

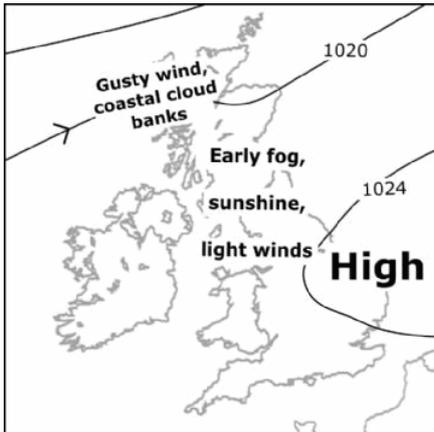
The Northwest Highlands

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, 20 March, 2026



British Mountain Summary: Based on forecast chart for noon 20 March, 2026

Southwesterly winds over the Highlands will be gusty in places, strongest toward far northwest where locally up to gale-force. Cloud banks near Scottish west coast, otherwise largely clear with strong early spring sunshine, beware sunburn. Early areas of fog clearing. Light winds England and Wales.

Headline for The Northwest Highlands

Windy, gusty around tops. Sun and patchy cloud west.

Detailed Forecast for Friday, 20 March, 2026

How windy? (On the Munros)	Southwesterly 25 to 30mph, becoming gusty 35mph some slopes, locally over 40mph at times north of Ullapool.
Effect of wind on you?	Blustery in exposure, affecting comfortable walking and balance on exposed ridges, suddenly gusty not just on highest terrain. Marked wind chill.
How wet? (Precipitation and its impact)	Precipitation unlikely Mostly by evening, a little fine drizzle may develop near to west coast.
Cloud on the hills?	Some west coast cloud, mostly clear elsewhere Varied banks of cloud drift onto west coastal aspects, most common around Skye, may linger for periods, but high tops at times above the cloud. Otherwise patchy fog in glens at first lifting briefly into patchy cloud on some slopes, then largely dispersing.
Chance of cloud free Munros?	70% west coast, to above 90% inland.
Sunshine? Air clarity (below cloud)	Sunshine best away from west coast. Visibility very good many areas, hazier in west.
How Cold? (at 900m)	4 or 5C, small change with added height. Feeling like -5 to -8C if directly in the wind.
Freezing Level	Above the summits, but slight frost some sheltered glens at dawn.

The Northwest Highlands - Looking Ahead

	Saturday 21 March	Sunday 22 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly 15 to 25mph, may reach 30mph occasionally around some tops. Increasing evening-night to 35-50mph. Fairly small during day, but in exposure at times starting to affect ease of walking and balance. Marked wind chill.	Westerly 30 to 40mph, squally gusts around showers, may reach 50mph in northern areas. Very blustery, walking strenuous, affecting balance on exposed ridges, buffeting gusts at times. Significant wind chill.
How wet? (Precipitation and its impact)	A little rain Patchy rain and drizzle mostly over western hills, locally more persistent over a few hours, but amounts small.	Early rain, then snow showers A brief band of rain moving southwards most likely in morning, steady rain mixed with showery moments, turning to snow flurries on tops, followed by showers with snow and later hail falling to 500-600m.
Cloud on the hills?	Fairly extensive, most persistent west Covering some western mountains much of day, lowest bases toward west coast, from 600 to 800m upward, in places lower for a time in rain. Bases may then tend to rise and some breaks forming, best east.	Early cloud rising with breaks Covering hills fairly widely around dawn, lowest bases in west 600 to 800m. Likely to lift and break, mostly above 900m, clearing higher tops for periods, but varied patches returning in showers.
Chance of cloud free Munros?	20% west, 40% east.	20% rising to 60%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some haze toward west. Glimpses of sun east and perhaps further north at times, good visibility where dry.	Occasional sunshine breaking through. Visibility soon often very good as rain clears, but reduced in showers, briefly poor.
How Cold? (at 900m) Freezing Level	1 to 3C, coolest north of Ullapool. Feeling like -5C directly in the wind. Close to freezing around 1000m toward the north, otherwise above the higher summits.	+2C up to dawn, but soon dropping to 0C, then -2C by middle of day onward. Feeling like -10 to -15C directly in wind. Above the summits just up to dawn, but soon lowering, to 700-800m before noon, dropping slightly further by dusk.

Planning Outlook**All mountain areas of Britain from Saturday, 21 March, 2026**

High pressure slowly retreats over the weekend to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south rebuilds at times to settle things again.

Forecast issued at 15:00 on Thursday, 19 March, 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.