

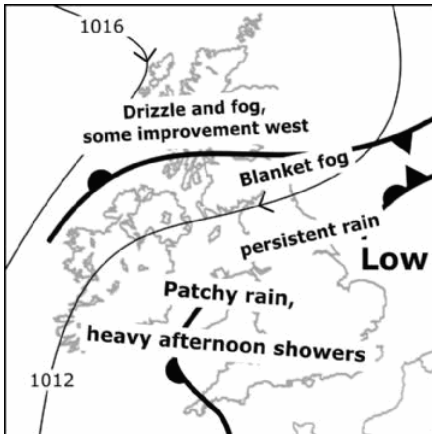
The Northwest Highlands

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 Sunday, 3 May, 2026



British Mountain Summary: Based on forecast chart for noon 3 May, 2026

Fog and patchy drizzle in Scotland, cloud most persistent east highlands. Rain over southeast Scotland and English mountains most or all day, extensive low fog over the Pennines; becoming wet underfoot with fast-flowing streams. Patchy rain and fog in Wales too, a risk of heavy afternoon showers.

Headline for The Northwest Highlands

Well-scattered drizzly showers/flurries; chilly, especially north

Detailed Forecast for Sunday, 3 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>At dawn, generally easterly, around 10mph, but soon variable and often less than 10mph. Later, orienting northwesterly, approaching 15mph coastal Munros into evening.</p> <p>Mostly negligible.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy drizzly showers, often dry</p> <p>Some drizzle on high terrain of Kintail and Ben Wyvis in the morning, otherwise just well-scattered slight showers; most Munros often dry. Falling increasingly as snow flurries on high tops, perhaps towards 600m northern Munros later in the day.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive early, lifting towards inland summits</p> <p>Extensive cloud from lower eastern slopes upward at dawn. Bases nearer 500-600m west coast. A lifting trend with time, bases approaching 800-900m afternoon (though main stay lower near the west coast. A rising chance of summit breaks inland north late in the day.</p> <p>20% slowly rising to 50%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Overcast with poor visibility to start the day. A few glimpses of sun may break out with time, visibility becoming excellent where cloud lifts.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>0 or -1C far north; otherwise 2 to 4C, warmest near Kintail/Great Glen, and perhaps rising a degree.</p> <p>Above most or all summits, but 800 or 900m near Ben Hope. A few patchy light frosts inland valleys at dawn.</p>

The Northwest Highlands - Looking Ahead

	Monday 4 May	Tuesday 5 May
How windy? (On the Munros) Effect of wind on you?	Westerly 20mph, perhaps 25mph for a few hours in the north. A northerly trend late in the day, easing somewhat. Fairly small, but at times blustery in the far north.	Variable, perhaps a northwesterly trend, 5-15mph. Mostly negligible.
How wet? (Precipitation and its impact)	Showers, setting in for a time Showers drift into the northwest from dawn, which may set in for several afternoon hours. Some local heavier falls, but rainfall totals mostly small.	Scattered snow showers Scattered snow showers drifting from the north throughout the day, dry periods, but a risk of clustering together easternmost hills with time. Falling as rain below 500m in the south.
Cloud on the hills? Chance of cloud free Munros?	Increasingly extensive north Cloud base likely to vary, generally rising through the morning to 650 to 900m, lowest coastal hills. Cloud increasingly extensive for a couple of hours above 400 to 600m, mostly north, and locally to lowest slopes along the coast. 30%	Mostly high terrain north and west Patchy fog to the middle elevations from dawn, lifting through the morning to largely above 900m, Munros becoming often clear. Cloud returns to 800-900m during showers, lowest bases near the northwest where may be more persistent. 70%
Sunshine? Air clarity (below cloud)	Bursts of sunshine. Visibility excellent but deteriorating as rain arrives.	Bursts of sunshine. Largely excellent visibility, but suddenly poor in snow showers.
How Cold? (at 900m) Freezing Level	0 to 2C within a few miles of the coast, coldest far north. Inland, rising by mid afternoon to 3C, to 6C Great Glen. 800-900m far north, lowering towards 700m. Patchy frosts in glens, and approaching 800m south later.	--2C rising to 0C, likely staying milder northern coastal Munros. Ben Wyvis to Ullapool may see widespread early frosts, 500-600m near coasts. Rising towards 800-900m.

Planning Outlook

All mountain areas of Britain from Monday, 4 May, 2026

Chilly temperatures on the mountains most or all week, particularly across the Scottish Highlands where fresh snow in some areas and freezing level sometimes below 750m; some overnight frosts developing in the glens and corries, though always thawing soon after sunrise. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards or above many summits; a mix of high cloud and sun for most.

Detail uncertain into next weekend, but lowering pressure brings an increased risk of wind and rain.

Forecast issued at 16:19 on Saturday, 2 May, 2026

The Production of the Scottish forecasts is fully funded by 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.