

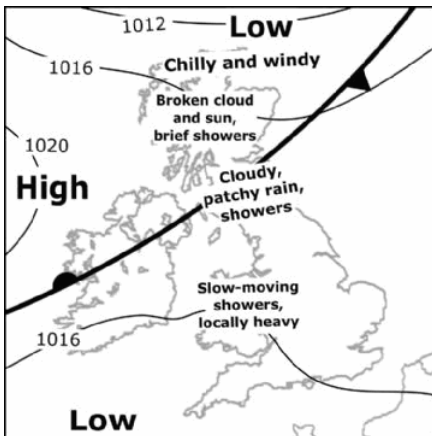
Cairngorms NP and Monadhliath

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



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Friday, 8 May, 2026



British Mountain Summary:

Based on forecast chart for noon 8 May, 2026

Near freezing all day on higher Scottish mountains, considerable chill factor in the north with brisk winds, though tending to ease. A few showers, snow flurries on Scottish tops, but a fair amount of dry weather for the Highlands. Lighter winds England, Wales & southern Scotland, localised heavy bursts of rain forming.

Headline for Cairngorms NP and Monadhliath

Strongest winds lessening. Chilly but often dry, isolated showers.

Detailed Forecast for Friday, 8 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southwesterly 25-35mph, strongest north Monadhliath in the morning where gusty. Shifting westerly and easing to 15-25mph, lowest speeds toward evening, turning northwesterly.</p> <p>Walking inconvenienced, strenuous northern areas with marked wind chill early in day; easing, but nuisance breeze on summits.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rare showers</p> <p>Remnants of overnight showery rain and summit snow fades up to dawn. Then largely dry, chance of an odd brief light shower.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Largely lifting above the summits</p> <p>Covering terrain above 1000m at dawn, lower bases south slopes, to 800m. Lifting through morning to clear the summits for much of the afternoon.</p> <p>Rising to 90%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Patchwork of cloud and sun, a veil of high cloud especially toward south. Very good visibility.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>2 to 4C, locally a degree or so higher eastern areas afternoon, then falling to -1C into night. Feeling like -10C if exposed to stronger wind early in day, but improving.</p> <p>Lingering just around the high tops at 1200-1300m, but rising just above early afternoon, then lowering a little by evening. Dropping further to 800m overnight.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 9 May	Sunday 10 May
How windy? (On the Munros) Effect of wind on you?	North to northwesterly 15 to 20mph, perhaps often less toward Drumochter. Fairly small.	Westerly - timing uncertain, but likely to strengthen to 30mph, risk 40mph higher Cairngorms later in day, turning N-NW'ly. Prepare for considerable wind chill. Likely to become more blustery, may become more strenuous later on tops.
How wet? (Precipitation and its impact)	Local light showers Scattered brief light showers, mostly afternoon, later toward east. Falling as a brief flurry of snow on the Munros.	Showery rain develops, later snow tops Dry in the morning, perhaps well into afternoon, but increasing risk of showers developing from the northwest, becoming more persistent rain later afternoon onward, sleet then snow high tops. Smaller amounts southeastward.
Cloud on the hills? Chance of cloud free Munros?	Lifting, clearing most summits Occasional patches of cloud on upper slopes in the morning, patches may come and go for a few hours northern areas, but tending to lift above most or all tops. 80%	Forming increasingly on tops Many hills largely clear in the morning. Some patches forming around higher slopes, then cloud banks tending to form onto many high tops more often, soonest toward north and west. 80% dropping to 40%.
Sunshine? Air clarity (below cloud)	Patchwork of sun, tending to cloud over. Visibility excellent.	Mostly sunny start, but cloud building from northwest, clouding over with time. Visibility excellent, then reducing in showers.
How Cold? (at 900m) Freezing Level	-1C rising to +2C. 800m plus frost in glens at dawn. Lifting toward 1100-1200m afternoon.	-1C rising to +3C, but from sunset may fall quickly from north toward -2C. Feeling much colder as wind increases. 800m plus frost in glens at dawn. Up to 1300m afternoon, but from dusk risk a rapid drop from north to 600-700m.

Planning Outlook

All mountain areas of Britain from Saturday, 9 May, 2026

A chilly outlook into mid-May, with higher Scottish mountains staying near or often below freezing point as northwesterly air prevails. Higher tops in England and Wales also dropping intermittently to freezing point. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery weather over the next 10-day period, plus some fronts bringing persistent rain mostly to northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

Forecast issued at 16:25 on Thursday, 7 May, 2026

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.