

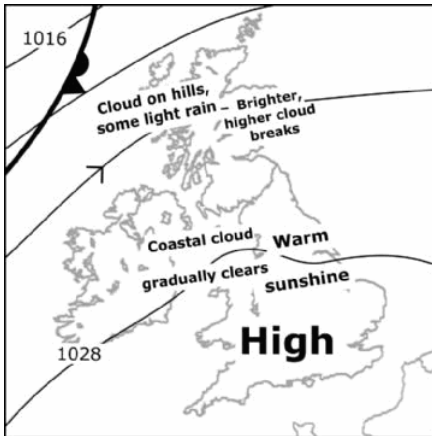
# Cairngorms NP and Monadhliath

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 Saturday, 23 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 23 May, 2026**

Scotland: Gusty south-westerly will feed extensive low cloud and patchy drizzle into the west. Mostly dry for eastern hills where cloud will lift and break off the hills.

England and Wales: Low cloud and local drizzle morning western hills, mainly coasts, but burning off to leave warm sunshine widely.

### Headline for Cairngorms NP and Monadhliath

Blustery, but mostly dry. Varying low cloud morning, mostly clearing by afternoon.

## Detailed Forecast for Saturday, 23 May, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 20-30mph, gusts approaching 35mph over high terrain. Some risk of rising speeds later.
<b>Effect of wind on you?</b>	<b>Walking impeded in exposure most of the day, buffeting gusts affecting balance and walking at times strenuous.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain unlikely</b> Small chance an odd spot of drizzly rain affecting westernmost hills, but likely entirely dry.
<b>Cloud on the hills?</b>	<b>Variable early, lifting to summits</b> 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.
<b>Chance of cloud free Munros?</b>	<b>Rising to 80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine, longer windows too, but weakened by high cloud. Excellent visibility.
<b>How Cold? (at 900m)</b>	6 or 7C, rising to 9 or 10C; always mildest east, locally 11C Glen Avon. Feeling near freezing in strongest wind.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 24 May	Monday 25 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	South to south-westerly 15 to 30mph, perhaps reaching 40mph some cols and summits at times. <b>Be prepared for blustery conditions, perhaps arduous at times some cols and summits with marked buffeting.</b>	South-westerly 20 to 35mph, strongest across the Cairngorm Plateau in the morning. <b>Blustery and gusty, especially across northern hills in the morning with considerable buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Very likely dry</b> Mostly dry, bar the odd spot of rain in the wind; spill over from the west.	<b>Very likely dry</b> Perhaps a little spill over in occasional spots in the wind in the morning. Otherwise, dry.
<b>Cloud on the hills?</b>	<b>Mostly above tops</b>  Persistent banks may cover tops, mainly towards Ben Alder. Otherwise, elsewhere, patches skimming tops at times, but often clear.	<b>Lifting and breaking off the tops</b>  May well be patches of banks capping tops for a time in the morning, especially toward Ben Alder. By afternoon, most cloud breaking above the tops.
<b>Chance of cloud free Munros?</b>	<b>70%</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Cloud thinning and breaking to reveal some sun, mostly through high cloud. Visibility mostly very good or excellent.	Cloud layers thinning and breaking to reveal spells of sunshine. Visibility very good or excellent.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	10 to 12C, highest in the east.  Above the summits	9 to 11C, highest in the east where locally may reach 12C.  Above the summits

**Planning Outlook****All mountain areas of Britain from Sunday, 24 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 with warm sunny weather, cooler in the north and east coast. Still very warm into the valleys of England and Wales with extensive sunshine.

**Forecast issued at 15:08 on Friday, 22 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.