

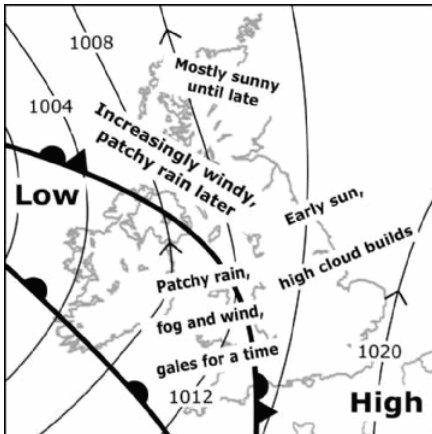
# Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Tuesday, 14 April, 2026



### British Mountain Summary: Based on forecast chart for noon 14 April, 2026

Patchy light rain and fog soon spread into Wales from the south, soon windy too, briefly gales. Starting sunny elsewhere, high cloud spreads north over England, later into central Scotland. Patchy rain into Lakeland to the west Highlands later, wind strengthens, gales coastal west Highlands. Northern Scotland stays sunny.

### Headline for Cairngorms NP and Monadhliath

Mostly sunny, mild feel north; strengthening wind

## Detailed Forecast for Tuesday, 14 April, 2026

<b>How windy? (On the Munros)</b>	Southerly 10 to 15mph in morning, gradually strengthening, shifting southeasterly afternoon, to 20-30mph, though powerful gusts over tops and downslope to the northwest approaching 40mph evening, further deteriorating.
<b>Effect of wind on you?</b>	<b>Fairly small for half the day or more, but likely becoming more blustery over higher terrain with time, the most powerful gusts later requiring additional effort to maintain stability with wind chill (not just on high tops).</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain not expected until night</b> Likely dry during daylight. Into dusk, patchy rain develops from southwest, increasingly frequent overnight.
<b>Cloud on the hills?</b>	<b>Little if any</b> Fragments of cloud around some slopes early morning, also mist in some glens at first. Dispersing to leave hills generally clear. A few odd cloud caps may reform on high tops late in the day, deteriorating overnight.
<b>Chance of cloud free Munros?</b>	<b>90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Mostly sunny until at least midday, high cloud starting to build through afternoon, weakening the sunshine. Visibility excellent.
<b>How Cold? (at 900m)</b>	0C rising to 4C; to 5C northern slopes, risk locally 6C northern Monadhliath. May cool around dusk but likely lifting again overnight. Feeling colder later in day as wind increases.
<b>Freezing Level</b>	900-1000m early in day, plus light frost in glens and corries around dawn. Rising to 1200-1300m around midday, then above all tops later.

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 15 April	Thursday 16 April
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southerly 40-55mph, very gusty, not just at high elevations, locally variable direction, risk stronger for a time.  <b>Challenging conditions with significant wind chill in exposure likely all day; chaotic gusts constantly affecting balance.</b>	Southwesterly 30-35mph, a general easing trend, speeds to 25mph or below later but also variably stronger.  <b>Blustery in exposure most of the day, notably early where walking more strenuous and feeling chilly.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequently raining</b> Rain fairly widespread in the morning, local heavy falls, trending showery with breaks but remaining drizzly on high terrain even between spells of rain. Later, becoming more frequent and heavy again.	<b>Morning drizzle, soon showery</b> Drizzle on high terrain from dawn, gradually easing through morning with showers forming, which may be frequent and heavy for a time, easing later.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive, local high breaks north</b>  Extensive to at least the middle slopes early, likely lower slopes in the south and west, to glen level around Drumochter. A lifting trend, towards 700-900m, higher breaks later but high summits will struggle to clear. Bases always higher on northern slopes.  <b>20%</b>	<b>Fairly extensive early, improving, summit breaks</b>  Most terrain above 700m in fog from dawn, lower towards Drumochter and south Monadhliath. Bases lift with cloud trending patchy, mostly above 1200m later with summit breaks, but variably returning to summits. Northern slopes east of Ben Macdui always clearest.  <b>20% rising to 50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A few glimpses of weak afternoon sun, but otherwise mostly cloudy. Mixed visibility, often poor in cloud/drizzle but very good where out of cloud.	Sun increasingly breaking out as morning goes, mostly sunny by later afternoon. Visibility becoming excellent.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, a degree milder on northern Cairngorm slopes. Feeling like -8C in strongest wind.  Above the summits. Overnight, lowering to touch the high summits.	2C rising to 5 or 6C, mildest east Cairngorms. Feeling like -5 to -8C in direct wind.  About 1200m at dawn, gradually lifting to clear all summits.

## Planning Outlook

### All mountain areas of Britain from Wednesday, 15 April, 2026

Milder from Wednesday into the weekend, but Scottish high tops below freezing at times, locally lower in the northwest. Unsettled conditions in the immediate near-term with showers (sometimes heavy with hail and lightning), occasionally more persistent rain, accompanied by often gusty winds, gales over mountains for periods, but also brighter spells between rain. With spring sunshine, temperatures will tend to rise several degrees during daylight, often becoming warm in the valleys; slopes north of major hill groups often milder. Saturday sees continued showers, mostly north and west, but higher pressure gradually builds through late weekend into early next week, bringing fewer showers and lighter winds; chilly overnight, but fairly mild spring days. Confidence is low regarding how long high pressure will establish.

### Forecast issued at 16:17 on Monday, 13 April, 2026

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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.