

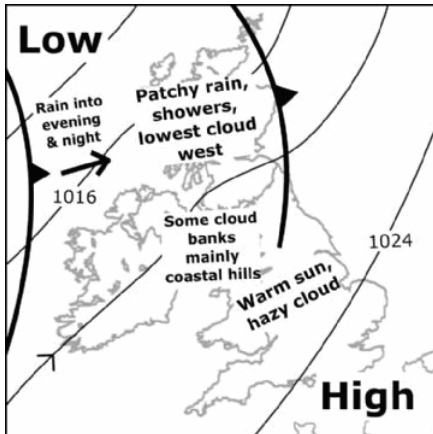
Cairngorms NP and Monadhliath

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 Friday, 22 May, 2026



British Mountain Summary:

Based on forecast chart for noon 22 May, 2026

Scotland; Strong, gusty south-westerly with extensive low cloud and patchy rain and drizzle. Tending to ease off for many hills, with rising cloud bases.

England and Wales: South-west winds, but mostly dry with warm sunshine, some cloud banks, mostly coastal hills.

Headline for Cairngorms NP and Monadhliath

Blustery southwest winds. Hill fog with patchy rain morning. Improving afternoon.

Detailed Forecast for Friday, 22 May, 2026

How windy? (On the Munros)	South-southwesterly 30-40mph; gusty, downslope too. Easing, to 20-30mph, staying gusty on tops.
Effect of wind on you?	Strenuous walking, particularly early, balance affected in gusts including low terrain; feeling chilly. Easing somewhat.
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.
Cloud on the hills?	Fairly extensive morning, rising and breaking afternoon. Fog banks at various heights southern and western hills at dawn, into glens; northern Cairngorms best breaks, 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.
Chance of cloud free Munros?	30% lifting to 60%
Sunshine? Air clarity (below cloud)	Often cloudy, some sunny glimpses north and east but weakened by high cloud. Very good visibility where out of fog and any rain.
How Cold? (at 900m)	9C rising to 11 or 12C, mildest north Cairngorms. Feeling just above freezing in early wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 23 May	Sunday 24 May
How windy? (On the Munros) Effect of wind on you?	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.	South to south-westerly 15 to 30mph, perhaps reaching 40mph some cols and summits at times. Be prepared for blustery conditions, perhaps arduous at times some cols and summits with marked buffeting.
How wet? (Precipitation and its impact)	Rain unlikely Small chance an odd spot of drizzly rain affecting westernmost hills, but likely entirely dry.	Very likely dry Mostly dry, bar the odd spot of rain in the wind; spill over from the west.
Cloud on the hills?	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.	Mostly above tops Persistent banks may cover tops, mainly towards Ben Alder. Otherwise, elsewhere, patches skimming tops at times, but often clear.
Chance of cloud free Munros?	Rising to 80%	70%
Sunshine? Air clarity (below cloud)	Patchy sunshine, longer windows too, but weakened by high cloud. Excellent visibility.	Cloud thinning and breaking to reveal some sun, mostly through high cloud. Visibility mostly very good or excellent.
How Cold? (at 900m) Freezing Level	6 or 7C, rising to 9 or 10C; always mildest east, locally 11C Glen Avon. Feeling near freezing in strongest wind. Above the summits.	10 to 12C, highest in the east. Above the summits

Planning Outlook**All mountain areas of Britain from Saturday, 23 May, 2026**

Pressure builds this weekend, centred over England and Wales where it will be warm and sunny. To the north of the high, a blustery and gusty south-westerly will persist across the Highlands with patchy rain and hill fog, mainly in the west and northwest. Very warm by Sunday and Monday valleys of Wales and England, mid to high 20s. Low 20s glens into southern and eastern Scotland. Next week, high pressure extends over Scotland, cutting of the low cloud and drizzle from northwest Scotland by midweek. Warm sunshine with light winds, still very warm into the valleys of England and Wales, although cooling down later in the week when a gusty easterly may develop for Wales and Pennines.

Forecast issued at 16:04 on Thursday, 21 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.