

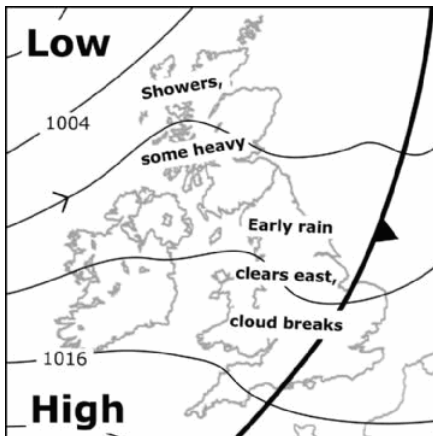
Cairngorms NP and Monadhliath

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 Monday, 8 June, 2026



British Mountain Summary:

Based on forecast chart for noon 8 June, 2026

Early rain across England and Wales, and perhaps eastern Scotland, soon clears eastwards. Following on, a south-westerly with scattered showers: risk of afternoon thundery ones northeast Scotland. Fewer showers and turning much brighter for England and Wales with hills becoming mostly clear.

Headline for Cairngorms NP and Monadhliath

Blustery and chilly, with scattered showers forming. Risk isolated thunder afternoon.

Detailed Forecast for Monday, 8 June, 2026

How windy? (On the Munros)	Southwesterly 20 to 30mph, may increase further at times over high Cairngorms.
Effect of wind on you?	Feeling blustery, starting to affect comfortable walking and a noticeable chill on exposed high terrain.
How wet? (Precipitation and its impact)	Scattered showers, risk local thunder. Any early rain from overnight, soon clears east after dawn. Then dry for a time, before showers develop; some heavy ones during the afternoon, risk isolated thunder.
Cloud on the hills?	Lifting off tops, patches reform in rain. Varying cloud banks over upper slopes from dawn, mostly above 900m, but some ragged patches possible lower down, mainly southern areas. Through morning, bases rising, to become mostly above tops. Some patches tops in showers.
Chance of cloud free Munros?	40% lifting to 80%
Sunshine? Air clarity (below cloud)	Bursts of sunshine. Visibility becoming mostly very good, but poor in any showers.
How Cold? (at 900m)	4 or 5C. Feeling like -5C directly in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 9 June	Wednesday 10 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 10 to 15mph, but by afternoon lifting to 15 to 25mph. Highest for southern tops. Mostly small, but marked wind chill.	West to south-westerly 10 to 15mph, highest from Ben Alder over to Drumochter where up to 20mph at times. Mostly small, but marked wind chill where exposed to the strongest breeze.
How wet? (Precipitation and its impact)	Showers developing widely Isolated showers west at first, otherwise dry. However, showers developing to become widespread PM. Risk thunder. Some hail. Wet snow at times tops.	Showers forming widely, risk thunder. Mostly dry start. Then showers will move in and also develop further across the area to become widely showery in afternoon, hail and thunder, sleet tops.
Cloud on the hills?	Occasional over upper slopes 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.	Forming on tops in rain May well be often clear in the morning, but as showers develop widely, banks may well lower onto higher terrain above 800m and linger for a while.
Chance of cloud free Munros?	70%	50 to 70%, highest morning before showers.
Sunshine? Air clarity (below cloud)	Patches of sun, most frequent eastern hills. Visibility very good, but sometimes poor in showers.	Best sun early in day, before skies tend to fill in with cloud by late morning. Visibility very good, but poor in afternoon showers.
How Cold? (at 900m) Freezing Level	3 or 4C 1300-1400m	3 to 5C, chilliest in the morning. 1200-1300m morning, lifting above highest tops afternoon.

Planning Outlook**All mountain areas of Britain from Tuesday, 9 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 may fall as wet snow at times over the tops. Temperatures trending warmer again next weekend, as pressure is likely to rise from the south to give drier weather more widely.

Forecast issued at 16:25 on Sunday, 7 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.