

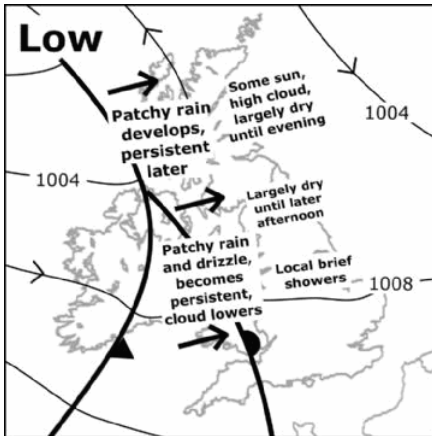
Cairngorms NP and Monadhliath

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 Saturday, 16 May, 2026



British Mountain Summary:

Based on forecast chart for noon 16 May, 2026

Chilly but fine with light winds much of the day for the Highlands. Increasing wind, rain and lowering cloud encroaches onto western coasts later in daytime. Southwesterly breezes elsewhere, largely dry until late for northern England, but rain, drizzle and low cloud moves into Wales sooner, more blustery later.

Headline for Cairngorms NP and Monadhliath

Dry, clear hills much of day. Increasing breeze, some rain evening.

Detailed Forecast for Saturday, 16 May, 2026

How windy? (On the Munros)	Northwesterly 20mph at first in north, otherwise variable below 10mph for several hours into early afternoon. Then southwesterly 15-20mph, later in day 25mph.
Effect of wind on you?	Mostly small, but feeling rather chilly if exposed to breeze on high terrain, becoming more blustery later.
How wet? (Precipitation and its impact)	Substantially dry; rain develops from southwest into evening Dry much of the daytime, particularly in east, low risk an isolated light shower. Toward evening, patchy rain extending into the area from the southwest, becoming more persistent Drumochter area up to dusk, after dark more widely.
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 over some tops up to dusk, more widely after dark.
Chance of cloud free Munros?	90% until late in day.
Sunshine? Air clarity (below cloud)	Sunshine best early in day, high cloud tends to thicken from west to cover the sky. Visibility excellent.
How Cold? (at 900m)	-2C rising to +4C afternoon. Feeling nearer -5C if exposed to wind.
Freezing Level	600-700m plus frost in glens at dawn. Rising to be just above freezing to highest summits during afternoon.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 17 May	Monday 18 May
How windy? (On the Munros) Effect of wind on you?	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.	South-southeasterly 10-20mph, strongest eastern hills; risk increasing in places gusty 25-30mph; likely stronger into night. Fairly small, but locally varied gusty spots may affect comfortable walking at times, risk later more widely blustery.
How wet? (Precipitation and its impact)	Heavy showers develop A few hours in the morning largely dry, for longest eastern areas. Increasing risk during afternoon of showery bursts forming, becoming heavy, extending northeastwards. Sleet on high tops. Risk of hail & thunder.	Localised showers, risk thunder Possible patchy rain in morning, odd showery bursts forming. Greater risk of local clusters of heavy showers by later afternoon, some places may escape dry, but risk isolated thundery downpours.
Cloud on the hills? Chance of cloud free Munros?	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. 60%	Patches lift, lowering in showers Varied patchy cloud around upper slopes in the morning, lifting to high tops or largely clearing above hills over a few hours into middle of day. Lowering in showers, filling in locally, ragged patches to mid-slopes. 40% rising to 70%
Sunshine? Air clarity (below cloud)	Occasional sun in morning giving way to building cloud. Visibility very good, but reduced in showers.	Variable cloud, glimpses of sun, then likely overcast later afternoon. Visibility very good, but reduced in heavier showers.
How Cold? (at 900m) Freezing Level	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.	2C rising to 5C, locally 7C in north. If exposed to stronger wind, feeling near -5C on tops. 1100-1200m at dawn, plus slight frost inland glens. Rising above all tops.

Planning Outlook

All mountain areas of Britain from Sunday, 17 May, 2026

A mixed but milder outlook. Showery bursts of rain Sunday and Monday, passing eastwards during the daytimes, generally improving afternoons in western areas. By later Monday, strengthening southerly winds and 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 much warmer theme later in the week as higher pressure builds.

Forecast issued at 16:28 on Friday, 15 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.