

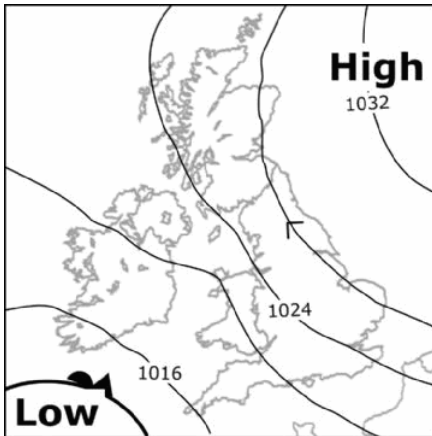
Cairngorms NP and Monadhliath

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 Thursday, 30 April, 2026



British Mountain Summary:
Based on forecast chart for noon 30 April, 2026

Unbroken bright sunshine nearly everywhere - beware of dehydration and sunburn. Windy, particularly morning southern Scotland southwards where upland gales in some areas. SW Wales often cloudy with increasing threat of a shower.

Headline for Cairngorms NP and Monadhliath
Bright sunshine. Gusty wind, particularly toward Deeside.

Detailed Forecast for Thursday, 30 April, 2026

How windy? (On the Munros)	South to southeasterly 15 to 25mph, but a gusty 35mph at times east from Cairngorm plateau where sudden gusts descending to lower slopes.
Effect of wind on you?	Varied but some noticeable gusty spots, more blustery affecting balance on some slopes, not just the high tops.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	None expected
Chance of cloud free Munros?	Practically certain
Sunshine? Air clarity (below cloud)	Unbroken sunshine. Excellent or superb visibility.
How Cold? (at 900m)	7C rising to 10 to 12C afternoon, warmest northwestern areas toward Monadhliath. Feeling near freezing directly in the wind.
Freezing Level	Above the summits. Slight frost in glens at dawn.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 1 May	Saturday 2 May
How windy? (On the Munros)	Southerly, 15mph.	(Low confidence in this forecast) Direction varied; widely 10mph or less.
Effect of wind on you?	Small.	Negligible
How wet? (Precipitation and its impact)	Risk a bursts of rain Still some uncertainty: Most, possibly all areas remaining dry, but rain - ranging from a short burst to perhaps steady for an hour - may affect some areas.	Rain on and off, risk heavy bursts After overnight rain, the morning largely dry. Increasingly bursts of rain, in places setting in for a few hours and there may be heavy thundery bursts.
Cloud on the hills?	Clear most or all day The mountains substantially clear all day, but later if a shower occurs, odd patches may form at various heights.	Generally extensive on higher areas, may clear some higher tops Cloud may well be widespread from dawn, although may well let to or above 1050m through the morning. Where rain forms, cloud filling in widely above 600m, and fragments upward from forest canopies, although here most cloud above 600m, and perhaps some breaks to
Chance of cloud free Munros?	Above 90%	40%
Sunshine? Air clarity (below cloud)	Sun fairly weak through a veil of high cloud, which may extend across the sky. Visibility very good, slight haze develops.	Occasional sunshine. The air very clear, but visibility often poor in rain.
How Cold? (at 900m)	10C rising to a very warm 15C afternoon.	Varying between 5C and 10C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Friday, 1 May, 2026**

Less settled this weekend and into next week. Rain will not be extensive, but in some areas persistent for a few hours and some heavy, possibly thundery bursts - although particularly by Sunday local detail is as yet uncertain. Temperature levels will drop from the north, indeed early next week overnight and mornings higher slopes will be below freezing point Scottish Highlands, and further frosts are likely in valleys.

Forecast issued at 7:35 on Thursday, 30 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.