

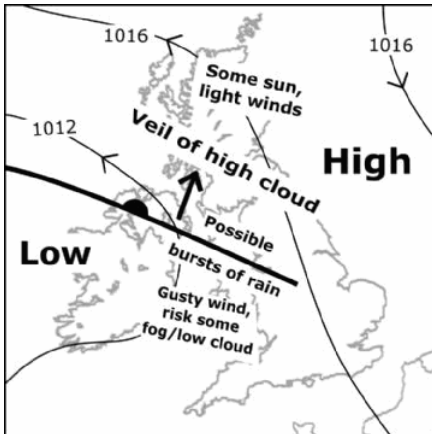
Cairngorms NP and Monadhliath

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, 15 June, 2026



British Mountain Summary:

Based on forecast chart for noon 15 June, 2026

A largely dry day for the Highlands, light winds inland and north, some sun, but a layer of cloud increasingly covers the sky from the south, later some rain moving into coastal areas. A little rain for northern England and Wales, locally risk of a heavier burst of rain forming. Gusty southerly winds particularly Wales.

Headline for Cairngorms NP and Monadhliath

Light wind. Generally dry, variable cloud largely clears.

Detailed Forecast for Monday, 15 June, 2026

How windy? (On the Munros)	Variable less than 10mph, orienting south-southeasterly and rising to 10-15mph evening.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	Likely dry until night 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. Some steadier rain especially in south into the night.
Cloud on the hills?	Lifting to or above tops Patchy banks of cloud at various heights in the morning, high tops probably covered, and some fog in glens and corries as well. Cloud lifts, isolating to high terrain, mostly clearing above tops into afternoon. By dusk, cloud dropping onto tops from south.
Chance of cloud free Munros?	50% rising to 90% afternoon
Sunshine? Air clarity (below cloud)	Broken cloud, some extended sunny periods, high cloud building later. Very good visibility.
How Cold? (at 900m)	3 to 5C at dawn, coolest northeast Cairngorms, rising to 8 to 10C, always coolest east; cooling, but a milder night than recently.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 16 June	Wednesday 17 June
How windy? (On the Munros) Effect of wind on you?	Southerly 10-20mph, trending higher with time, gusts up to 30mph over high Cairngorms afternoon. Fairly small for a time, but increasingly blustery, walking becoming impeded in exposure and feeling chilly.	Southwesterly 20 to 30mph, in places stronger gusts over higher Cairngorms. Fairly small in places, but some blustery slopes, may make walking more strenuous on exposed high terrain.
How wet? (Precipitation and its impact)	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 returning from southwest.	Intermittent rain Patchy rain, more frequent rain near Drumochter for periods, some showery rain mixed in. Odd heavier bursts passing northeastward afternoon.
Cloud on the hills? Chance of cloud free Munros?	Extensive, local improvement Terrain above 900m shrouded most or 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%	Mostly confined to tops, breaks north Varying on higher slopes mostly above 900-1000m, most extensive around rain, and lower to 700-800m for periods around Glen Garry to Ben Alder. Breaks toward upper slopes areas furthest north and east. 40%
Sunshine? Air clarity (below cloud)	Largely overcast, a few brighter moments possible north. Poor visibility on high terrain due to fog, better under cloud.	Fairly cloudy, glimpses of sun, mainly north and eastern areas. Visibility very good, but reduced at times around rain.
How Cold? (at 900m) Freezing Level	6C rising to 9C, or 10C northern Cairngorm slopes. Feeling just above freezing in direct wind. Above the summits.	8C rising to 11C out of cloud in afternoon. Feeling near to freezing directly in wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 16 June, 2026**

A variable southwesterly will dominate through mid to late this week - windy at times with periods of rain, drizzle and low cloud most persistent in the west. Pressure generally trending higher from the south by the weekend, though into Saturday at least a damp westerly likely prevails into western Scotland. Warmest in England and Wales, but cooler in Scotland as low pressure to the northwest recycles air from the north Atlantic back onto the Munros. A window of drier and warmer weather is favoured into early the following week (22nd June), though a mixed Atlantic pattern may linger near to northwest Scotland in the longer range.

Forecast issued at 16:30 on Sunday, 14 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.