

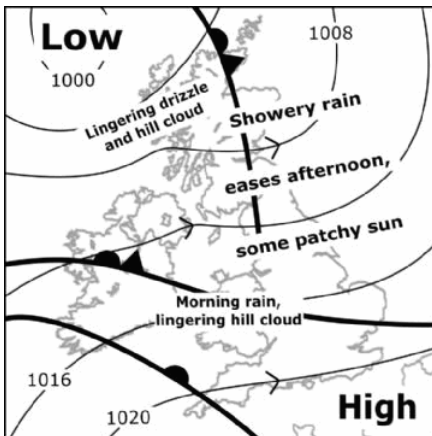
# Cairngorms NP and Monadhliath

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 Wednesday, 20 May, 2026



### British Mountain Summary: Based on forecast chart for noon 20 May, 2026

Windy with strong gusts, briefly lighter early in Scottish Highlands. Morning showery rain and low cloud; improving afternoon as patchy sun breaks out, cloud lifting to high terrain with summit breaks, and most areas substantially dry by later afternoon. Low cloud lingers in Wales and NW Scotland.

**Headline for Cairngorms NP and Monadhliath**  
Becoming windy; patchy rain, mostly clearing evening

## Detailed Forecast for Wednesday, 20 May, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 15-20mph through morning, slightly variable direction. Rising from around midday to reach 30-35mph, and perhaps 40mph over Ben Macdui.
<b>Effect of wind on you?</b>	Fairly small in the morning, but deteriorating to strenuous walking in exposure with marked wind chill; strongest wind over high tops later in the day will challenge balance.
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain, more frequent and heavy afternoon</b> Areas of patchy rain drift from the southwest from before dawn, some dry spells too but fine drizzle lingering on tops in cloud. Through afternoon, a broader area of rain sweeps through, brining several hours of heavier rain, this breaking into patches again and easing into evening.
<b>Cloud on the hills?</b>	<b>Lifting to upper terrain, chance of breaks, best late</b> Extensive to at least the middle south slopes from dawn, may be well-broken north. Bases soon lift, mostly above 800-900m, or higher north, perhaps fleeting summit breaks. A few hours of more cloud during rain, but then cloud breaks up later afternoon to just variable banks on tops.
<b>Chance of cloud free Munros?</b>	<b>30%, 50% as evening approaches</b>
<b>Sunshine? Air clarity (below cloud)</b>	Few glimpses of weak sunshine, increasing sun breaks afternoon into evening. Variable visibility, often poor due to rain but some very good windows, particularly later.
<b>How Cold? (at 900m)</b>	6 to 8C; may reach up to 10C northeast Cairngorms where most sunny. Little rise west Monadhliath, if any. Feeling as cold as -2C in strongest wind.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 21 May	Friday 22 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwesterly 25-35mph. Strong gusts up to 40mph over tops and elevated passes, also downslope to the north. <b>Strenuous walking with buffeting gusts often challenging stability, including downslope early. Feeling cool.</b>	South-southwesterly 30-40mph; gusty, downslope too. Easing, to 20-30mph, staying gusty on tops. <b>Strenuous walking, particularly early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Morning patchy rain, then some drizzle</b> Patchy rain arrives after 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.	<b>Patchy rain, later substantially dry</b> Patchy rain here and there in the morning, this largely fading for dry hills; some risk of spotty rain continuing to affect Monadhliath/west Cairngorms at times.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive early, some afternoon breaks</b> Cloud banks soon shrouds high terrain, variable banks lower, ragged patches to glen level south slopes. Bases lift as rain eases, towards 800-900m, approaching higher terrain north Cairngorms. Some summit breaks north Monadhliath.  <b>Rising to 40%</b>	<b>Tops above cloud early, then covering high terrain</b> Fog banks below 700-800m south Cairngorms and into Strathspey; high tops above cloud; little cloud north of summits. Cloud lifts through morning, largely above 1000m and shrouding tops. Northern slopes only shrouded to 1100m. May break up somewhat.  <b>80% dawn (summits above cloud), lowering to 30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun north of high Cairngorms where visibility improves, but otherwise overcast with poor visibility.	Often cloudy, some sunny glimpses north but weakened by high cloud. Very good visibility where out of fog.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 or 8C early, little change with height. Rising to 11 to 13C, mildest north. Feeling near freezing in strongest wind. Above the summits.	9C rising to 11 or 12C, mildest north Cairngorms. Feeling just above freezing in early wind. Above the summits.

**Planning Outlook****All mountain areas of Britain from Thursday, 21 May, 2026**

Pressure rises as the weekend approaches, facilitating south-southwesterly wind; much milder temperatures arriving, likely warm in England and Wales by the weekend. Blustery wind for a few days, quite gusty too, including to lower slopes early; still feeling chilly on high Scottish tops, and strongest gusts will challenge stability. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Increasingly dry and sunny England and Wales, but always with a risk of cloud and some rain, including early valley mist in sheltered areas.

Higher pressure is indicated into next week as well. Precise detail of the high pressure core remains uncertain - the risk of strong wind and spells of rain possible for most areas, but also extended bright and warm periods too.

**Forecast issued at 16:10 on Tuesday, 19 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.