

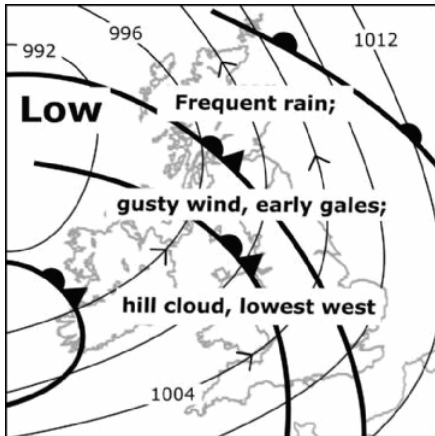
Cairngorms NP and Monadhliath

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 Tuesday, 19 May, 2026



British Mountain Summary:

Based on forecast chart for noon 19 May, 2026

Frequent rain nearly everywhere all day, the rain most persistent west where hill-cloud fills in to low slopes with little improvement. A risk of localised hail and thunder in afternoon showery rain, increasingly wet underfoot, and with slippery rock surfaces. Very windy, gusty gales early including downslope.

Headline for Cairngorms NP and Monadhliath

Frequent showery rain; windy, early gusty gales

Detailed Forecast for Tuesday, 19 May, 2026

How windy? (On the Munros)	Southeasterly 40-55mph through morning; gusty early, downslope gusts up to 60mph briefly. Slowly easing afternoon, and later shifting southerly, to around 25-30mph evening.
Effect of wind on you?	Arduous walking with considerable buffeting and wind chill through morning; strongest gusts will significantly challenge balance. Effects easing afternoon, but walking remains impeded in exposure all day.
How wet? (Precipitation and its impact)	Rain sets in, then afternoon showers Persistent rain from the southwest as sunrise approaches; east Cairngorms dry briefly. Rain spreads widely through morning, heaviest south and west, breaking to showers afternoon, most south and west. Drier windows on north slopes, but wind-blown rain here too. Slippery rock surfaces and becoming wet underfoot.
Cloud on the hills?	Fairly extensive Cloud shrouds the hills to low slopes in the morning with patches into southern glens; may be more broken northwest of Ben Macdui. A lifting trend from midday, patchy breaks to the north, perhaps above 900m north and west of Ben Macdui, but high tops unlikely to clear.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	A few afternoon glimpses of sun north but otherwise overcast. Largely poor visibility, some better moments out of rain in the north.
How Cold? (at 900m)	3 to 5C early, minimal change with added height. Rising to 8C, or warmer northern Cairngorms and towards the Moray Firth. Feeling like -5C, to as cold as -10C in early wind.
Freezing Level	May be near freezing just on the high tops at dawn, but soon lifting well above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 20 May	Thursday 21 May
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 15-20mph through morning, a rising trend, reaching 30-35mph afternoon for several hours. Fairly small in the morning, but deteriorating to strenuous walking in exposure with wind chill.	Southwesterly 30-35mph. Strong gusts over tops and elevated passes, also downslope to the north early, to 45mph. Strenuous walking with buffeting gusts often challenging stability, including downslope early. Feeling cool.
How wet? (Precipitation and its impact)	Patchy rain, later heavy Areas of patchy rain drift from the southwest from before dawn, at times setting in for a few hours, but a few dry spells too (though fine drizzle lingering on tops in cloud). Through afternoon, a rising risk of extended heavy falls, then possibly drier into dusk.	Morning patchy rain, then some drizzle Patchy rain arrives around dawn, affecting most hills for several hours. Rain easing around midday, leaving behind some fine drizzle in cloud clinging to the high Cairngorm plateau, some lower drizzle towards Drumochter.
Cloud on the hills? Chance of cloud free Munros?	Lifting to upper terrain, chance of breaks Extensive to at least the middle slopes from dawn, bases soon lift after sunrise, mostly above 900m by afternoon with some higher breaks, perhaps fleeting breaks off summits, but then returning during rain. Later, may see a greater chance of clear hills. 30%	Fairly extensive early, some afternoon breaks Cloud banks shroud high terrain through morning, variable banks lower, some ragged patches to glen level. Bases lift as rain eases, towards 800-900m, approaching higher terrain north Cairngorms. Some summit breaks north Monadhliath. Rising to 40%
Sunshine? Air clarity (below cloud)	Few glimpses of weak sunshine, greater chance late in the day. Variable visibility, often poor due to rain but some very good windows.	Glimpses of sun north of high Cairngorms where visibility improves, but otherwise overcast with poor visibility.
How Cold? (at 900m) Freezing Level	7 to 9C; may reach 10C northeast Cairngorms. Feeling just above freezing in direct wind. Above the summits.	7 or 8C early, little change with added height. Rising to 11 to 13C, mildest north. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 20 May, 2026**

Damp southwesterlies establish by mid-week; regular periods of rain with only glimpses of sunshine. Wettest on western hills where drizzle may persist between rain and low cloud clings to the hills. Expect slippery exposed rock surfaces and rare (if any) exposed tops in Scotland before the weekend.

Indications of rising pressure later in the week, bringing milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, outbreaks of rain as well, but rising chances of clear hills. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will continue to bring cloud and rain here and there.

Forecast issued at 15:55 on Monday, 18 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.