

The Northwest Highlands

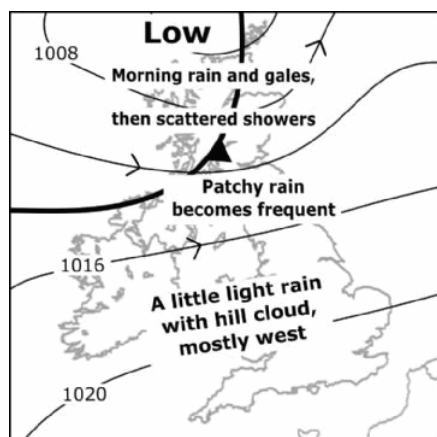
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Tuesday, 1 September, 2026



British Mountain Summary:

Based on forecast chart for noon 1 September, 2026

A swathe of rain and gales sweeps across the Scottish Highlands, moving over the Southern Uplands with time; bright sun breaks and scattered showers follow from the northwest. Patchy rain for western hills of England and Wales, sunny breaks east. Blustery with rain increasing later in north England.

Headline for The Northwest Highlands

Morning rain and gales; rain breaks to showers, wind lessening

Detailed Forecast for Tuesday, 1 September, 2026

How windy? (On the Munros)	West-southwesterly 35-50mph through morning, stronger gusts briefly approaching 60mph over tops; lessening slightly afternoon though staying above 30mph and later restrengthening north.
Effect of wind on you?	Arduous walking, buffeting affecting balance in exposure and more difficult conditions for several hours. Significant wind chill.
How wet? (Precipitation and its impact)	Morning rain, afternoon scattered showers Frequent showery rain from dawn, setting in for a few hours of persistent rain with heavy bursts, a remote risk of a flash of lightning. Breaking into scattered showers afternoon, mostly west Munros with dry windows. A cluster of showers returns late in the day too.
Cloud on the hills?	Extensive through morning, lifting and breaking afternoon Extensive above 600-800m at first, bases lower towards west coast and more widely to lower slopes during heaviest rain. Cloud will lift and break up somewhat afternoon, best chance of clear summits Easter Ross/Ben Wyvis; west fells only briefly clearing, and returning more widely for a time north.
Chance of cloud free Munros?	10%, rising to 60% east Munros
Sunshine? Air clarity (below cloud)	Overcast and dull with poor visibility through morning. Patchy sun breaking out afternoon, best in the west, with cloudier periods returning north and west. Very good visibility where cloud breaks, but some haze around Skye.
How Cold? (at 900m)	5 to 7C, coolest in the far north and will slightly rise, then lower again afternoon, as chilly at 4C in the north. Feeling like -5C in the wind, to as cold as -10C in strongest gusts.
Freezing Level	Above the summits.

	Wednesday 2 September	Thursday 3 September
How windy? (On the Munros) Effect of wind on you?	South-southeasterly, some variability, 15-20mph, later southwesterly, strengthening from south towards Fairly small during daylight, deteriorating later to strenuous conditions as night falls.	Southwesterly between 35 to 50mph, will vary somewhat, tops speeds approach 55mph. Arduous walking in exposure most of the day, some more challenging moments with significant wind chill.
How wet? (Precipitation and its impact)	Mostly little until later Some patchy rain around southern hill groups, dry windows, and substantially dry further north. Later in the day, patches spread more widely, may set in for a few hours.	Patchy rain, showery for a time Patchy rain drifts from the west much of the day, generally light and eastern hills often dry. Rain will become more frequent with heavy falls for a few hours.
Cloud on the hills?	Mostly southern high terrain Cloud banks at varied heights, mostly south and east hills, will tend to lift and break up. Little expected north of Ullapool, though caps tending to increase over high terrain later, and may become quite extensive south.	Bases rise towards summits, breaks east Fairly extensive along the coast to start, varied banks inland, mostly high terrain; bases rising, increasingly above 800m, high tops from Ben Wyvis northward may become substantially clear. Skye stays in cloud above 700-800m, and more widely lowering for a few hours.
Chance of cloud free Munros?	50% south to 80% north, later deteriorating	Rising to 40% west coast, to 70% east
Sunshine? Air clarity (below cloud)	Frequent sun in the north, and perhaps briefly south, but clouding over through afternoon. Excellent visibility.	Patchy sunshine, sometimes more cloud around. Good visibility under cloud, but hazy particularly along the coast.
How Cold? (at 900m) Freezing Level	3 to 5C, coolest north, rising to 7 to 9C and staying elevated into night; feeling just above freezing in direct late wind. Above the summits.	8 or 9C. Feeling below freezing in strongest wind. Above the summits.

All mountain areas of Britain from Wednesday, 2 September, 2026

The next week remains generally unsettled, and may well bring a deep low pressure systems with widespread gales and swathes of heavy rain. Beyond next week, indications of a more settled regime for a time.

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.