

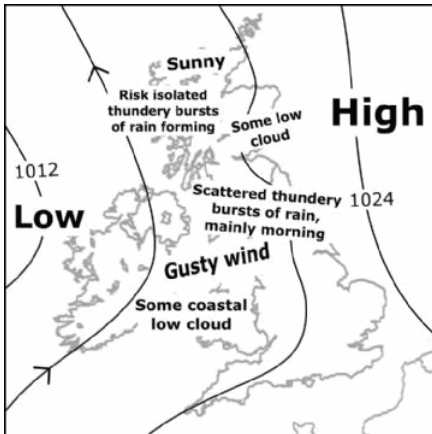
Cairngorms NP and Monadhliath

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, 28 May, 2026



British Mountain Summary:

Based on forecast chart for noon 28 May, 2026

Gusty winds, warm and humid, a mix of strong sun and high cloud - the warmest day this week for the Highlands, but locally low cloud southeast. Northern England starts with a risk of thunderstorms, but clearing. An isolated thunderstorm possible for Highlands, mainly NW later. Low cloud near west coast of Wales.

Headline for Cairngorms NP and Monadhliath

Varied, local gusty wind. Very warm sun, some low cloud south.

Detailed Forecast for Thursday, 28 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>South or southeasterly 15-25mph, lowest toward Monadhliath in morning, but local 30-35mph eastern Cairngorms, tending to more widely increase to gusty 30mph. Then SW'ly into night, rising to 40mph.</p> <p>Varied early in day, blustery mainly eastern areas, but widely increasingly blustery, some buffeting gusts affecting ease of walking and balance on exposed terrain.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Largely dry</p> <p>Substantially dry all day, but odd spots or an isolated brief burst of rain possible from thicker high cloud in places, mainly middle of day into afternoon. Into night, showery rain locally, mainly west, chance isolated thunder.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Early banks southern hills dispersing</p> <p>Banks of low cloud from dawn into early morning, mostly southern areas; higher tops above 1100m near or above cloud in places, but then drifts upslope and largely disperses by middle of day, some patches may linger in east. Into night, cloud banks develop widely.</p> <p>80%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Sun best in north early in day, thin high cloud tending to thicken during the day from the south, but may leave hazy sun. Beware sunburn and dehydration. Visibility starting very good, but some misty slopes in south/east; increasing general haze.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>10 to 12C (some slopes start cooler near 7C if in cloud), rising to 14 to 16C, warmest north & west Cairngorms NP afternoon, humid. (Local 27C around Strathspey afternoon). Feeling cooler in exposure to wind.</p> <p>Well above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 29 May	Saturday 30 May
How windy? (On the Munros) Effect of wind on you?	Southwesterly 40 to 50mph, to 60mph at least in gusts higher Cairngorms. Challenging walking conditions, difficult high tops; frequent buffeting knocking you off balance. Considerable wind chill.	South to southwesterly 25 to 40mph, may reach 50mph at least in gusts higher Cairngorms. Strenuous walking conditions on exposed terrain, more frequent buffeting higher up. Considerable wind chill.
How wet? (Precipitation and its impact)	Intermittent rain, showers Rain on and off in western areas for a few hours, mainly morning, most persistent near Ben Alder. Some showery rain drifting eastwards through the day.	Rain moves in from west Largely dry start, possibly much of morning, but rain encroaching in from west likely to develop more persistently with time, some heavier rain southwest Cairngorms afternoon. Less northeast.
Cloud on the hills?	Often capping high tops, breaks east Covering high tops fairly frequently toward western side of Cairngorms above 1000m, some lower patches in rain. Breaks higher up more common eastward.	Forming over tops from west Many mountains clear in the morning, bar odd patches. Cloud banks forming onto higher slopes from the west, filling in above 900-1000m as rain develops, though northeastern hills may maintain breaks.
Chance of cloud free Munros?	30%	80% dropping to 20% later
Sunshine? Air clarity (below cloud)	Largely cloudy, occasional sun mostly eastern hills. Visibility good below cloud.	Occasional sun in morning mainly east before high cloud builds. Visibility very good, reducing in rain.
How Cold? (at 900m) Freezing Level	6 to 8C. Wind chill feeling like -7C on high tops. Above the summits.	7C rising to 9C afternoon. Wind chill feeling like -2 to -5C on tops. Above the summits.

Planning Outlook**All mountain areas of Britain from Friday, 29 May, 2026**

Gale or near-gale force southwesterlies on Friday for the Highlands, strongest toward the northwest, where accompanied by rain, drizzle and low cloud. Nearer average temperatures for all into the weekend onward as changeable southwesterlies prevail - a generally unsettled theme is expected during the first ten days of June with lower pressure dominating. Frontal systems come in from the Atlantic - rain, drizzle and low cloud most common on western coastal mountains, but showery days are likely more widely at times, possibly rain more widely further south later in week. Wind speeds will vary, but reaching gale force on mountains for periods.

Forecast issued at 16:15 on Wednesday, 27 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.