

The Northwest Highlands

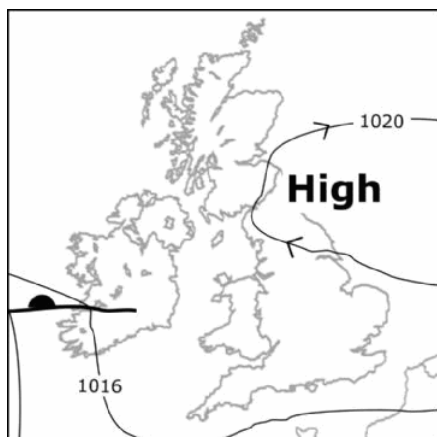
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Sunday, 2 August, 2026



British Mountain Summary:

Based on forecast chart for noon 2 August, 2026

A temporary ridge of high pressure will bring a fine day with light wind almost everywhere. Cloud will be above nearly all summits and the air will be very clear. Nevertheless a few showers at first NW Scotland and later cloud thickening many areas ahead of rain.

Headline for The Northwest Highlands

Wind dropping, showers clearing morning; intermittent sun.

Detailed Forecast for Sunday, 2 August, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly 15 to 25mph after dawn, strongest Sutherland. Will soon drop to 10mph near Skye and then by early afternoon progressively northwards across region. Fairly small before becoming negligible from south.
How wet? (Precipitation and its impact)	Showers - mainly far north - dying out Showers at first, mainly Sutherland. Will become isolated by middle of day and then clear.
Cloud on the hills? Chance of cloud free Munros?	Becoming confined to higher slopes, later may well almost all clear Progressively improving as extensive cloud above 700m toward the coast and more patchy above 900m toward the east gradually rises. By mid afternoon, perhaps still patches above about 900m western hills; otherwise mostly cloud free. 20% gradually rising to 80%
Sunshine? Air clarity (below cloud)	Patchwork of sunshine although cloudy at times. Excellent visibility.
How Cold? (at 900m) Freezing Level	5C rising to 9 to 11C, warmest toward Ben Wyvis. Feeling close to or below freezing point directly in wind in morning. Above the summits.

The Northwest Highlands - Looking Ahead

	Monday 3 August	Tuesday 4 August
How windy? (On the Munros)	Easterly 10mph; tending to strengthen from south toward 15 possibly 20mph.	Easterly 25 to in places a gusty 35mph.
Effect of wind on you?	Small.	Sudden buffeting in gusty winds both higher up and on some lower slopes and valleys. Expect balance to be tricky.
How wet? (Precipitation and its impact)	Increasing threat of rain Low confidence - timing of changes uncertain: As cloud thickens from south, rain may spread northwards, possibly becoming constant - though rarely heavy.	Intermittent rain Bands of rain will circulate within an area of low pressure. Least rainfall probably on west coastal hills south from Wester Ross, where in places frequently dry.
Cloud on the hills?	Little if any Most, possibly all summits cloud free most, perhaps all day. But in rain, particularly on more eastern hills, fog may gradually shroud some higher slopes.	Never clearing most summits Blanket of fog across higher areas, sometimes the cloud below 300m Sutherland and eastern hills further south. Breaks to 700, sometimes 900m within a few miles of the west coast south of Ullapool.
Chance of cloud free Munros?	70%	10%
Sunshine? Air clarity (below cloud)	Little or no bright sunshine - although there may be some weak sunshine through thin high cloud. Excellent or superb visibility, but dropping markedly in rain.	Little or no sunshine. Visibility often poor due to rain.
How Cold? (at 900m)	8C	8C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 3 August, 2026

Confidence in the detail remains low through the first half of the coming week. Areas of rain (and accompanying low cloud) will circulate across Scotland - quite large falls in some areas. Although total rain fairly small across England and Wales, bursts of rain, in places thundery, will occur in some areas.

Later in the week, very little rainfall England and Wales, whilst mainly in western Scotland, some rain from time to time - though probably total rainfall small.

Terrain remains exceptionally dry, ('tinder dry') except for W Scotland.

Forecast issued at 14:07 on Saturday, 1 August, 2026

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