

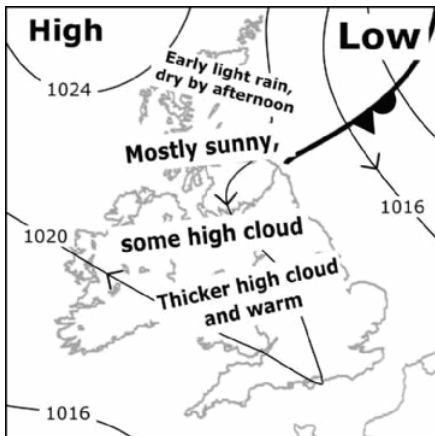
Cairngorms NP and Monadhliath

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, 14 June, 2026



British Mountain Summary:

Based on forecast chart for noon 14 June, 2026

Some early drizzle and patchy light rain in northern Scotland fades by afternoon. Elsewhere dry all day and often sunny though some high cloud weakening sun in places; sun may be more patchy east Scotland and later northern England. Warm southern Pennines and Wales. Light wind, though starting blustery in east Scotland.

Headline for Cairngorms NP and Monadhliath

Light patchy rain early, dry afternoon with sun; early wind eases

Detailed Forecast for Sunday, 14 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly 20-30mph early, strongest east where gusting 35-40mph in the early morning hours. Shifting northerly and largely 20mph over tops by early afternoon, and later 10-15mph; always windiest east.</p> <p>Blustery on the high tops in the morning, early gusts in the east will challenge stability with a notable wind chill. Easing, to mostly small effects by later afternoon.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Light patchy rain fades</p> <p>Some fine drizzle over the Cairngorm plateau in the morning with patches of rain drifting from the north; a few brief heavier falls may affect high northern slopes. A fading trend, the hills likely entirely dry by mid-afternoon.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Lifting to high terrain, breaking up later</p> <p>Most terrain above 900m shrouded at dawn, patchy lower banks to 600-700m northern Cairngorms and Monadhliath. Cloud bases rises with time, south Cairngorm slopes soon largely clear, banks cling to summits and high northern slopes until afternoon, but then breaking up later afternoon.</p> <p>30%, rising to 80% later afternoon</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Patchy sun on south slopes; northern slopes may be slow to see substantial sun breaks, but more widely sunny later afternoon.</p> <p>Very good visibility.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>5C rising to 9C, or to 10C slopes near Drumochter; slopes near and north of Ben Avon only rising to 8C.</p> <p>Feeling below freezing in early wind, but wind chill eases.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 15 June	Tuesday 16 June
How windy? (On the Munros) Effect of wind on you?	Variable less than 10mph, orienting south-southeasterly and rising to 10-15mph evening. Negligible.	Southerly 10-20mph, trending higher with time, tops speeds up to 30mph over high Cairngorms afternoon. Fairly small for a time, but increasingly blustery, walking becoming impeded in exposure and feeling chilly.
How wet? (Precipitation and its impact)	Little or no rain Odd spots of drizzly rain may drift from the north just at dawn, but the Munros otherwise dry until some well-scattered patches approach from the southwest as night falls.	Patchy rain on and off Patchy rain from the southwest affecting hills in the morning, a drier window likely but some light patches may continue to drift into southern areas (notably Deeside). Later, a risk of more frequent falls.
Cloud on the hills? Chance of cloud free Munros?	Likely lifting to or above tops Detail uncertain, but banks of cloud at various heights in the morning, locally extensive, high tops probably covered, and some fog in glens and corries as well. Cloud lifts, isolating to high terrain, some breaks to tops, but banks also returning from the south. 50%	Extensive, local improvement Terrain above 900m probably shrouded all day, Drumochter to Deeside shrouded to 500-600m. Some rise afternoon, perhaps some higher breaks northernmost slopes, but then returning widely extensively into evening. 10%
Sunshine? Air clarity (below cloud)	Broken cloud, some extended sunny periods, high cloud building later. Very good visibility.	Largely overcast, a few brighter moments possible north. Poor visibility on high terrain due to fog, better under cloud.
How Cold? (at 900m) Freezing Level	3 to 5C at dawn, coolest Ben Avon, rising to 8 to 10C, always coolest east; cooling, but a milder night than recently. Above the summits.	6C rising to 9C, or 10C northern Cairngorm slopes. Feeling just above freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 15 June, 2026

Through Monday, cloud will return from the southwest and bring some patchy rain with it. From Tuesday onward, a variable southwesterly will dominate through at least mid-week. Windy at times with periods of rain, drizzle and low cloud most persistent in the west; Tuesday into Wednesday is likely a wetter and unsettled period, with the unsettled weather lingering well into Wednesday in Scotland. Warmest in England and Wales, but may stay cooler in Scotland as low pressure to the northwest recycles air from the north Atlantic back onto the Munros. Pressure generally trending higher later in the week, centred southeast of England, but low pressure to the west of Ireland will prevent any extended settled periods with more windy, wet weather at times next weekend; temperatures likely become more widely warm.

Forecast issued at 15:52 on Saturday, 13 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.