

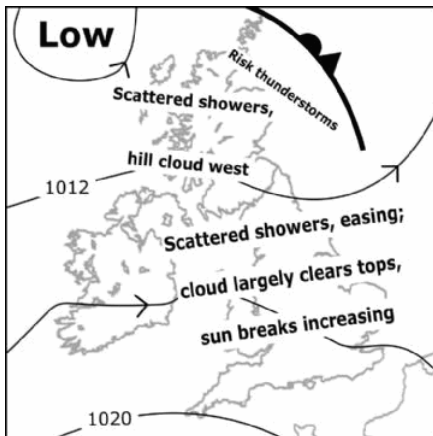
Cairngorms NP and Monadhliath

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, 31 May, 2026



British Mountain Summary:

Based on forecast chart for noon 31 May, 2026

Showers in Scotland, most frequent west where hill cloud will linger; clearer east, cloud caps around showers. Early showers and hill cloud England and Wales, cloud lifts to just passing caps Scafell and Yr Wyddfa, sun bursts breaking out and showers largely fade. Moderate breeze, occasional stronger gusts high tops.

Headline for Cairngorms NP and Monadhliath

Scattered showers; early low cloud largely clears tops

Detailed Forecast for Sunday, 31 May, 2026

How windy? (On the Munros)	West-southwesterly 15-20mph, some stronger gusts over high Cairngorms early in the day, and may later more often reach 25mph over the high plateau.
Effect of wind on you?	Fairly small, ease of walking sometimes affected over the high Cairngorm plateau, notably early and later in the day.
How wet? (Precipitation and its impact)	Showers, dry windows from midday Morning showers, and perhaps a few hours of heavier, more persistent rain early. Breaking into only scattered showers afternoon, extended dry windows. Some risk of heavy rain with thunder in the far northeast Cairngorms, some evening showers from the west too.
Cloud on the hills?	Lifting to high summits with breaks Variable banks of cloud above 700m in the morning, some lower patches south; east Cairngorms clearer, particularly north, which may see little if any. Cloud largely lifts above the summits by afternoon, only passing caps on Ben Macdui and nearby high tops, and increasingly clear.
Chance of cloud free Munros?	Rising to 70%
Sunshine? Air clarity (below cloud)	Early cloud breaks in to a patchwork of sunshine. Excellent visibility away from showers.
How Cold? (at 900m)	7C rising to 9C, may reach 10C eastern Cairngorms/Deeside.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 1 June	Tuesday 2 June
How windy? (On the Munros) Effect of wind on you?	Westerly before dawn, soon shifting south-southeasterly 10-15mph, strengthening to 15-20mph afternoon, Fairly small, but notably breezy on high exposed tops in the afternoon.	West-southwesterly 10 to 20mph, but may be variable low speeds at times. Mostly small.
How wet? (Precipitation and its impact)	Some patchy rain A few spots of patchy rain drifting from the southwest as the day gets going, likely more frequent through the afternoon, but rainfall totals likely small until late when rain may become more frequent.	Showers, becoming heavy, thundery Scattered showers in morning developing more widely into afternoon, some heavier bursts, risk of a localised thunderstorm, mainly toward east-northeast later. Possibly some more persistent rain.
Cloud on the hills? Chance of cloud free Munros?	Mostly clear morning, deteriorating afternoon Scattered patches mostly above 1000m in the morning, likely lifting off the summits for several hours. As afternoon goes, bases lower to summits, further lowering to finish near 800m southern slopes. Staying clearer north, little cloud onto Monadhliath. 80% lowering to 20%	Varied over tops, some breaks Patchy cloud banks over hills in morning, becoming confined to upper slopes with breaks to tops. Around showers, cloud lowering over hills, varied ragged patches. 50%
Sunshine? Air clarity (below cloud)	Patchy morning sun, gradually weakened by high cloud, overcast by late afternoon. Excellent visibility.	Glimpses of sun, though possibly often cloudy. Visibility very good, reduced in showers.
How Cold? (at 900m) Freezing Level	6C rising to 9 or 10C, mildest N Cairngorms towards Moray Firth where may reach 11C. Above the summits.	8C up to 10C afternoon. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 1 June, 2026

An unsettled week ahead with low pressure facilitating periods of rain, showers, and a strengthening wind, as well as cooler temperatures. Rain spreads across most areas from the southwest on Monday, followed by showers on Tuesday, these showers perhaps turning into thunderstorms in central and east areas. The only settled window this week overnight into Wednesday, then more rain soon arrives from the west through Wednesday morning, spreading widely and with it gales likely over most hills as well except the far north of Scotland. Thursday and Friday remain showery and windy, nearly persistent rain and extensive low cloud northwest England and west Scotland, a few breaks in the east but showers always most widespread afternoon and even smaller hills seeing cloud over summits for periods.

Forecast issued at 16:10 on Saturday, 30 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.