

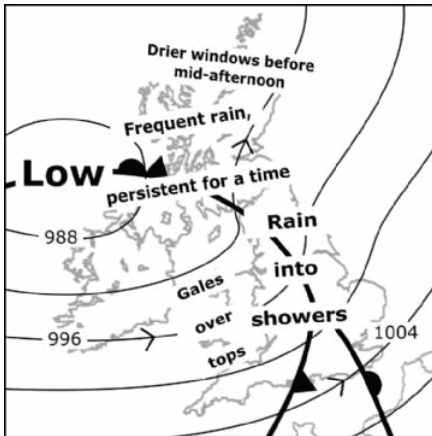
# Cairngorms NP and Monadhliath

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 Wednesday, 3 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 3 June, 2026**

A band of rain sweeps across the country bringing several hours of persistent rain and extensive fog: first in Wales, then England and much of Scotland by early afternoon. Breaking to frequent showers, risk isolated lightning. Very windy England and Wales, gales over Wales summits.

### Headline for Cairngorms NP and Monadhliath

Rain on and off morning; foggy and often raining afternoon

## Detailed Forecast for Wednesday, 3 June, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>South-southwesterly at dawn 15-20mph, trending southerly and strengthening towards 15-25mph. Shifting southeasterly briefly afternoon, tops speeds to 30mph over high tops.</p> <p><b>Fairly small at first, ease of walking becoming affected in exposure, a risk of more strenuous conditions with notable wind chill for a few afternoon hours.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Raining most of afternoon, persistent south</b></p> <p>Patchy rain extends in from the southwest in morning, dry windows for several hours. Through afternoon, becoming increasingly persistent from Ben Alder to southern Cairngorms, patchier near Glenmore to north Monadhliath, but odd heavy bursts, and likely widely persistent for a few hours.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Varied banks early, more extensive afternoon</b></p> <p>Cloud banks come and go above 800-1000m through morning in showery rain, then filling in fairly extensively above 700-900m southern areas afternoon; higher cloud base northward, mostly above 900m, some higher breaks, including Monadhliath summits. Ragged patches lowering in rain.</p> <p><b>50% morning, lowering to 20% south, to 40% north.</b></p>
<p><b>Sunshine?</b></p> <p>Air clarity (below cloud)</p>	<p>Bursts of sunshine through morning, overcast for several afternoon hours, perhaps some northern sunny glimpses late in the day.</p> <p>Visibility good below cloud, reduced around rain, becoming poor south.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>6 or 7C, slight rise afternoon, most northern slopes reaching 8C.</p> <p>Feeling near freezing in strongest wind.</p> <p>Above the summits.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 4 June	Friday 5 June
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Variable early, 15-20mph and often less. Turning southwest then westerly 25-35mph, strongest south. <b>Small to small effects early in day, but becoming more blustery, affecting comfortable walking. Marked wind chill.</b>	Westerly 25-30mph, stronger gusts over tops at dawn. Easing to 15-20mph, shifting slightly southwesterly. <b>Ease of walking impacted through morning with notable wind chill, some buffeting in exposure; later fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Bursts of rain increasingly, risk lightning</b> Scattered showery rain early, broader heavier bursts of rain into midday hours, merging into more constant falls, thundery downpours during the afternoon and into evening, greatest risk far east.	<b>Patchy rain</b> A band of moderate rain from before dawn soon passes north after sunrise, followed by patchy rain from the west much of the day, perhaps a drier window around midday. Rain will be mostly light.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Most extensive in rain</b>  Varied patches in the morning, becoming mostly confined to upper slopes, brief breaks toward north and east. Lowering during and after rain, covering tops, ragged patches from forest canopies up.  <b>40%</b>	<b>Lifting to high tops, regularly clearing</b>  May be fairly extensive above 1000m just at dawn (and before), but soon breaking up as morning gets going and bases lifting to just the high Cairngorm plateau, the tops largely clear except for a few passing caps over the high tops.  <b>Rising to 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A little weak sun mainly morning. Visibility good for a time below cloud, reduced in rain, occasionally poor.	Patchy sunshine, perhaps sunnier for a few hours around midday. Excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, may rise to 8C; dropping overnight. Feeling close to freezing in wind, near -3C if exposed to stronger Above the summits.	4C to start, rising to 5C, perhaps 6C north Cairngorm slopes. Feeling like -5C in strongest wind. Above the summits.

## Planning Outlook

### All mountain areas of Britain from Thursday, 4 June, 2026

An unsettled spell this week with low pressure over the north Atlantic and west-southwesterly winds dominating. Periods of rain mixed with showery days widely - the most constant rain over western mountains with low cloud often shrouding the hills; bases will typically lift somewhat afternoon. Wind speed will vary, but up to gale-force for periods over the hills this week. Temperatures near average, cooler at times. A brief brighter window Friday afternoon, then unsettled again over the weekend, though detail is currently uncertain. Next week is probably unsettled as well, at least in the north, but higher pressure south of the UK may bring drier and brighter periods to Wales and south Pennines. Scotland remains often blustery and wet, and perhaps chilly, risk briefly freezing on highest tops.

### Forecast issued at 15:39 on Tuesday, 2 June, 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.