

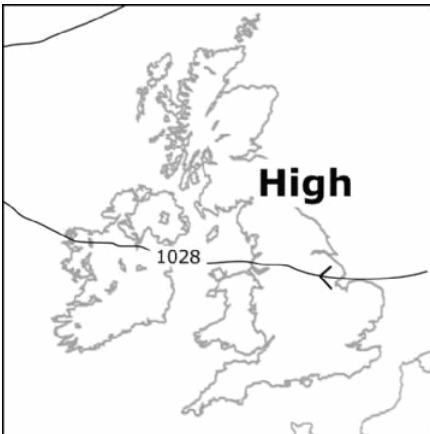
Cairngorms NP and Monadhliath

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, 21 June, 2026



**British Mountain Summary:
Based on forecast chart for noon 21 June, 2026**

Extensive bright sunshine - beware of sunburn and dehydration - and light wind. Cloud and a few brief showers NW Highlands will move away north, whilst along the Pennines and later Cumbria and S Scotland, patchy cloud and an isolated shower will form.

Headline for Cairngorms NP and Monadhliath

Light wind; bright sunshine and very clear air.

Detailed Forecast for Sunday, 21 June, 2026

How windy? (On the Munros)	Southwesterly 15 to 20mph in morning, possible 25mph at first; dropping to 10mph or less and backing southerly over a few hours middle of day.
Effect of wind on you?	Becoming negligible.
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Little if any Patches of cloud some higher slopes until mid or late morning, then dispersing.
Chance of cloud free Munros?	Above 90% by late morning
Sunshine? Air clarity (below cloud)	Extensive, in some areas unbroken bright sunshine. Visibility excellent or superb.
How Cold? (at 900m)	5C at dawn, rising to 14C afternoon.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 22 June	Tuesday 23 June
How windy? (On the Munros)	Southerly between 15 and possibly 25mph.	Southwesterly, in the range 25 to 40mph: probably strengthening through day,.
Effect of wind on you?	Fairly small	Mostly fairly small, although some buffeting on higher areas, particularly later in day.
How wet? (Precipitation and its impact)	Risk a few hours of rain (Low confidence) Moderate risk of 2 to 4 hours of mostly light rain - just the odd heavier burst.	Rain unlikely Just the risk of a patch of drizzle or burst of rain later in the day.
Cloud on the hills?	Low confidence: Often very little but may form for a few hours in/after rain. The hills often free of cloud in and after rain, higher slopes may be shrouded for a few hours.	Cloud may shroud higher summits late in day Most, perhaps all summits cloud free most or all day. Increasing risk toward evening mainly or only west of A9 of cloud shrouding areas above 750 to 1000m.
Chance of cloud free Munros?	60%	90% later 30%
Sunshine? Air clarity (below cloud)	Only glimpses of sun - through layers of high cloud.. Excellent visibility.	Sunshine will give way as cloud penetrates inland. Excellent visibility.
How Cold? (at 900m)	10C rising to 13 to 15C.	14 to 17C
Freezing Level	Above the summits	Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 22 June, 2026**

Extensively dry, very warm but very humid indeed England and Wales, although around Monday chance of a thunderstorm. Rain and low cloud at times Scotland, mainly affecting western mountains - although later next week the warmth encroaching into Scotland. There may well be widespread thunderstorms later in the week, before less hot weather extends from the Atlantic around next weekend.

Forecast issued at 7:34 on Sunday, 21 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.