

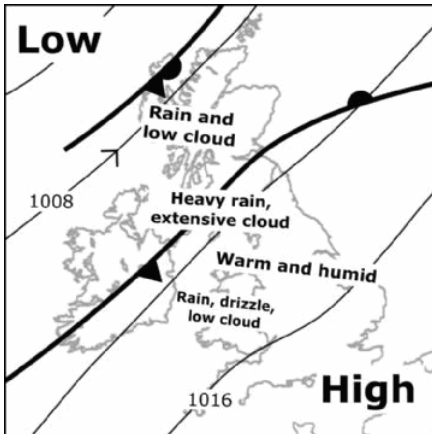
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Thursday, 18 June, 2026



British Mountain Summary:

Based on forecast chart for noon 18 June, 2026

Rain and low cloud affects many mountains, most persistent in the west, patchier and lighter for the Highlands by afternoon. A band of heavier rain for northern England and southwest Scotland, risk some thundery bursts. Blustery southwesterly winds. Feeling humid particularly for England and Wales.

Headline for Cairngorms NP and Monadhliath

Breezy. Rain and showery bursts, cloud on many tops.

Detailed Forecast for Thursday, 18 June, 2026

How windy? (On the Munros)	South-southwesterly 25 to 30mph, occasional stronger gusts 35-40mph around high tops, particularly north and east of Cairngorms on some downslopes.
Effect of wind on you?	Starting to affect comfortable walking over higher exposed tops and ridges, some buffeting at times. Feeling cool.
How wet? (Precipitation and its impact)	Patchy rain and drizzle Periods of light rain and drizzle most common Ben Alder to Drumochter area. Occasional pulses of rain extending northwards, an odd burst of rain.
Cloud on the hills?	Capping tops, breaks north Most persistent over southern hills, often capping areas near Drumochter above 800-1000m. Higher cloud base northward, often covering higher Cairngorms, some breaks toward upper slopes in north.
Chance of cloud free Munros?	20% south, to 40% north.
Sunshine? Air clarity (below cloud)	Fairly cloudy, brighter northeastward with some sun breaking through. Visibility very good below cloud, but reduced to poor around rain, most often southern areas.
How Cold? (at 900m)	8 or 9C, rising to 11C out of cloud mainly north and eastern areas. Feeling near 0C in stronger wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 19 June	Saturday 20 June
How windy? (On the Munros) Effect of wind on you?	South-southwesterly, rising soon from dawn to 40-60mph, gusts 70mph high Cairngorms; lessening only by evening. Difficult conditions on high terrain, gusts may knock you over, sudden buffeting on north downslopes. Considerable wind chill.	Southwesterly 25 to 30mph, tending to increase with gusts 35-40mph more common later in day. Blustery over higher terrain, affecting comfortable walking in exposure, likely increasingly. Marked wind chill on tops.
How wet? (Precipitation and its impact)	Frequent heavy or thundery rain Bursts of rain extending northwards from overnight into morning, further pulses of rain likely into afternoon; some more constant heavy falls. Risk of thunder. May start to break up only late in day.	Showers develop for a time Largely dry early morning, then scattered showers spread in from the west from late morning, brief bursts of rain onward into early afternoon, easing later from west. Small chance isolated thunder.
Cloud on the hills?	Varied, mostly south, widely around rain Cloud banks most persistent southern areas, may cover hills much of day. Northern areas clear for a time, widely filling in and lowering over high terrain in rain, ragged patches to lower slopes.	Covering some slopes in morning Cloud banks mainly Ben Alder to hills near Drumochter in the morning, patchier east and north. Soon mostly above 900m and lifting higher, increasingly dispersing.
Chance of cloud free Munros?	40%	40% rising to 80%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Visibility good where dry, but a haze likely, murkier around rain.	Fairly cloudy, some sun breaking through, best in eastern areas. Visibility very good.
How Cold? (at 900m) Freezing Level	Humid 12 to 14C, then toward/after dusk likely to drop rapidly to 6C. Feeling below freezing in wind all day. Above the summits.	6C rising to 8C afternoon. Feeling below freezing in the wind, near -5C on higher tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 19 June, 2026

Humid southwesterly winds, gales across many mountains on Friday, plus heavy rain, thundery bursts mixed in. Less windy, but still breezy into Saturday in Scotland, feeling less humid for most, but western Scottish hills at least stay cloud capped and with showery rain. Sunday is a drier day with clearer hills, light winds and feeling warmer. Into next week, a mixed west-southwesterly pattern for Scotland, rain and low cloud most common in the west, drier with higher cloud eastwards and more often dry. Warm and humid for England & Wales - often dry, but possible thunderstorms forming at times - detail more uncertain.

Forecast issued at 16:05 on Wednesday, 17 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.