

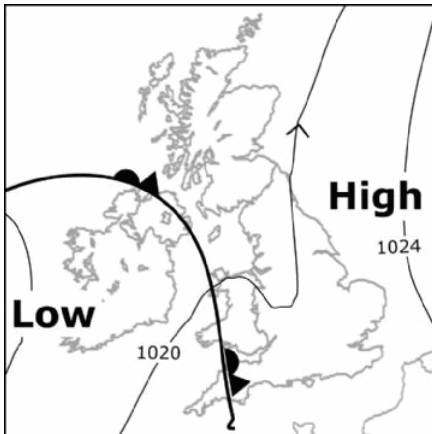
Cairngorms NP and Monadhliath

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 Friday, 1 May, 2026



**British Mountain Summary:
Based on forecast chart for noon 1 May, 2026**

As pressure falls slowly, so extensive high level cloud and bursts of rain (perhaps thundery in places later in day) will spread east - although the precise locations of the showery rain remains uncertain. Patches of low cloud, mainly near Irish Sea coasts will accompany the rain.

Headline for Cairngorms NP and Monadhliath

A few bursts of rain; fairly light wind.

Detailed Forecast for Friday, 1 May, 2026

How windy? (On the Munros)	Southerly, 15mph, perhaps 20mph close to the coast, particularly toward evening.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	Bursts of rain developing; small chance lightning Extensively dry morning before a few bursts of rain spread east. Toward evening risk scattered heavy bursts with small risk thunder. Here and there the rain may set in for an hour or so.
Cloud on the hills?	Little if any The mountains substantially clear of cloud, but in and after rain, patches will form at various heights, locally from forest canopies up but mostly above 600m.
Chance of cloud free Munros?	80%
Sunshine? Air clarity (below cloud)	Through morning from west becoming extensively cloudy but bright (as weak sun comes through high cloud layers). Visibility very good, slight haze develops.
How Cold? (at 900m)	10C rising to a very warm 15C afternoon.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 2 May	Sunday 3 May
How windy? (On the Munros) Effect of wind on you?	(Low confidence in this forecast) Direction varied; widely 10mph or less. Negligible	Direction varied widely 10mph or less. May become north to northeasterly and strengthen a little. Negligible.
How wet? (Precipitation and its impact)	Rain on and off, risk heavy bursts After patchy overnight rain, the morning largely dry. Increasingly bursts of rain, in some areas east of the A9 setting in for a few hours and there may be heavy thundery bursts.	Little or no rain Risk of the odd light shower.
Cloud on the hills? Chance of cloud free Munros?	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 breaks to 900m 40%	May persist higher tops Cloud may be extensive on higher slopes morning, but by midday should be above about 1000m, possibly 1200m. 50%
Sunshine? Air clarity (below cloud)	Occasional sunshine. The air very clear, but visibility often poor in rain.	Only occasional sunshine. Excellent or superb visibility.
How Cold? (at 900m) Freezing Level	Varying between 5C and 10C. Above the summits.	3C, rising to 5 to possibly 7C. Just above highest summits. Frost some valleys at first.

Planning Outlook**All mountain areas of Britain from Saturday, 2 May, 2026**

Less settled from the weekend onwards. Rain will be more frequent although apart from on Saturday night and Sunday (when a band of rain will move north about as far as central Scotland - the detail presently very uncertain) total rainfall will remain fairly small.

Temperature levels will drop markedly, particularly on the Scottish Highlands, where overnight and mornings higher slopes will be below freezing point on Scottish Highlands - with hail and snow flurries. Overnight frosts may extend as far south as Wales again.

Forecast issued at 7:25 on Friday, 1 May, 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.