

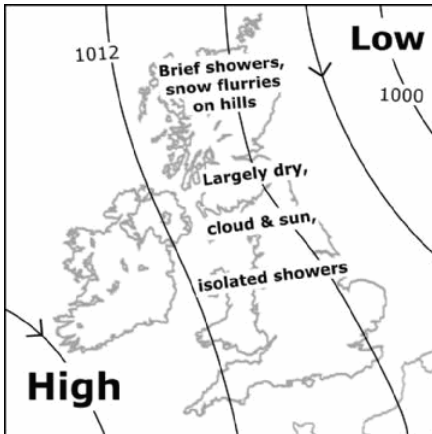
Cairngorms NP and Monadhliath

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, 15 May, 2026



British Mountain Summary: Based on forecast chart for noon 15 May, 2026

Remaining cold, near to freezing all day on higher tops. Strongest northwesterly winds in the morning and toward eastern Scotland giving significant chill factor. A scattering of mostly brief showers with snow and hail, less intense than recent days. Cloud lifting above many summits, occasional sun.

Headline for Cairngorms NP and Monadhliath

Cold and windy, easing with time. Brief showers, snow & hail.

Detailed Forecast for Friday, 15 May, 2026

| | |
|---|---|
| <p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p> | <p>North-northwesterly 40mph with gusts over 50mph on higher Cairngorms at dawn, strongest for longest toward east. Easing gradually, to 25-30mph early afternoon, 20mph or less by evening.</p> <p>Arduous start with significant wind chill and buffeting, but hour by hour easing down, still very blustery into afternoon, but becoming mostly small later in day.</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>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>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>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> |

Cairngorms NP and Monadhliath - Looking Ahead

| | Saturday 16 May | Sunday 17 May |
|--|--|--|
| How windy? (On the Munros) Effect of wind on you? | NW'ly 20mph at first in north, otherwise variable below 10mph for several hours. Then SW'ly 15-20mph, later 25mph. Mostly small, but feeling rather chilly if exposed to breeze on high terrain, becoming more blustery later. | Southwesterly 25 to 30mph, but may reach 40mph at times on higher Cairngorms. Starting to affect comfortable walking on exposed high terrain, risk very blustery in places. Considerable wind chill. |
| How wet? (Precipitation and its impact) | Rain develops from west later Dry much of the daytime, particularly in east. Toward evening, patchy rain extending into the area from the southwest, becoming more persistent Drumochter area, later more widely. | Heavy showers develop A few hours in the morning largely dry, perhaps longer especially eastern areas. Increasing risk during afternoon of showery bursts forming, becoming heavy, extending northeastwards. Sleet on high tops. Risk of hail & thunder. |
| Cloud on the hills? | Little if any until late Brief fragments form around upper slopes in morning, lifting and clearing. Into evening, some patches drift onto southwestern tops, filling in then more widely over tops up to dusk. | Confined to high tops with breaks Fragments of cloud around some upper slopes in the morning, dispersing or lifting. Much cloud then above hills, though around showers will drop onto high tops, ragged patches to 800m in places. |
| Chance of cloud free Munros? | 90% until late in day. | 60% |
| Sunshine? Air clarity (below cloud) | Sunshine best early in day, high cloud tends to thicken from west to cover the sky. Visibility excellent. | Occasional sun in morning giving way to building cloud. Visibility very good, but reduced in showers. |
| How Cold? (at 900m) Freezing Level | -2C rising to +4C afternoon. Feeling nearer -5C if exposed to wind. 600-700m plus frost in glens at dawn. Rising to be just above freezing to highest summits during afternoon. | 2C rising to 4C afternoon. Wind chill feeling near -10C on high tops. 1100m early morning, plus pockets of frost in glens at dawn; rising above freezing to highest summits into afternoon. |

Planning Outlook**All mountain areas of Britain from Saturday, 16 May, 2026**

A shift toward west-southwesterly over the weekend brings a gradual rise of temperature. A mixed weather story with some rain and lowering cloud moving in from the west into Saturday afternoon. By Sunday and Monday, some showery rain, passing eastwards during the daytimes, generally improving afternoons in western areas. Risk by later Monday of rain moving into Wales from the southwest. Damp south-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday, most on western hills, particularly Scotland. A drier and warmer theme later in the week as higher pressure builds.

Forecast issued at 16:15 on Thursday, 14 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.