

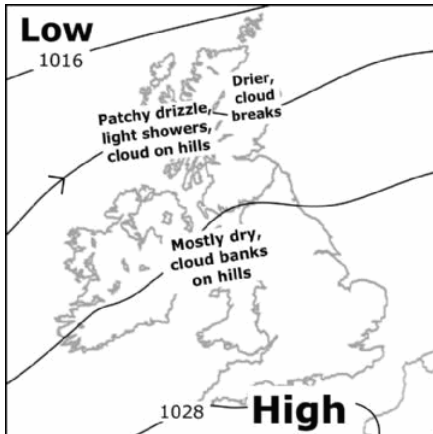
Cairngorms NP and Monadhliath

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 Monday, 29 June, 2026



British Mountain Summary:

Based on forecast chart for noon 29 June, 2026

Southwesterly breezes, strongest in the morning. Cloud covering many western hills, some drizzly rain and light showers, mostly western Scotland. Cloud higher and more broken toward east. Some improvements in the west as cloud base rises, some breaks forming afternoon. Rain develops from west into night.

Headline for Cairngorms NP and Monadhliath

Strongest wind easing. Often dry, cloud breaks to tops.

Detailed Forecast for Monday, 29 June, 2026

How windy? (On the Munros)	Southwesterly 30-40mph from dawn to early morning, quite gusty over Cairngorm plateau. Easing to 25-30mph middle of day, later toward evening 15-20mph.
Effect of wind on you?	Walking arduous over high tops early in the morning with significant wind chill and buffeting; easing to more moderate conditions, later fairly small effects.
How wet? (Precipitation and its impact)	Scattered patchy rain, often dry Patchy rain mainly affecting hills near and west of the A9 early in the day, soon becoming well scattered and mostly confined towards Drumochter; any rain further east amounting to little much of day. Into night, patchy rain spreads from southwest, some heavier later in night mainly south.
Cloud on the hills?	Fairly extensive towards A9, improving High terrain shrouded, lowest bases towards Drumochter where as low as 500-600m. East Cairngorms, particularly north of Ben Avon often clearer. A lifting trend, breaks off summits best to the east; banks lingering around 800-900m west hills near Ben Alder, some breaks.
Chance of cloud free Munros?	Rising to 60% east, 40% west.
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun, most extensive sun far east hills. Very good visibility.
How Cold? (at 900m)	6 or 7C, rising to 10C afternoon, a degree warmer easternmost hills. Feeling like -2 to -5C in strongest wind in morning.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 30 June	Wednesday 1 July
How windy? (On the Munros) Effect of wind on you?	Southerly 15 to 20mph, up to 25mph high tops for a time in morning, but tending to drop lighter and variable. Fairly small, but feeling more blustery for a few hours on higher terrain.	Variable 10mph or less possibly much of morning, strengthening southerly to 25-35mph, later risk 40-50mph. Small in the morning, but likely becoming more blustery, walking more uncomfortable later, possibly more arduous.
How wet? (Precipitation and its impact)	Showery rain Patchy rain spreading in from the southwest in the morning into middle of day, then slow-moving showers afternoon, some places drier, but heavy bursts locally, risk of isolated thunder.	Risk of rain later in day Generally dry much of the day, except for an odd isolated shower. Likely only into evening, increasing risk of rain moving in from southwest.
Cloud on the hills?	Fairly extensive, better north Cloud varying over the hills, but often capping high tops, lowering around rain with ragged patches lower down. Breaks likely best north Cairngorms in morning.	Varied in morning, lifting, breaks to tops Banks of cloud over higher slopes and some patches to mid-levels in the morning. Tending to lift and break to upper slopes, clearing some high tops, best toward north and eastern Cairngorms.
Chance of cloud free Munros?	30%	30% rising to 70%
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly north in morning. Visibility very good where dry, but reduced to poor in rain.	Patchwork of cloud and sun, giving way to high cloud moving in from west later. Visibility excellent.
How Cold? (at 900m) Freezing Level	8C rising to 10C afternoon. Feeling near to freezing on high tops in early wind. Above the summits.	8 or 9C, local 10C afternoon in north/east. Feeling like freezing as wind increases, risk later near -5C in exposure on tops. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 30 June, 2026**

A changeable westerly Atlantic pattern dominates this week. Western hill groups from Lakeland northward will see the most cloud and rain, while east and southern areas are drier and sunnier. A spell of stronger winds and more widespread rain likely develops later Wednesday to early Thursday. Possibly another windy and wetter spell into Friday. A rather cool and windy westerly pattern is likely to continue into next weekend with showery rain. Drier and warmer conditions are indicated into the week of 5th July, though southwesterlies may still bring more cloud to the west, some rain in northwest Scotland.

Forecast issued at 16:00 on Sunday, 28 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.