

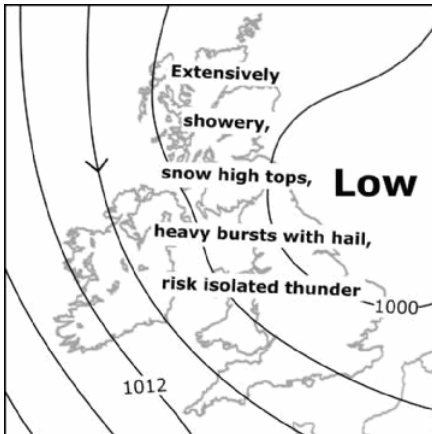
# Cairngorms NP and Monadhliath

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 Wednesday, 13 May, 2026



**British Mountain Summary:  
Based on forecast chart for noon 13 May, 2026**

Cold for the time of year, with a cyclonic and unstable north-westerly bringing an increasingly widespread showery day across the hills. Showers heavy, with hail and risk of isolated thunder. Snow falling above around 700m. Gusty north-westerly winds, particularly strong and turbulent in and around the showers.

**Headline for Cairngorms NP and Monadhliath**

Cold, blustery and showery with hail and above 600-700m snow. Risk thunder.

## Detailed Forecast for Wednesday, 13 May, 2026

<b>How windy? (On the Munros)</b>	Northwesterly 25mph, at times 30mph higher Cairngorms, tending to increase later in day.
<b>Effect of wind on you?</b>	<b>Significant wind chill, blustery on high terrain, may start to affect comfortable walking in exposure, buffeting gusts.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery, hail and hill snow</b> 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.
<b>Cloud on the hills?</b>	<b>Fairly extensive, then varying over tops</b> 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.
<b>Chance of cloud free Munros?</b>	<b>40%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Brief bursts of bright sun and intermittently excellent visibility, but suddenly appalling where in cloud, snow or hail.
<b>How Cold? (at 900m)</b>	0C rising to 3C. Wind chill feeling like -10C, or nearer -15C at times on higher summits.
<b>Freezing Level</b>	900m early morning, rising to 1200m or above into afternoon, but lowering again in showers.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 14 May	Friday 15 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	North-northwesterly 25 to 35mph, at times 40mph higher Cairngorms, squally gusts around showers. <b>Significant wind chill for mid-May. Walking often strenuous on exposed high terrain, frequent buffeting gusts at times.</b>	Northwesterly 25 to 35mph at dawn, or 40mph easternmost hills, but easing to 15 to 25mph through day. <b>Arduous start with significant wind chill and buffeting, but hour by hour easing down, to become mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery, snow and hail</b> Showers most frequent in northern areas in the morning, merging into more constant precipitation locally north Cairngorms. Showers becoming widespread; some hail with snow above 700-800m.	<b>Scattered snow and hail showers</b> A scattering of snow and hail showers through the day, most frequent northern areas early in day. Snow falling above 500m initially, rising to 900-1000m.
<b>Cloud on the hills?</b>	<b>Bases varied, often banked across tops.</b> Cloud bases varying through day, particularly in and out of showers, but banks may be fairly persistent on tops above 900-1100m. Best breaks in south.	<b>Varying, concentrated over northern hills.</b> Bases varying through the day, with patches of banks of cloud over the tops, concentrated across the northern Cairngorms, where may persist.
<b>Chance of cloud free Munros?</b>	<b>50%</b>	<b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Skies often filled in with cloud limiting the sun to glimpses. Visibility very good, but lowering to become poor or very poor in showers.	Skies often filled in with cloud, limiting the sun to fleeting glimpses. Visibility very good, but lowering in showers.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	-1C to +1C. Feeling like -10 to -15C.  800-1000m	-1 or -2C at dawn, but lifting to +1 to 3C into afternoon. Feeling like -10 to -15C in early wind. 700-800m at dawn, will lift to 1000-1200m.

**Planning Outlook****All mountain areas of Britain from Thursday, 14 May, 2026**

Staying notably chilly for mid-May through this week as air from the north-northwest prevails, with showers heavy at times and containing hail with snow over the tops, but over the weekend a front will edge in and bring a change to westerly winds.

Next week may see ridging across England and Wales giving drier conditions, but occasional rain and blustery south-westerly winds for Scotland.

**Forecast issued at 1:25 on Wednesday, 13 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.