Sutherland where perhaps 35mph for a few hours. Considerable wind chill in much colder air. Balance impacted by the wind, particularly near showers. Strenuous walking directly in the wind.
How wet? (Precipitation and its impact)	Rain most or all day Overnight rain, concentrated on more western mountains (especially those near Skye), may well persist most or all day - though probably only occasional rain from about Torridon northwards (precise edge of the drier weather uncertain)..	Snow and hail showers Succession of hail and snow showers; some heavy and squally mainly Wester Ross and Skye. Snow will lie above 900 or 1000m.
Cloud on the hills?	Persistent fog - possibly improvement in cloud base from north. High likelihood of persistent fog: near coasts with the sea to the SW, from 200 to 400m upward, whilst elsewhere above typically 600m (800m Ben Wyvis). Chance of higher cloud base, typically 450 to 650m north from about Torridon	Frequently covering higher slopes; forming lower down near precipitation. Near showers, shafts of cloud below 600m, perhaps temporarily 400m, mainly near the coast. Otherwise cloud base 650 to occasionally 900m (the higher base generally confined to more eastern areas).
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Extensively dull and misty. Chance isolated pockets of sun easternmost lower slopes and valleys - but even here hazy.	Bursts of sunshine. Very varied visibility; often very good, but abruptly very poor, temporarily appalling in snow.
How Cold? (at 900m) Freezing Level	9C, but drop toward 4C northern mountains. Feeling like minus 5C in the wind. Above the summits.	3C, but will feel as cold as minus 8C in the wind. Just above highest summits.

All mountain areas of Britain from Monday, 5 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder less windy weather around the middle of next week brings snow showers to some northern mountains.

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.