

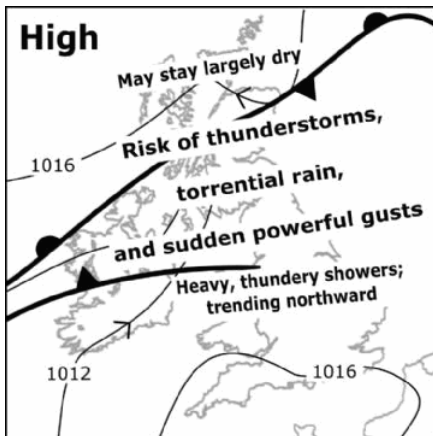
Cairngorms NP and Monadhliath

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, 26 June, 2026



British Mountain Summary:

Based on forecast chart for noon 26 June, 2026

Starting hot and humid again, a cooling trend afternoon. Thundery showers for many in the morning, tending to clear in Wales. Afternoon thunderstorms and torrential rain in north England and Scotland, risk of localised flash flooding near heaviest downpours. Driest south Wales and Northwest Highlands.

Headline for Cairngorms NP and Monadhliath

Rising risk of thunderstorms and flash flooding

Detailed Forecast for Friday, 26 June, 2026

How windy? (On the Munros)	Generally east-northeasterly 10-15mph, variable and sometimes less, but also becoming very gusty around showers/thunderstorms, gusting 30mph over tops later.
Effect of wind on you?	Mostly small but a rising risk of buffeting gusts around thunderstorms which may briefly affect stability.
How wet? (Precipitation and its impact)	Thunderstorms, risk prolonged torrential downpours A scattering of showers, heavy bursts with risk of thunderstorms too. Through afternoon, rising risk of showers clustering together into prolonged torrential downpours with hail and lightning, greatest risk central highlands; rapidly rising rivers and streams with flash flood risk.
Cloud on the hills?	High terrain largely shrouded, increasingly extensive afternoon High terrain stays in cloud most or all day, varied lower banks, notably north in the morning. Clear windows in between layers, but also more extensive around rain. Through afternoon, increasingly extensive widely to at least middle slopes as rain sets in.
Chance of cloud free Munros?	40% lowering to 20%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud, later more overcast and murky. Good visibility, deteriorating as rain sets in.
How Cold? (at 900m)	15 to 17C in the morning and very humid, warmest southern Cairngorms. A cooling trend towards 12 to 14C, staying mildest towards Drumochter.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 27 June	Sunday 28 June
How windy? (On the Munros) Effect of wind on you?	Southerly, peak speeds in range 40mph to possibly 50mph afternoon, or stronger gusts high tops. Expect strenuous walking conditions, more challenging in places with buffeting gusts knocking you off balance.	Southwesterly 20-30mph, trending towards higher speeds, gusting 35-40mph over high tops into evening. Ease of walking impacted, increasingly strenuous through afternoon and feeling increasingly cool.
How wet? (Precipitation and its impact)	Bursts of rain develop, risk thunder A drier window in morning, some drizzle around high hills in cloud, but with time increasing risk of sudden downpours widely developing from southwest with thunder and lightning.	Morning rain mostly clears afternoon Several bands of rain drift west-to-east through morning, brief heavy falls and dry windows. For afternoon, likely just patchy rain from near Drumochter to Braemar, often dry.
Cloud on the hills?	Varied, extensive around rain Varied to fairly extensive cloud banks in the morning, to some lower slopes in south. Some breaks forming, north slopes perhaps clear for a period, but then filling in again around rain, ragged patches at varied heights from low levels up.	Bases rise afternoon, increasingly broken Likely shrouding high terrain through morning, variable bases from 700-900m in and out of rain. Through afternoon, rising with high breaks increasingly, and later just passing banks over high summits.
Chance of cloud free Munros?	40%	30% rising to 70%
Sunshine? Air clarity (below cloud)	Occasional glimpses of sun. Some mistiness in morning. Visibility good for periods where dry, but poor around rain.	A few glimpses of morning sunshine, then a patchwork of cloud and sun afternoon. Visibility becomes excellent.
How Cold? (at 900m) Freezing Level	13 to 15C, small variation all day, warmest northern areas. Still rather humid. Feeling cooler directly in wind. Above the summits.	8 to 10C, mildest northeast Cairngorms in the morning, slight cooling trend afternoon. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 27 June, 2026**

The transition away from the exceptionally hot and humid weather begins on Saturday as wind shifts southwesterly and strengthens. Rain and thunderstorms may continue on Saturday as well as perhaps early Sunday, but a front will push east across the country on Sunday, followed by fresher, sunnier weather; patchy rain will likely linger here and there, notably northwest Scotland.

Westerly Atlantic patterns dominate next week: high pressure south and low pressure north will bring alternating settled and unsettled windows. Wind generally on the strong side, mild to sometimes warm temperatures, and periods of rain punctuated by bright sunshine. North and western areas most vulnerable to extensive cloud and prolonged rain.

Forecast issued at 16:29 on Thursday, 25 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.