

The Northwest Highlands

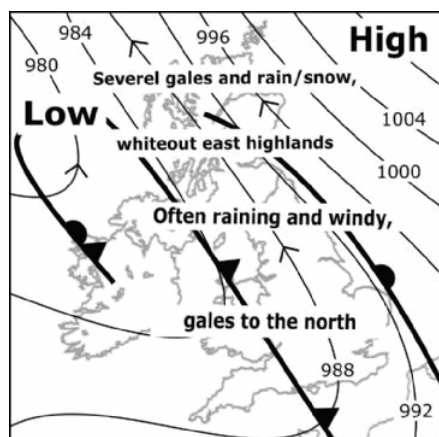
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Thursday, 22 January, 2026



British Mountain Summary:

Based on forecast chart for noon 22 January, 2026

Gales in north England and Scotland, severe on the high Munros, gusting to storm force in the north; severe wind chills. Frequent or persistent rain across most mountains, falling as snow onto the high Munros from dawn, the snow level lowering with time; snow will be heavy with whiteout conditions in east Scotland.

Headline for The Northwest Highlands

Rain south and east, turning to snow; severe gales

Detailed Forecast for Thursday, 22 January, 2026

How windy? (On the Munros)	Southeasterly 55 to 70mph; powerful gusts downslope toward west, risk reaching as high as 80mph over highest tops in the far north.
Effect of wind on you?	Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Rain / snow on southern and eastern Munros In eastern areas, rain then snow to increasingly lower elevations, from Easter Ross up to Ben Hope. Further west towards the coast, odd spots or flurries in the wind. Rain patches will become more frequent on Skye and Kintail with time, turning wintry on the tops here.
Cloud on the hills?	Fairly extensive, more broken west Low cloud banks likely to cover many eastern hills, some drifting over higher slopes further westwards, best breaks toward coastal Wester Ross. Breaks on Skye too but cloud more variable here and Kintail.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	A little weak sun west coast, good visibility toward Skye, cloudier south and east. Some haze building and visibility turns poor in rain and particularly in snow.
How Cold? (at 900m)	0C in east and north to start, lowering to -1C. Some upper slopes near west coast at +1 or 2C, these temperatures only lowering late in the day. Wind chill feels as cold as -17 to -20C or colder in very strongest gusts.
Freezing Level	Variable in west, just above freezing to tops west coast, but dropping to 600-800m inland and east, later below 600m. By evening, 700-800m over Skye.

The Northwest Highlands - Looking Ahead

	Friday 23 January	Saturday 24 January
How windy? (On the Munros)	East-southeasterly 50 to 60mph, in places 70mph around high mountains early; powerful downslope gusts.	East to southeasterly 40 to 55mph, powerful gusts downslope to the west; may start to lessen with time - uncertain.
Effect of wind on you?	Difficult conditions, mobility limited and gusts may knock you over not just on highest terrain. Severe wind chill.	Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.
How wet? (Precipitation and its impact)	Snow northeast, only spots west and south Frequent to persistent snow in Caithness, patches drifting further west to Ben Hope. Further south, odd spots or flurries in the wind, but often dry toward Skye.	Snow mostly northeast hills Snow flurries mostly eastern hills, sleet or rain lower slopes toward east coast; may be frequent or persistent near/north of Dornoch Firth. Very little across most west coast mountains.
Cloud on the hills?	Fairly extensive east, broken west Low cloud banks likely to cover many eastern hills, some drifting over higher slopes further westwards. Cloud mostly isolated to the high slopes of Skye and coastal Wester Ross, coastal slopes often clear.	Most persistent northeast, breaks west Covering eastern hills from Ben Hope to Ben Wyvis most or all day, to mid-slopes or lower near to North Sea. Higher and more broken cloud west and southwest toward Skye and Torridon, at times clearing tops.
Chance of cloud free Munros?	20%	20% east/north, to 50% near Skye.
Sunshine? Air clarity (below cloud)	Some sun west coast, good visibility toward Skye, cloudier north and east and rather hazy, poor or appalling visibility if in snow.	Glimpses of weak sun west coast, where visibility good below cloud, though some haze. Otherwise cloudy, poor visibility where in snow locally.
How Cold? (at 900m)	0C Skye (little change with added height), to -3C Caithness hills; may lower slightly. Wind chill feels as cold as -15 to -20C.	-1 or -2C inland, north and east, up to +1C coastal tops around Skye. Directly in the wind feeling like -15 to -18C.
Freezing Level	500-600m Caithness and Sutherland, up to 800m Skye. May lower further from the northeast.	500-600m in east & northern areas, higher toward Wester Ross and Skye, 800m or above on some coastal mountains.

Planning Outlook

All mountain areas of Britain from Friday, 23 January, 2026

Sustained gale force easterlies over most mountains into the weekend, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland on Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow, turning colder further south over the weekend, with freezing level dropping to the southern Pennines summits next week. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

Forecast issued at 16:18 on Wednesday, 21 January, 2026

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, 2026.