

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
 Forecast valid from 00:00 on Friday 08 Mar 2024 until 23:59 on Saturday 09 Mar 2024

Forecast Issued on Thursday 07 Mar 2024 at 15:52 by Met Office Aberdeen

Confidence: High confidence for mainly settled weather to persist for the next five days.

Headline for Friday 08 Mar 2024: Sunny spells clouding over at times. Feeling cold with strong easterly winds providing a severe wind chill.

Mountain weather hazards on Friday 08 Mar 2024

Blizzards No Likelihood	Heavy persistent snow No Likelihood	Storm force winds No Likelihood
Gales No Likelihood	Severe chill effect High Likelihood	Poor visibility Low Likelihood
Thunderstorms No Likelihood	Heavy persistent rain No Likelihood	Strong sunlight No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
							
Cloudy	Cloudy	Partly cloudy (night)	Sunny intervals	Sunny intervals	Sunny	Partly cloudy (night)	Partly cloudy (night)
Precipitation probability							
<05%	<05%	<05%	<05%	00%	00%	00%	00%

Forecast for Friday 08 Mar 2024

Weather: Sunny spells over Skye, Torridon, Assynt and western areas. Scattered cloud with sunny spells over the east. Strong easterly winds with speeds in excess of 40mph on the highest summits will add to a severe wind chill.

Chance of cloud-free hill tops above 800m: 90% in the west, 40% in the east.

Low cloud and visibility: Patchy low cloud down to 700-900m in the east, particularly for southeastern-facing upslopes. Predominantly clear skies in the west with excellent visibilities.

Forecast for Friday 08 Mar 2024

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	23/30 SE	28/36 E	29/37 E	30/38 E	29/38 E	28/38 E	34/46 E	38/51 E	37/49 E
900	22/30 SE	27/35 E	29/37 E	29/37 E	29/38 E	28/37 E	35/47 E	38/51 E	36/48 E
600	14/21 SE	17/26 E	18/28 E	21/30 E	23/33 E	21/31 E	24/37 E	27/41 E	25/38 E
300	6/18 E	6/23 E	8/25 E	9/25 E	12/28 E	11/29 E	13/32 E	14/35 E	12/34 E
Glen	11/18 E	11/22 E	13/25 E	15/27 E	17/30 E	16/28 E	17/31 E	19/35 E	16/30 E

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	-2/-10	-3/-11	-3/-12	-4/-13	-3/-12	-2/-10	-3/-12	-4/-14	-5/-15
900	-2/-9	-2/-10	-2/-11	-3/-12	-2/-10	-1/-9	-2/-11	-3/-13	-4/-14
600	1/-4	0/-5	-0/-7	-0/-7	1/-6	2/-4	0/-6	-1/-8	-1/-9
300	2/-0	2/-1	2/-2	2/-1	4/-0	5/1	3/-2	2/-4	1/-4
Glen	5/2	4/0	4/0	5/1	7/3	8/4	6/1	4/-1	3/-1
Freezing Level*	700m	600m	500m	500m	500m	600m	500m	400m	300m

*Level above which ground is expected to be frozen/snow is expected to settle.

Met Office Aberdeen Meteorologist's View

Strong winds will make for fairly arduous conditions on exposed terrain and provide a severe wind chill. Prolonged sunny spells in the west so suitable eyewear is advised.

Forecast for Saturday 09 Mar 2024

Weather: Good sunny spells over Skye, Torridon and Knoydart, patchy cloud over more easterly ranges such as Ben Wyvis, with perhaps a few showers later, falling as snow above 300-500m. Strong easterly winds will give a severe wind chill.

Maximum wind: Mean speeds 20-30mph, with gusts in excess of 40mph on the highest summits.

Chance of cloud-free hill tops above 800m: 90% in the west, 40% in the east.

Low cloud and visibility: Patchy low cloud down to 700-900m in the east, particularly for eastern-facing upslopes. Predominantly clear skies in the west with excellent visibilities.

Temperature: **Glens:** Plus 1 to plus 4 Celsius.
At 800m: Minus 3 to 0 Celsius
Freezing level: 300-500m