

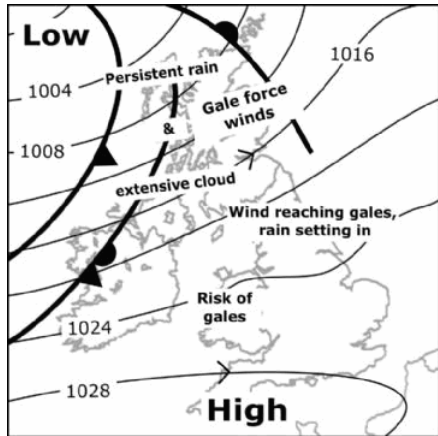
# The Northwest Highlands

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, 4 July, 2025



### British Mountain Summary: Based on forecast chart for noon 4 July, 2025

Gales and rain setting in across Scotland. Rain will be persistent and heavy in the west - beware risk of local flooding. Clear fells for a time in England, rain and cloud setting in later afternoon. The Pennines from Yorkshire Dales southward mostly dry and free of cloud. A fair but windy day in Wales, rain only arriving later in north Wales.

### Headline for The Northwest Highlands

Gale force wind and persistent rain

## Detailed Forecast for Friday, 4 July, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 45 to 55mph, risk up to 60mph Skye and coastal slopes in the morning. Peak speeds easing somewhat later afternoon into evening.
<b>Effect of wind on you?</b>	<b>Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain most of day west, often heavy; fast-flowing streams may be impassable</b> Persistent rain across western mountains, sustained heavy falls focused on Skye to Wester Ross. Smaller amounts eastward across Sutherland and Easter Ross. Increasingly very wet underfoot in west; fast-flowing streams may become impassable.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Extensive</b> At dawn, patchy cloud shrouds most high terrain above 900m, lower bases towards the west coast. Soon filling in and shrouding the mountains from mid to lower slopes upward in the west. Highest bases around Ben Wyvis area but fairly extensive above 800m even well inland. Brief breaks in east. <b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Soon overcast and dull. Visibility poor due to rain, locally good below cloud furthest east.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 or 8C in the morning, rising to 9C. Feeling near -5C in the wind.  Above the summits

## The Northwest Highlands - Looking Ahead

	Saturday 5 July	Sunday 6 July
<b>How windy? (On the Munros)</b>	Southwesterly 25 to 30mph, stronger winds of 35mph early.	Northwesterly 25-30mph. Risk increasing later up to 40mph.
<b>Effect of wind on you?</b>	<b>Blustery over the mountains, affecting ease of walking on exposed ridges, notably early; feeling cool.</b>	<b>Ease of walking affected; deteriorating to arduous later in the day with buffeting gusts; feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent showery rain</b> Rain on and off much of the day, at times more persistent rain western areas. Often drizzly here too. Some heavier showery bursts, mainly inland afternoon.	<b>Showers, most frequent north</b> Showers much of the day; may be fairly persistent with heavy bursts for a few hours. Drizzle likely onto northern coastal slopes. Some improvement later in the day south.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Covering the mountains all day, cloud base varying in and out of rain, typically 700 to 900m, at times 500-600m in west. Cloud may locally clear around Ben Wyvis area later in the day.	<b>Extensive</b>  Blanket cloud over high terrain most of the day, bases regularly drifting down to 600m around rain, lower on coastal slopes. Breaks starting to form around Skye later in the day, reaching inland towards dusk.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Any sunshine unlikely. Visibility at times very good, but poor during rain.	Little sun if any; best chance of glimpses in the south towards evening. Poor visibility in fog.
<b>How Cold? (at 900m)</b>	7 or 8C, little variation all day. Feeling below freezing directly in the wind.	6 to 7C, warmest on northernmost hills and those near Great Glen. Feeling below freezing in wind.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

## All mountain areas of Britain from Saturday, 5 July, 2025

The weekend ahead will be generally unsettled: windy and feeling cool with low pressure bringing heavy showery rain widely. High pressure to the southwest will extend to the Isles early next week, settling the weather and allowing sun to break through Monday and Tuesday. Into the week, a mixed westerly regime dominates with greatest risk of rain toward northwest Scotland, drier and warmer further south and east. Several fronts will drift towards Britain from the northwest but high pressure to the southwest will prevent extended unsettled periods. England and Wales may only see occasional rain.

## Forecast issued at 16:27 on Thursday, 3 July, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2025.