

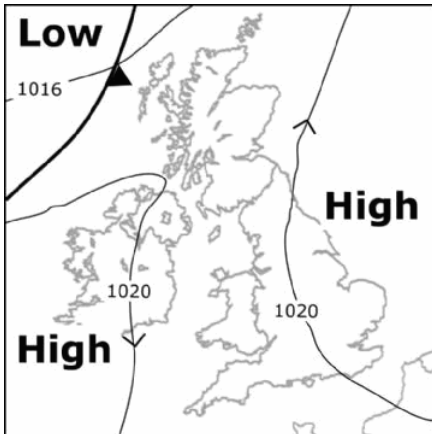
# Cairngorms NP and Monadhliath

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](http://www.tiso.com)**

## General Summary for Tuesday, 23 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 23 June, 2026**

Becoming very warm and humid, particularly Wales where exceptionally so. Chillier north and west of Scotland, especially near the coast where it will become drizzly and misty. Elsewhere, be aware of dehydration and sunburn..

### Headline for Cairngorms NP and Monadhliath

Becoming very warm indeed. Sunshine and very clear air.

## Detailed Forecast for Tuesday, 23 June, 2026

<b>How windy? (On the Munros)</b>	Southwesterly, in the range 25 to perhaps 35mph at times Cairngorm plateau.
<b>Effect of wind on you?</b>	<b>Mostly fairly small.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain very unlikely</b>
<b>Cloud on the hills?</b>	<b>Little if any</b> Fragments temporarily higher slopes mid morning - before lifting above the summits.
<b>Chance of cloud free Munros?</b>	<b>Almost certain</b>
<b>Sunshine? Air clarity (below cloud)</b>	Extensive sunshine; just patchy cloud developing. Excellent visibility.
<b>How Cold? (at 900m)</b>	14C rising to an unusually warm 20C by mid afternoon.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 24 June	Thursday 25 June
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwesterly, mostly 10mph or less, but increasing to 20mph above about 900m; possibly 25mph highest tops. <b>Fairly small</b>	South to southeasterly between 10 and 20mph; perhaps particularly gusty at times. <b>Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain not expected</b>	<b>Risk thunderstorms</b> Risk scattered thunderstorms giving locally torrential rain.
<b>Cloud on the hills?</b>	<b>Little if any</b>	<b>Mountains substantially cloud free; patches forming near rain</b> Mountains extensively cloud free. In thunderstorms, fog may be extensive some hills, in places from lower slopes up.
<b>Chance of cloud free Munros?</b>	<b>Almost certain</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Extensive sunshine. Excellent visibility.	Glimpses of sun through high level cloud. Very good visibility although some haze.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	14C rising to a very warm 18 to 20C.  Above the summits.	A very warm 17 to 20C. Unusually humid.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Wednesday, 24 June, 2026

Exceptionally warm and humid most mountain areas until later Friday. The range in temperature in the detailed forecasts for Wednesday and Thursday reflect uncertainty in just how far north the extreme heat will penetrate - with more recent forecasts suggesting the (even) more extreme temperatures.

Scattered thunderstorms on Thursday and Friday, whilst over the weekend, progressively less warm as fronts begin to come in off the Atlantic, bringing bands of rain and low cloud, particularly affecting western mountains.

### Forecast issued at 13:56 on Monday, 22 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.