

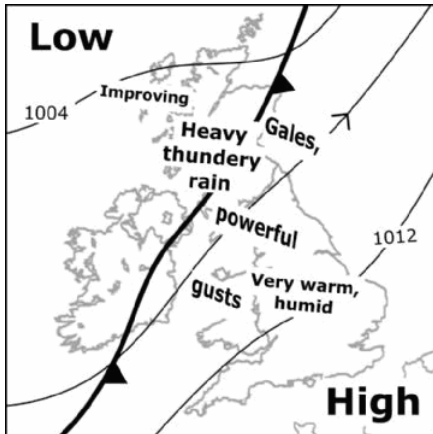
Cairngorms NP and Monadhliath

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 Friday, 19 June, 2026



British Mountain Summary:

Based on forecast chart for noon 19 June, 2026

A swathe of heavy rain extends across the Highlands, southern Scotland then into Cumbria and west Wales, some torrential bursts, thunder and lightning possible. A belt of gale-force upland winds just ahead of the rain. Warm and humid. Winds ease in western Scotland, rain fades, cloud lifts, dropping cooler.

Headline for Cairngorms NP and Monadhliath

Heavy rain on and off. Low cloud. Gales for a time.

Detailed Forecast for Friday, 19 June, 2026

How windy? (On the Munros)	South-southwesterly, some marked variations, but for several hours in morning at least, 35 to 50mph, gusts 60mph strongest in eastern areas. Lessening from west by afternoon to 20-30mph or less.
Effect of wind on you?	Challenging conditions for a few hours at least on high terrain, gusts may knock you over, sudden buffeting on some downslopes. Considerable wind chill. Moderating to smaller effects during day.
How wet? (Precipitation and its impact)	Heavy thundery rain for periods Bursts of rain extending northwards from overnight into morning, some more constant heavy falls. Risk of thunder. May ease off for periods during afternoon, but risk pulses of heavy rain may return from south during evening.
Cloud on the hills?	Varied, lowest south, widely around rain Cloud banks most persistent southern areas, covering hills much of day. Widely filling in and lowering over high terrain in rain, ragged patches to lower slopes. Brief breaks higher up mainly northern areas.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Hazy, murkier around rain. Visibility may improve locally in north afternoon.
How Cold? (at 900m)	Humid 11 to 13C, warmest toward northeast; then into night dropping to 7C. Feeling below freezing in strongest wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 20 June	Sunday 21 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20 to 25mph, occasional gusts over 30mph higher Cairngorms, greater risk late in day. Fairly small, some more noticeable gusty spots at times. Feeling cool in exposure on high tops.	Southwesterly 15 to 20mph in morning, possible 25mph at first; dropping to 10mph or less, more variable direction later. Mostly small.
How wet? (Precipitation and its impact)	Brief local showers One or two showers drifting eastwards morning into middle of day, but largely fading out into afternoon.	Rain not expected
Cloud on the hills?	Some patches, mostly all clearing 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.	Little if any Brief patches of cloud around some slopes early morning, soon all dispersing, or cloud then forming above the summits.
Chance of cloud free Munros?	40% rising to 90%	Above 90%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, best in eastern areas. Visibility very good.	Early sunshine then patchwork of cloud and sun as fair-weather cloud builds. Visibility very good.
How Cold? (at 900m) Freezing Level	7C rising to 9 or 10C afternoon. Feeling around 0C in the wind on tops. Above the summits.	6C at dawn, rising to 12C afternoon. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 20 June, 2026**

Cooler and less humid for Saturday, some showery rain and low cloud in the west, tending to improve. Sunday is a dry day for most with clearer hills, light winds and feeling warmer, becoming more humid again from the south. More uncertainty early next week - some rain possible for Scotland into Monday, potential scattered thunderstorms for England and Wales as it becomes very humid. A fresher westerly wind is indicated into Tuesday with some showers, then higher pressure likely expands over the country from the south midweek with drier weather then likely for a few days. Scope for higher temperatures and humidity to build toward next weekend, which may eventually break into thunderstorms.

Forecast issued at 16:25 on Thursday, 18 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.