

The Northwest Highlands

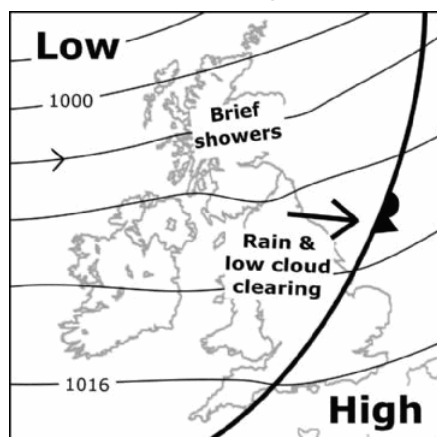
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Thursday, 7 August, 2025



British Mountain Summary:

Based on forecast chart for noon 7 August, 2025

Gale-force winds across higher mountains in Scotland all day; windy on tops for England and Wales, strongest in morning. Early rain clears southeastwards, leaving scattered showery rain but many places often dry. Cloud bases generally rising, though often covering west coastal mountains in Scotland.

Headline for The Northwest Highlands

Gales over mountains. Showery rain, lowest cloud west.

Detailed Forecast for Thursday, 7 August, 2025

How windy? (On the Munros)	Southwesterly 45 to 60mph; generally strongest toward the north.
Effect of wind on you?	Increasingly difficult walking with height; general mobility arduous where exposed. Significant wind chill.
How wet? (Precipitation and its impact)	Occasional showery rain Pulses of showery rain, most frequent western mountains.
Cloud on the hills?	Persistent on higher/coastal slopes Cloud base varying; lowest in rain and overall a rise in the base progressively inland: Typically between 500 and 700m near the coast, whilst on eastern summits most cloud above 700m with breaks above 900m.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Some sun breaks, mainly well inland. Rather hazy.
How Cold? (at 900m)	7C. Will feel as cold as -8C directly in the wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Friday 8 August	Saturday 9 August
How windy? (On the Munros) Effect of wind on you?	Southwesterly 45-60mph+ over high tops. Forward progress increasingly difficult; you may well be blown over in strong gusts. Significant wind chill.	Southwesterly 40 to 50mph, risk 60mph on higher areas most likely during morning; may lessen further with time. Challenging walking over exposed terrain, balance difficult, gusts could knock you over in morning. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain, frequent west coasts Rain on and off, frequent or persistent Skye and coastal slopes of Wester Ross. Tending to set in late in the day from the west, heavier rain continuing into night.	Showery, wettest in west Persistent and at times heavy rain from before dawn into early morning, tending to clear southwards and ease off. Showery rain follows, risk frequent rain continuing around Skye.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, breaks to higher terrain inland Fairly extensive above 600m with lower banks along coastal slopes, notably south and west Skye. Bases higher well inland with patchy breaks to 900m or higher, but highest tops will struggle to clear cloud. May fill in late in the day. 20%	Extensive, some rise of base Shrouding the mountains widely early morning, to lower elevations in west around Skye. Cloud base lifting, some breaks above 800m mostly inland/east, but often covering western tops all day. 20%
Sunshine? Air clarity (below cloud)	Patchy sun well inland; little sun expected near the west coast. Visibility limited by haze and rain.	Glimpses of sun, mostly east. Hazy, visibility reduced further during rain.
How Cold? (at 900m) Freezing Level	7 or 8C, rising only slightly well inland; likely no change on coastal slopes. Feeling like -5C in the wind. Above the summits	7C. Feeling like -5 to -8C in wind on tops. Above the summits

Planning Outlook

All mountain areas of Britain from Friday, 8 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland - wettest here around Friday night into early Saturday. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

Forecast issued at 16:00 on Wednesday, 6 August, 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.