

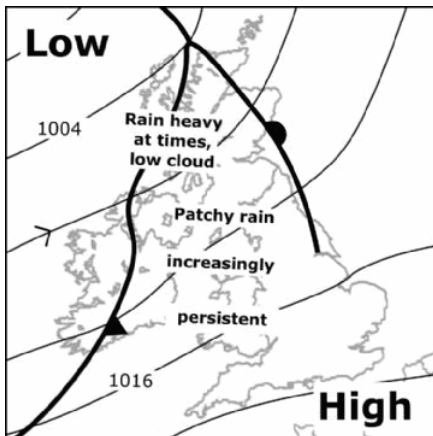
# Cairngorms NP and Monadhliath

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, 7 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 June, 2026**

Scotland: Strong and gusty south-westerly winds will drive hill fog and frequent rainfall across western mountains, setting in during afternoon. Rainfall patchier across eastern hills with higher bases. England and Wales: Windy with patchy light rain onto western hills, becoming more widely damp or wet through the day.

### Headline for Cairngorms NP and Monadhliath

Blustery with patchy rain, becoming more frequent in the afternoon. Chilly.

## Detailed Forecast for Sunday, 7 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly 30-35mph most of the day, some variability above and below this range, strongest afternoon hours.
<b>Effect of wind on you?</b>	<b>Strenuous walking in exposure most of the day with wind chill, risk arduous periods with balance challenges.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain becomes more frequent</b> Patches of rain drifting from the southwest, mostly light in nature, driest on northern slopes to the east. Rain becomes more frequent and heavy from midday, the most extensive falls south and west.
<b>Cloud on the hills?</b>	<b>Lifting to high terrain</b> Banks of cloud at varied heights in the morning, mostly from 600m upward, soon beginning to lift with lower banks dissipating through morning to banks over terrain above 1000-1100m. May deteriorate somewhat in the west later.
<b>Chance of cloud free Munros?</b>	<b>30% lifting to 60%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Patchy sun through high cloud, becoming increasingly weakened. Variable visibility, very good for periods out of cloud.
<b>How Cold? (at 900m)</b>	7 or 8C, rising slightly, chance 10C northeast of high Cairngorms. Feeling below freezing in strongest wind.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 8 June	Tuesday 9 June
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 20 to 30mph, may increase further at times over high Cairngorms.  <b>Feeling blustery, starting to affect comfortable walking and a noticeable chill on exposed high terrain.</b>	Southwesterly 10 to 15mph, but by afternoon lifting to 15 to 25mph. Highest for southern tops.  <b>Mostly small, but marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain increasingly</b> Broadly showery, heavier bursts of rain most widely during the afternoon, risk isolated thunder, later particularly more northeastern areas.	<b>Showers developing widely</b> Isolated showers west at first, otherwise dry. However, showers developing to become widespread PM. Risk thunder. Some hail. Wet snow at times tops.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Often capping high tops</b>  Varying cloud banks over upper slopes, mostly above 900m, some higher breaks best in the north and east, but ragged patches lower in showers.  <b>40%</b>	<b>Occasional over upper slopes</b>  Hills may be clear at times. However in showery rain, patches or banks forming; mainly above 800-1000m, but varying in extent in and out of showers.  <b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.	Patches of sun, most frequent eastern hills. Visibility very good, but sometimes poor in showers.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	4 or 5C. Feeling like -5C directly in the wind.  Above the summits.	3 or 4C  1300-1400m

## Planning Outlook

### All mountain areas of Britain from Monday, 8 June, 2026

The unsettled period of weather will persist over the coming week with low pressure area centres tracking just to the northwest of Scotland, allowing south-westerly winds to prevail. Rainfall often showery in nature, but coming in frequently to western mountains with the greatest falls for western Scotland. Chilly and windy at times; freezing level touching highest tops Scotland on Tuesday and Wednesday, when showers will fall as snow over the tops. Temperatures trending milder again next weekend, pressure may begin to rise in the south to give drier weather more widely.

### Forecast issued at 16:46 on Saturday, 6 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.