

The Northwest Highlands

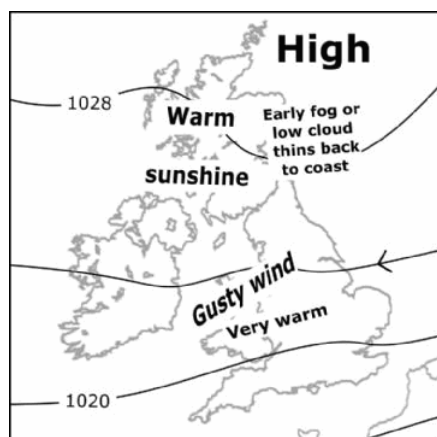
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Tuesday, 14 July, 2026



British Mountain Summary:

Based on forecast chart for noon 14 July, 2026

Dry with strong sunshine, warmest in west.

Early fog and low cloud over eastern hills retreats toward the North Sea in the morning. Gusty easterlies mainly central Scotland southwards, strongest for Wales.

Extremely dry ground conditions - beware high risk of fire.

Headline for The Northwest Highlands

Warm sunshine, early low fog locally, mostly light wind.

Detailed Forecast for Tuesday, 14 July, 2026

How windy? (On the Munros) Effect of wind on you?	Southeasterly 15-20mph Sutherland and Easter Ross, gusty in places. Toward Wester Ross, Kintail and Skye, mostly easterly, variable at times, 10mph or sometimes less, occasional gusts 15mph. Mostly small, some gusty spots locally.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills? Chance of cloud free Munros?	Hills clear, early low fog in east disperses Ribbons of fog in and just above eastward draining glens on lower hill slopes from dawn. Brief fragments may drift upslope, but mountains generally clear. Fog retreating back to North Sea coast in the morning and dispersing. Practically certain (above early fog)
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility on hills, early mist lower down, leaving some low level haze. High UV, beware sunburn.
How Cold? (at 900m) Freezing Level	15C from dawn (warmer than many glens above an inversion at first), rising to 17C (glens reach 25C), locally slightly warmer Wester Ross, a little cooler east. Above the summits.

The Northwest Highlands - Looking Ahead

	Wednesday 15 July	Thursday 16 July
How windy? (On the Munros)	Southeasterly or variable, 5 to 10mph.	East to northeasterly or variable, 5 to 10mph.
Effect of wind on you?	Negligible.	Negligible.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Mountains clear From dawn, fog in eastward draining glens and only lowest hill slopes, retreating back to the North Sea and dispersing in morning. Fog over the sea may form during day around some west coasts.	Hills clear Fog may exist over the sea much of the day, lapping onto lowest coastal slopes, but the mountains widely clear.
Chance of cloud free Munros?	Practically certain	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.	Sunshine over the mountains dawn til dusk, occasional thin high cloud. Visibility excellent on hills, some fog over the sea.
How Cold? (at 900m) Freezing Level	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally warmer west, cooler in east). Above the summits.	16C from dawn, (warmer than glens at first), rising to 19C (glens reach 26C or locally warmer on western mainland). Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 15 July, 2026

Staying broadly fine likely through the weekend into early next week at least - dry with pleasantly warm temperatures and often plenty of sunshine. Some coastal fog rolling inland overnight for misty dawns in places this week.

Valley temperatures rising to 25C or above, typically warmer in Wales and Peak District. Gusty easterly winds for England and Wales. An ongoing very high risk of fire with extremely dry ground conditions. Into the weekend, northerly breezes develop more widely, a cooling trend for a time, particularly Scotland where summit temperatures likely dip back below 10C; some cloud may be drawn onto northern mountains at times, small chance of isolated showers.

Forecast issued at 16:00 on Monday, 13 July, 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.