

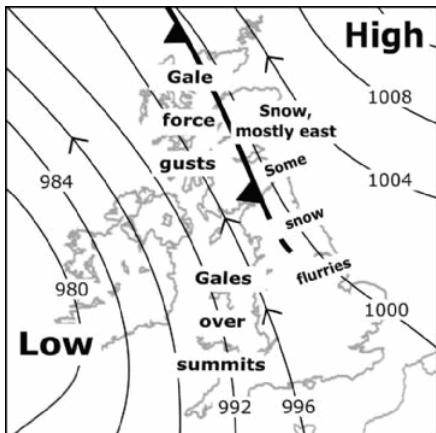
The Northwest Highlands

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, 29 January, 2026



British Mountain Summary:

Based on forecast chart for noon 29 January, 2026

Freezing temperatures in Scotland and England; freezing level lowering with time to middle slopes, first in eastern hill groups. Blustery as well, gale force gusts on high terrain of Scotland and Wales. Snow flurries affecting eastern Scotland and the Pennines, mostly dry Lakeland to west Scottish Highlands.

Headline for The Northwest Highlands

Blustery, gale force gusts; western hills dry and often cloud-free

Detailed Forecast for Thursday, 29 January, 2026

How windy? (On the Munros)	Southeasterly 25 to 35mph from dawn, rising with time to 30-40mph, locally variable. Becoming very gusty too, particularly around Skye, speeds reaching up to 50mph.
Effect of wind on you?	Strenuous walking, arduous on some exposed higher terrain to start the day, deteriorating to arduous conditions: buffeting gusts challenge balance, locally lower down as well. Considerable wind chill.
How wet? (Precipitation and its impact)	Occasional snow mostly northeast Snow flurries mostly over hills from Ben Hope to Easter Ross, sleet or rain on lower slopes toward coast. Rare light flurries or spots of rain to the west, likely dry
Cloud on the hills?	Often covering eastern tops, breaks west, best around Skye and Torridon Fairly persistent cloud banks over eastern hills. Bases mostly above 700-800m inland, well broken towards the west coast with breaks to summits at times. On Skye, only patches on the summits which will be clear at times.
Chance of cloud free Munros?	30% east to 60% west
Sunshine? Air clarity (below cloud)	Sun mostly near west coast around Torridon and Skye where visibility good. Little sun in the east where also hazier.
How Cold? (at 900m)	-1C inland and east, up to +1C locally nearest to west coast and on Skye. Lowering afternoon to -2 or -3C into night, always warmest on west coast slopes. Wind chill feeling like -10 to -15C.
Freezing Level	700 to 800m, or slightly lower toward Caithness. Higher toward west coast, just above freezing on some upper slopes. Lowering with time to 600-700m by dusk.

The Northwest Highlands - Looking Ahead

	Friday 30 January	Saturday 31 January
How windy? (On the Munros)	Southeasterly 40-55mph, powerful gusts in places downslope toward the north/northwest of higher mountains.	East-southeasterly 30-40mph. Some variability in strength, at times lower speeds south.
Effect of wind on you?	Arduous walking over high terrain, strong buffeting gusts making stability a constant challenge. Significant wind chill.	Walking strenuous in exposure, often arduous on high terrain with buffeting. Significant wind chill.
How wet? (Precipitation and its impact)	Largely dry Occasional light flurries, or spots of rain toward east coast, but amounting to very little, odd patches reaching Skye with time too. Many northwest areas stay dry.	Some snow flurries east Snow flurries and sleet falling into Caithness at times, only odd patches drifting further west. The snow level will lift slightly with time.
Cloud on the hills?	Banks north and east, clearer west & south Patchy cloud around higher inland Munros and toward the east coast. Often clearer much of west coast, clearest to the south around Skye and Torridon where some summit breaks may occur.	Inland Munro summits shrouded, breaks west Cloud covers the Munro summits from Kintail north to Ben Hope, eastern high terrain often foggy with lowest bases in Caithness, to middle slopes. More patchy Skye/Wester Ross, mostly high terrain, perhaps occasional summit breaks.
Chance of cloud free Munros?	50%	30%
Sunshine? Air clarity (below cloud)	Sun and some high cloud, very good visibility west and northern areas. Cloudier toward east and Great Glen.	A few bright breaks at times but mostly cloudy. Good visibility out of precipitation, though a light haze.
How Cold? (at 900m)	-1 or -2C, locally rising to 0C west coast. Wind chill feeling like -10 to -15C.	-1 to -3C, highest temperature Skye/Torridon, rising to -1 or 0C with time. Feeling like -12 to -15C in the wind.
Freezing Level	500-600m to start the day, rising slightly, most notably Skye and nearby where reaching up to 800m.	600-700m, highest west coast, rising more widely to 700m or higher with time.

Planning Outlook

All mountain areas of Britain from Friday, 30 January, 2026

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so: periods of precipitation will affect most mountains at least every few days. Scottish Munros generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead (with continued flooding risk too); much less northwestward. Hills in England and Wales will see varying freezing levels, at times dropping sub-zero to middle slopes, but largely isolated to the high terrain of Lakeland and Eryri NP (Snowdonia). Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

Forecast issued at 16:12 on Wednesday, 28 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.