

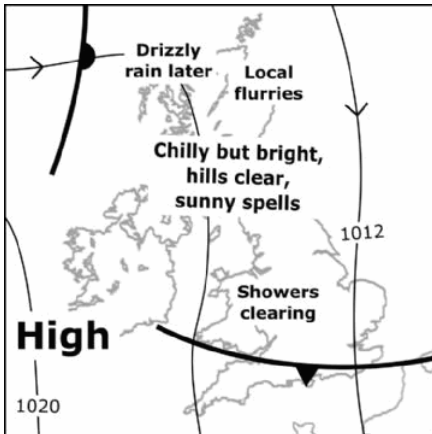
Cairngorms NP and Monadhliath

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 Monday, 11 May, 2026



British Mountain Summary:

Based on forecast chart for noon 11 May, 2026

Cold northerly breezes, but a bright day with broken cloud lifting above the mountains and some sun. Scattered showers with snow flurries on hills. A band of showers moves south over Wales in the morning. Later in the day, westerly winds increase and cloud thickens in western Scotland with drizzly rain arriving.

Headline for Cairngorms NP and Monadhliath

Cold, early snow flurries fade. Windier later, rain into night.

Detailed Forecast for Monday, 11 May, 2026

How windy? (On the Munros)	North-northwesterly 15-25mph, occasionally less; turning westerly, tending to increase to 25-35mph evening, reaching 40mph with stronger gusts into night.
Effect of wind on you?	Fairly small for several hours, but distinctly chilly over the mountains. Becoming more blustery toward evening, deteriorating into night.
How wet? (Precipitation and its impact)	Snow flurries fade; rain into night Brief snow flurries falling to some lower elevations in morning, most common northern areas, fading in middle of day. From dusk, drizzly rain preceded by snow flurries on tops moving in from west, more persistent rain into night.
Cloud on the hills?	Early cloud in north lifting Cloud banks over higher slopes early in day, mostly northern Cairngorms, lingers above 900-1000m for a few hours, but lifting higher with breaks above tops. Into night, lowering onto tops from the west.
Chance of cloud free Munros?	60%, rising to 90% afternoon.
Sunshine? Air clarity (below cloud)	Occasional sun mostly toward south. High cloud thickening later from west. Visibility excellent.
How Cold? (at 900m)	-3C early morning, rising to +3C afternoon, or slightly milder into night. Feeling colder as wind increases.
Freezing Level	400-500m around dawn, soon 600m, gradually rising, toward 1200m or above afternoon, then into night lifting further above highest tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 12 May	Wednesday 13 May
How windy? (On the Munros) Effect of wind on you?	Westerly 30 to 45mph, squally gusts around showers. Frequent buffeting across the hills, challenging walking at times in exposure. Significant wind chill.	North to northwesterly 25mph, at times 30mph higher Cairngorms, tending to increase later in day. Significant wind chill, blustery on high terrain, may start to affect comfortable walking in exposure, buffeting gusts.
How wet? (Precipitation and its impact)	Showery, hail and snow on tops A band of rain clears southeast at dawn, then a scattering of showers becoming more frequent, some heavy, snow falling at times to 800m, also hail to lower slopes. Risk of isolated thunder and lightning.	Showery, hail and hill snow Showers focused on northern areas early morning, but becoming widespread, heavy bursts with hail, risk isolated thunder; snow often falling on the Munros, at times down to 600-700m in north.
Cloud on the hills?	Varied on tops, lifting higher with breaks Cloud frequently changing, mostly above 900-1000m, and tending to rise higher in afternoon, with time only occasionally capping tops.	Fairly extensive, then varying over tops Often capping higher northern Cairngorms above 1000m in morning, tending to rise, then frequently changing over higher tops, ragged patches to 600m, but periods where breaking to clear even highest tops.
Chance of cloud free Munros?	50%	40%
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility often very good, but intermittently very poor during showers.	Brief bursts of sun and intermittently excellent visibility, but suddenly appalling where in cloud, snow or hail.
How Cold? (at 900m) Freezing Level	1 to 3C. Feeling like -10 to -15C directly in the wind on tops.. 1000 to 1200m or slightly higher in afternoon.	0C rising to 3C. Wind chill feeling like -10C, or nearer -15C at times on higher summits. 900m early morning, rising to 1200m or above into afternoon, but lowering slightly in showers.

Planning Outlook**All mountain areas of Britain from Tuesday, 12 May, 2026**

Notably chilly for mid-May across the hills this week as air from the north-northwest prevails. Frequently near or below freezing over Scottish Munros, and at times dropping to freezing on high tops in England and Wales. Wind speed will vary, but increasing at times to gale force on hills, giving significant chill factor. Broadly showery, heavy bursts with hail and thunder in places, also often falling as snow on higher mountains, at least in Scotland, intermittently elsewhere. Some more persistent precipitation especially northwest Scotland. Also some drier windows - varying locally day-to-day - away from showers cloud will lift above hills and visibility will be very good. Less windy and fewer showers suggested by next weekend into early next week.

Forecast issued at 16:28 on Sunday, 10 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.