

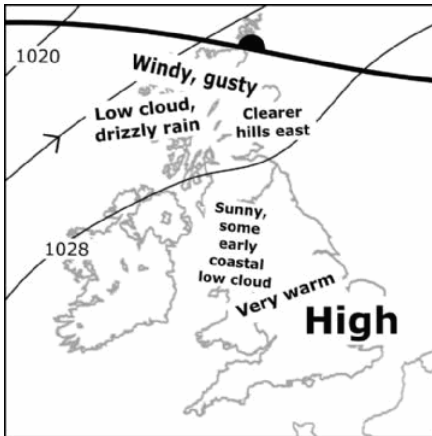
Cairngorms NP and Monadhliath

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 Sunday, 24 May, 2026



British Mountain Summary: Based on forecast chart for noon 24 May, 2026

High pressure bringing dry and warm conditions to England and Wales and southern and eastern Scotland with early patchy hill fog in the west dispersing. Warm or very warm in valleys, beware of sunburn and dehydration. Blustery south-westerly winds will feed low cloud and drizzly rain across northwest Scotland.

Headline for Cairngorms NP and Monadhliath

Blustery and mostly dry. Cloud may cap western tops. Otherwise, mostly clear.

Detailed Forecast for Sunday, 24 May, 2026

How windy? (On the Munros)	South to south-westerly 15 to 30mph, perhaps reaching 35mph some cols and summits at times.
Effect of wind on you?	Be prepared for blustery conditions, perhaps fairly arduous at times some cols and summits with marked buffeting.
How wet? (Precipitation and its impact)	Very likely dry Mostly dry, bar the odd spot of rain in the wind; spill over from the west.
Cloud on the hills?	May persist tops west. Clear in east. Persistent banks may cover tops, mainly towards Ben Alder. Otherwise, elsewhere, patches skimming tops at times, but often clear.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Cloud thinning and breaking to reveal some sun, mostly through high cloud. Visibility mostly very good or excellent.
How Cold? (at 900m)	10 to 12C, highest in the east.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 25 May	Tuesday 26 May
How windy? (On the Munros) Effect of wind on you?	South-westerly 20 to 35mph, strongest across the Cairngorm Plateau in the morning. Blustery and gusty, especially across northern hills in the morning with considerable buffeting.	Westerly 10 to 20mph at first, perhaps 25mph Cairngorm Plateau, but easing to 10mph or less by afternoon. Blustery start, but soon becoming small as the winds ease out.
How wet? (Precipitation and its impact)	Very likely dry Perhaps a little spill over in occasional spots in the wind in the morning. Otherwise, dry.	No rain expected
Cloud on the hills?	Lifting and breaking off the tops 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.	Early cap cloud will clear by midday Patches or caps of cloud over the tops, most widely Ben Alder, but lifting off the tops by midday. Then hills clear through the rest of the day.
Chance of cloud free Munros?	70%	80%
Sunshine? Air clarity (below cloud)	Cloud layers thinning and breaking to reveal spells of sunshine. Visibility very good or excellent.	Sunshine coming through widely, most extensive in the east. Visibility very good or excellent.
How Cold? (at 900m) Freezing Level	9 to 11C, highest in the east where locally may reach 12C. Above the summits	4C at dawn, lifting hour by hour to 8 to 10C by mid afternoon. Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 25 May, 2026**

High pressure dominates this week with early patchy low cloud, mainly coastal hills dispersing to give widespread warm or very warm sunshine, highest temperatures valleys of England and Wales; where into the high 20s Monday and Tuesday Peak District into Wales with high humidity. Chance of well scattered shower development from midweek as a gusty south-easterly develops for western hills. Pressure lowering next weekend into next week.

Forecast issued at 17:17 on Saturday, 23 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.