

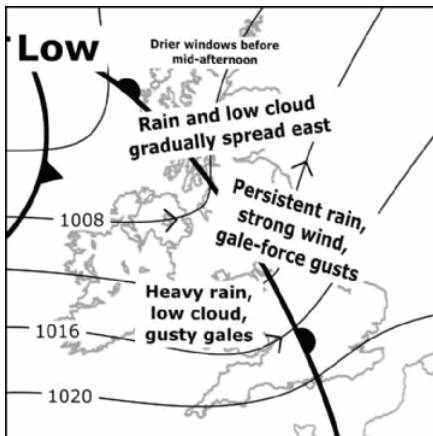
# Cairngorms NP and Monadhliath

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 Thursday, 11 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 11 June, 2026**

Persistent rain onto western hills from dawn, soon spreading widely. Murky with heavy falls, extended heavy falls west Wales. Very windy England and Wales, gale-force gusts, strongest Wales. Rain and strong wind slower to reach north and east Scotland though blanket low cloud fills in.

### Headline for Cairngorms NP and Monadhliath

Persistent rain southwest, patches spread east; blustery

## Detailed Forecast for Thursday, 11 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly shifting southerly 15-25mph; some variability, but also gusty over high tops, reaching 30mph or stronger for periods. Later trending westerly into evening, strengthening to sustained 30-35mph.
<b>Effect of wind on you?</b>	<b>Fairly small in places, but some more blustery and gusty areas around higher mountains, at times affecting stability. Marked wind chill. Probably starting to deteriorate later in the day.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain most persistent southwest</b> Rain soon spilling in from the southwest, soon persistent with heavy falls southern Cairngorms to Ben Alder, also Monadhliath. Patchier toward northeast where may stay largely dry until late morning, but then a rising risk of patches spreading more widely afternoon and evening.
<b>Cloud on the hills?</b>	<b>Increasingly extensive</b> Varied cloud banks filling in soonest over more southern hills, but becoming extensive, with time shrouding most hills above 700-900m, lower at times in south. Northeastern Cairngorms may start largely clear but only briefly.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Largely cloudy, dull southwest, some brighter skies north/east to start the day. Visibility good where dry, but poor in rain.
<b>How Cold? (at 900m)</b>	4C at dawn, rising to 6 or 7C afternoon, locally 8C northern Cairngorm slopes. Feeling increasingly cool in direct wind, later to -3C.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 12 June	Saturday 13 June
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	West or southwesterly, 25 to 40mph. Trending towards higher speeds late in the day. <b>Strenuous walking where exposed over high terrain, some buffeting gusts starting to affect balance. Marked wind chill.</b>	Westerly 40-50mph, shifting northwesterly later. Speeds likely vary though the day, strongest sustained winds east later. <b>Arduous or difficult walking over the high tops with significant wind chill. Maintaining stability requires sustained effort.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional drizzly showers west</b> Drizzly showers most common near and west of the A9, fewer and generally brief further east, and more often dry Deeside; some risk showers spreading further east later afternoon.	<b>Rain, mostly afternoon</b> Rain drifting from the northwest for much of the day, some more persistent falls possible near and west of Ben Macdui for periods. Drier Deeside until afternoon when rain spreads more widely for several hours.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Most persistent southwestern hills</b>  Cloud banks most frequent over hills near Drumochter, mostly above 700-800m. Some cloud capping high tops fairly widely, often above 900-1000m, with breaks to tops more often northeast areas.  <b>30% southwest, to 50% northeast.</b>	<b>Mostly high terrain, later more extensive</b>  Cloud banks likely shroud the high Cairngorm plateau most of the day, some variability northern slopes where may reach to 800-900m. May fill in more extensively for several afternoon hours to at least 700m, or lower north slopes.  <b>30%, probably deteriorating</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, glimpses of sun mainly eastern areas. Visibility good below cloud, reduced at times in rain.	Glimpses of sunshine, best sun towards Deeside, but later more extensively cloudy. Very good visibility out of cloud and rain, but notably variable.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6C rising to 8C afternoon. Feeling like -5C where exposed to wind on higher Cairngorms. Above the summits.	5 or 6C, rising to 7C. Feeling as cold as -5C in direct wind. Above the summits.

## Planning Outlook

### All mountain areas of Britain from Friday, 12 June, 2026

Damp westerly breezes on Friday will cloak most mountains in cloud and some drizzle, better conditions eastwards. Cool and strong westerlies persist in Scotland on Saturday, then warmer with lighter winds by Sunday. Some patchy rain remaining in west and northwest Scotland over the weekend. Pressure tends to rise from the south this weekend, bringing warmer air and drier conditions to England & Wales, although west coast mountains may hold onto cloud. Into next week, a mixed southwesterly pattern remains, windy at times with periods of rain, drizzle and low cloud most persistent in the west. Warmest in England and Wales, but cooler westerly air likely returns at times mid-late week. Higher pressure then shows more signs of expanding over the country by late next week bringing improving conditions.

### Forecast issued at 15:56 on Wednesday, 10 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.