

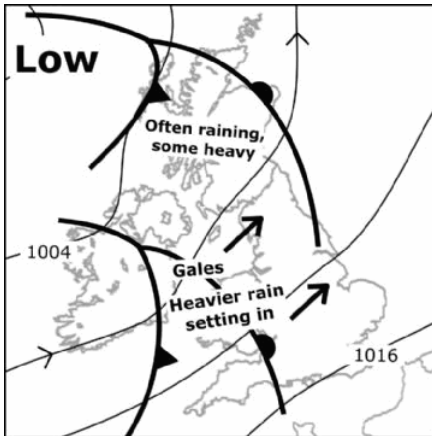
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Monday, 1 June, 2026



British Mountain Summary:

Based on forecast chart for noon 1 June, 2026

Rain affects all areas during the day, some heavy falls widely, most constant in Wales. Low cloud across the hills, blanketing to lower slopes in west coastal areas. South-southwest winds, varied in Scotland, but stronger England and particularly Wales, here gales over tops. Fairly mild air, but feeling cooler in wind.

Headline for Cairngorms NP and Monadhliath

Breezy over tops. Rain on and off, patchier north.

Detailed Forecast for Monday, 1 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Soon southerly from dawn, 15mph or less at first increasing to 20-25mph in morning, up to 30mph high tops for a time, then lessening a little from southwest afternoon into evening.</p> <p>Some variation during day, at times fairly small, but gustier spots affecting comfortable walking for a few hours on exposed high ridges and tops.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain develops, most persistent south</p> <p>Spots of patchy rain extend northward early morning, but often dry for a few hours. Rain developing from the southwest during morning becomes more persistent widely into middle of day, continuing on and off through the afternoon, some heavier, most persistent southern areas.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Patchy at first, becoming fairly extensive, lowest toward south</p> <p>Scattered patches mostly above 1000m in the morning, breaks best in north. Cloud lowering and filling in over southern hills in morning to 700-800m, with time becoming more widespread, lowest bases always toward south, at times to 600m. Some breaks above 900m north Cairngorms to Monadhliath.</p> <p>70% lowering during morning to 20%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Any early weak sun giving way to mostly overcast skies.</p> <p>Visibility very good where dry and below cloud, but reducing to poor where rain becomes more persistent.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>6C rising to 9 or 10C, mildest N Cairngorms where may reach 11C.</p> <p>Feeling near -5C directly in the stronger wind over high tops in morning.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 2 June	Wednesday 3 June
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 10 to 20mph, but may be variable low speeds at times. Mostly small.	South-southwesterly 25 to 40mph, chance of increasing further during day, possible 50mph higher Cairngorms at least. Very blustery, strenuous walking in exposure, buffeting gusts on ridges and tops. Considerable wind chill.
How wet? (Precipitation and its impact)	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.	Rain develops mostly south Patchy rain extends in from the southwest, may become fairly persistent from Ben Alder to southern Cairngorms, but smaller amounts northeastward.
Cloud on the hills? Chance of cloud free Munros?	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%	Lowest southern Cairngorms NP Fairly extensive above 700-900m southern areas, but may be higher early in day. Higher cloud base northward, mostly above 900m, some higher breaks. 20% south, to 40% north.
Sunshine? Air clarity (below cloud)	Glimpses of sun, though possibly often cloudy. Visibility very good, reduced in showers.	Glimpses of sun mainly north and east of Cairngorms. Visibility good below cloud, reduced around rain.
How Cold? (at 900m) Freezing Level	8C up to 10C afternoon. Above the summits.	6 or 7C, slight rise afternoon. Wind chill feeling like -5 to -8C. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 2 June, 2026**

An unsettled spell through early June, possibly through the first two weeks, as low pressure over the north Atlantic and southwesterly winds dominate. Periods of rain mixed with showery days widely - the most constant rain over western mountains with low cloud often shrouding the hills. Wind speed will vary, but up to gale-force for periods over the hills, mostly in Scotland by later this week. Higher pressure to the south tends to expand across and just east of Britain later in the week, bringing some drier weather, but western hills even in England and Wales may remain often misty and drizzly. Temperatures near average, cooler at times. Mid June onward shows signs of drier and warmer weather.

Forecast issued at 16:00 on Sunday, 31 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.