

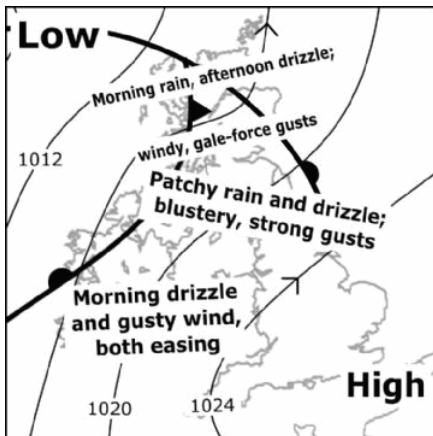
Cairngorms NP and Monadhliath

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 Thursday, 21 May, 2026



British Mountain Summary:

Based on forecast chart for noon 21 May, 2026

Morning rain in Scotland passes north, afternoon drizzle, rain returns in evening to central/west Munros; slick rock surfaces. Early rain soon clears English hills, afternoon drizzle in Lakeland. Morning drizzle in Wales fades, hills increasingly clear. Strong gusty wind too, local gale-force gusts. Warm Pennines and Wales.

Headline for Cairngorms NP and Monadhliath

Morning rain and strong gusty wind; afternoon drizzle

Detailed Forecast for Thursday, 21 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southwesterly 25-35mph at dawn, notable gusts including downslope. Speeds rise for a few hours towards 30-40mph, most powerful gusts may approach 50mph briefly. Settling back towards 25-30mph as afternoon goes.</p> <p>Strenuous walking with buffeting gusts often challenging stability, including downslope early. For several hours, walking more arduous, greater effort needed to maintain stability and notable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Morning patchy rain, afternoon drizzle</p> <p>Patchy rain arrives soon after dawn, affecting most hills for several hours. Rain easing around midday, leaving behind some fine drizzle in cloud clinging to the Cairngorm plateau, some lower drizzle towards Drumochter too. Patchy rain returns for several evening hours, mostly west.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Fairly extensive early, some afternoon breaks</p> <p>Cloud soon shrouds high terrain and lowers, 600-900m, lower south where ragged patches to glen level. Bases lift as rain eases, to 900m and above, higher terrain north Cairngorms, perhaps above 1100m. Some summit breaks north Monadhliath too, but then filling in again central highlands as evening rain starts.</p> <p>30%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Overcast with largely poor visibility through morning, some glimpses of sun breaking out to the north and east where visibility improves; poorest conditions Drumochter towards Braemar.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7 or 8C early, little change with height. Rising to 11 or 12C, mildest north and east slopes of Cairngorms, locally 13C where in sun. Feeling just above freezing in strongest wind.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 22 May	Saturday 23 May
How windy? (On the Munros) Effect of wind on you?	South-southwesterly 30-40mph; gusty, downslope too. Easing, to 20-30mph, staying gusty on tops. Strenuous walking, particularly early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.	Southwesterly 20-30mph, gusts approaching 35mph over high terrain. Some risk of rising speeds later. Walking impeded in exposure most of the day, buffeting gusts affecting balance and walking at times strenuous.
How wet? (Precipitation and its impact)	Patchy rain, later substantially dry 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, and some lingering drizzle in cloud as well.	Rain unlikely Small chance an odd spot of drizzly rain affecting westernmost hills, but likely entirely dry.
Cloud on the hills? Chance of cloud free Munros?	Varied low banks early rising to high terrain Fog banks at various heights southern and western hills at dawn, into glens; northern Cairngorms largely clear, but tops probably covered. Cloud lifts upslope though morning, 800-900m by midday, and further lifting afternoon, mostly above 1100m. Northeast aspects often stay clear. 30%	Variable early, lifting to summits Variable cloud banks, mostly south and west hills in the morning; tops probably shrouded. Cloud lifting and breaking by afternoon, just passing banks on summits, and perhaps largely clear. Rising to 80%
Sunshine? Air clarity (below cloud)	Often cloudy, some sunny glimpses north but weakened by high cloud. Very good visibility where out of fog.	Patchy sunshine, longer windows too, but weakened by high cloud. Excellent visibility.
How Cold? (at 900m) Freezing Level	9C rising to 11 or 12C, mildest north Cairngorms. Feeling just above freezing in early wind. Above the summits.	6 or 7C, rising to 9 or 10C; always mildest east, locally 11C Glen Avon. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 22 May, 2026

Pressure rises into the weekend, facilitating south-southwesterly flow; much milder temperatures arriving, likely warm in England and Wales with wind easing. Staying blustery in north Scotland, gusty too, including to lower slopes early; still feeling chilly on high Scottish tops. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Becoming dry and sunny England and Wales, some early low fog possible, particularly on aspects near the Irish Sea, but this dissipating soon after sunrise.

Higher pressure is indicated into next week as well with hot temperatures: valleys approaching the mid-to-high 20s. Some hill cloud, mostly north and west, but most hills seeing plenty of sunshine. Only rare spots of light rain if any.

Forecast issued at 15:59 on Wednesday, 20 May, 2026

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