

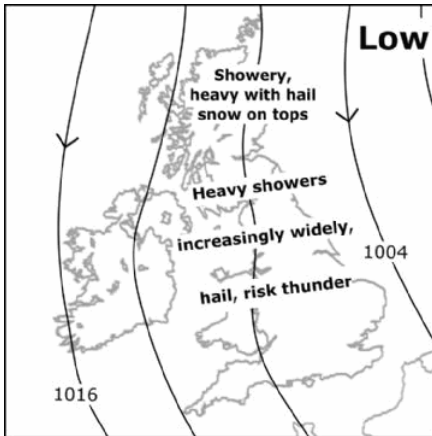
Cairngorms NP and Monadhliath

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, 14 May, 2026



British Mountain Summary: Based on forecast chart for noon 14 May, 2026

Another cold day for May with considerable chill factor in exposure to brisk northerly winds. Showers focused on north-facing areas in the morning, but forming increasingly widely, falling as snow on Scottish Munros, at times higher tops elsewhere; heavy bursts with hail, isolated thunder.

Headline for Cairngorms NP and Monadhliath

Cold and windy. Frequent showers with hail, snow on tops.

Detailed Forecast for Thursday, 14 May, 2026

How windy? (On the Munros)	North-northwesterly 25 to 35mph, at times 40mph higher Cairngorms, squally gusts around showers. Increasing widely during afternoon into evening, gusts over 50mph northeastern areas.
Effect of wind on you?	Significant wind chill for mid-May. Walking often strenuous on exposed high terrain, frequent buffeting gusts at times. Becoming more challenging later in day.
How wet? (Precipitation and its impact)	Showery, snow and hail Showers most frequent in northern areas in the morning, merging into more constant precipitation locally north Cairngorms, heavier at times. Showers becoming widespread; some hail with snow above 700-800m.
Cloud on the hills?	Bases varied, persistent north in morning. Cloud bases varying through day, particularly in and out of showers, but banks may be fairly persistent on tops above 900-1100m, tending to rise higher during afternoon. Best breaks in south.
Chance of cloud free Munros?	40% rising to 70% afternoon.
Sunshine? Air clarity (below cloud)	Skies often filled in with cloud limiting the sun to glimpses. Visibility very good, but lowering to become poor in showers.
How Cold? (at 900m)	0 to 2C, dropping to -2C into evening. Feeling like -10 to -15C directly in wind.
Freezing Level	900-1000m in morning, rising to 1100m afternoon, slightly higher south. Then dropping to 700-800m from dusk.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 15 May	Saturday 16 May
<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>North-northwesterly 40mph at dawn, stronger gusts toward east, easing to 25mph afternoon, later 15mph.</p> <p>Arduous start with significant wind chill and buffeting, but hour by hour easing down, to become mostly small later in day.</p>	<p>May be NW'ly 20mph at first in north, otherwise variable below 10mph for several hours. Later SW'ly 15-20mph.</p> <p>Mostly small, but feeling rather chilly if exposed to breeze on high terrain.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Scattered snow and hail showers</p> <p>A scattering of brief snow and hail showers through the day, most frequent northern areas early in day. Snow falling above 500m initially, rising to 900-1000m.</p>	<p>Risk a little rain late in day</p> <p>Dry much of the daytime. Likely only later evening, risk of patchy rain extending into the area from the southwest.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Mostly north, lifting higher</p> <p>Banks of cloud over the tops, concentrated across the northern Cairngorms in the morning, covering higher slopes for a few hours here; tending to lift higher to only graze highest tops afternoon.</p> <p>40% rising to 70%</p>	<p>Little if any</p> <p>Brief fragments form around upper slopes in morning, lifting and clearing. Up to dusk, some patches may drift onto southwestern tops.</p> <p>90%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Skies often filled in with cloud, limiting the sun to fleeting glimpses. Visibility very good, briefly lowering in showers.</p>	<p>Sunshine best early in day, high cloud tends to thicken from west to cover the sky. Visibility excellent.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-1 or -2C at dawn, but lifting to +1 to 3C into afternoon. Feeling like -10 to -15C in early wind.</p> <p>700-800m at dawn, will lift to 1000-1200m, lowest north Cairngorms.</p>	<p>-1C rising to 4C afternoon. Feeling nearer -5C if exposed to wind.</p> <p>700m plus frost in glens at dawn. Rising to be just above freezing to highest summits during afternoon.</p>

Planning Outlook

All mountain areas of Britain from Friday, 15 May, 2026

Becoming gradually less cold into the weekend as northerly winds ease and then switch toward west-southwesterly. Fewer showers by Friday with sunny spells. A dry start to Saturday, frost at dawn where skies are clear. Rain and lowering cloud moves onto west coast areas during Saturday, persistent rain later western Scotland. By Sunday and Monday, areas of showery rain will pass eastwards during the daytimes, leaving western areas generally drier with cloud breaks afternoon-evenings. South-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday on western hills, particularly Scotland. A drier and warmer theme later in the week as higher pressure builds.

Forecast issued at 16:30 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.