

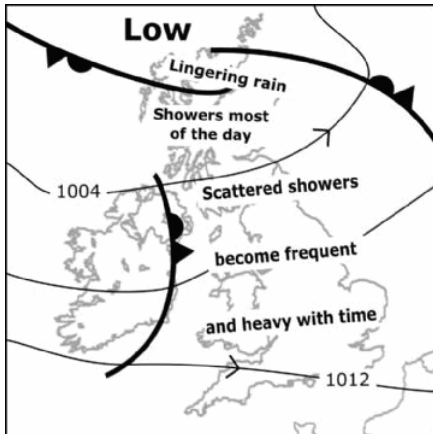
Cairngorms NP and Monadhliath

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 Sunday, 17 May, 2026



British Mountain Summary: Based on forecast chart for noon 17 May, 2026

Scattered showers for most through morning, early low cloud (lowest west) rises to and above many summits for several hours. Showers become frequent and heavy afternoon, risk of isolated lightning and hail; showers most of the day in Scotland. Breezy in exposure, strong gusts near showers, and quite chilly.

Headline for Cairngorms NP and Monadhliath

Afternoon heavy showers, cloud at or above tops; chilly

Detailed Forecast for Sunday, 17 May, 2026

How windy? (On the Munros)	Southwesterly 15-25mph; generally lightest in the east, but also becoming gusty in the afternoon around showers. May trend lighter late in the day.
Effect of wind on you?	Starting to affect comfortable walking on exposed high terrain, particularly in the afternoon during gusty showers; notable wind chill.
How wet? (Precipitation and its impact)	Variable rain early, heavy afternoon showers develop A few early dry hours on far eastern slopes; rain in the west spreads east, trending towards the northern slopes. Then, increasing risk during afternoon of showery bursts forming, becoming heavy and trending northeastwards. Snow or sleet on high tops and rising risk of hail & thunder.
Cloud on the hills?	Rising to high tops with breaks, variable around showers Fragments of cloud from middle slopes up in the morning, substantially lifting to or above the summits, local ragged patches remain near rain but these gradually fading too. Much cloud then above hills, though around showers will drop onto high tops, ragged patches to 800m in places.
Chance of cloud free Munros?	60%
Sunshine? Air clarity (below cloud)	Occasional sun in morning giving way to building cloud, thickest east. Visibility very good, but reduced in showers, risk very poor where over snow-covered summits.
How Cold? (at 900m)	2C rising to 4 or 5C afternoon, mildest north and east Cairngorms, but also sudden cool spells around showers. Feeling below freezing in direct wind.
Freezing Level	1100m early morning, locally lower westernmost hills, a few odd frosts in glens at dawn. Rising just to the highest summits by afternoon and likely above.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 18 May	Tuesday 19 May
How windy? (On the Munros) Effect of wind on you?	South-southeasterly 10-20mph, strongest eastern hills; risk gusts to 25-30mph and likely stronger into night. Fairly small, but locally varied gusty spots may affect comfortable walking at times, risk later more widely blustery.	Southeasterly 35-50mph through morning; gusty early. Later shifting southwesterly and easing towards 30-35mph. Arduous walking with considerable buffeting and wind chill well into the day; effects may ease somewhat.
How wet? (Precipitation and its impact)	Localised showers, risk thunder Possible patchy rain in morning, odd showery bursts forming. Greater risk of clusters of heavy showers by later afternoon, some places may escape dry, but risk isolated thundery downpours.	Rain most of the day Persistent rain from before dawn lingers for several hours into morning. Breaking into a showery regime, though showers frequent and merging into broader areas of rain for periods, most of the rain on southern slopes.
Cloud on the hills? Chance of cloud free Munros?	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%	Fairly extensive Cloud shrouds the hills to low slopes in the morning with patches into the glens. A lifting trend with time, some patchy breaks, perhaps above 1000m north and east of Ben Macdui, but high tops unlikely to clear. 20%
Sunshine? Air clarity (below cloud)	Variable cloud, glimpses of sun, then likely overcast later afternoon. Visibility very good, but reduced in heavier showers.	Overcast and dull. Largely poor visibility, some better moments out of rain in the north.
How Cold? (at 900m) Freezing Level	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.	4 or 5C, rising to 7C, or warmer northern Cairngorms. Feeling like -5 to -10C in direct wind. May be near freezing just on the high tops at dawn, but soon lifting above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 18 May, 2026

A mixed but milder outlook. Showery bursts of rain Monday, passing eastwards; by later Monday, strengthening southerly winds and rain moving into Wales from the southwest. Damp south-southwesterlies then prevail for a few days as mid-week approaches with regular showers, most on western hills where drizzly rain may persist between showers. Expect increasingly wet conditions underfoot, slippery rock surfaces. Also, a risk of isolated hail and lightening in the showers. Indications of high pressure building over the continent later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. This trend may continue into the weekend, though detail currently uncertain.

Forecast issued at 16:04 on Saturday, 16 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.