

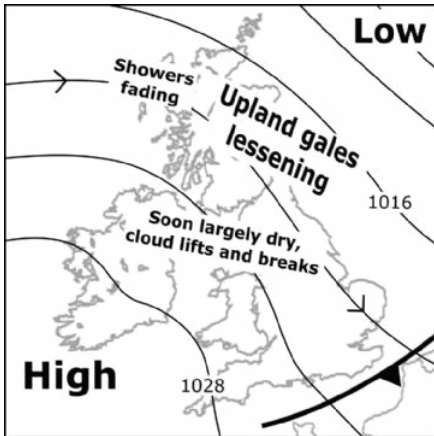
Cairngorms NP and Monadhliath

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 Thursday, 2 July, 2026



**British Mountain Summary:
Based on forecast chart for noon 2 July, 2026**

Gales early, severe over tops of north England and Scotland. Wind gradually eases, though staying blustery north. Showers, drizzle, and low cloud early, particularly west hills. England, Wales, and east Scotland largely dry afternoon, few cloud caps over high tops; cloud and drizzle linger in west Scotland.

Headline for Cairngorms NP and Monadhliath

Severe gales ease with time; early light showers largely ease

Detailed Forecast for Thursday, 2 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly, 60-70mph for a few early hours, lessening to 40-50mph as noon approaches, further easing towards 30-40mph through afternoon into evening and trending westerly; staying strongest towards northeast hills.</p> <p>Severe conditions from overnight and still difficult well into daytime, walking and balance challenging with significant wind chill. Slowly moderating but walking remains strenuous in exposure all day.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Scattered showers</p> <p>Overnight rain likely clears to leave showery conditions after dawn, most frequent north and western areas through morning, some drizzle lingering on the Cairngorm plateau for a time. A drying trend, but a few showers drifting from the west here and there.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Lifting toward or above tops</p> <p>Covering high terrain fairly widely from dawn, bases towards 700m Strathspey, soon mostly confined above 1000m and gradually tending to thin and break higher, best and soonest in east & south. Later afternoon may just see passing banks over summits, though briefly lowering during a shower.</p> <p>30% rising to 70%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Occasional sun breaking through, most often eastern lower slopes, some areas see more extensive sun later.</p> <p>Visibility very good to excellent below cloud.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7 to 9C, mildest east where reaching 10C around Deeside.</p> <p>Directly in the stronger winds feeling like -5 to -10C on tops, this effect moderating with time.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 3 July	Saturday 4 July
<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southwesterly 25 to 40mph, some variability, gusts to 50mph at least on high Cairngorms.</p> <p>Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.</p>	<p>West-southwesterly, 30 to 45mph, to 50mph tops early and strong gusts; lessening slightly afternoon.</p> <p>Strenuous walking, particularly early, powerful gusts constantly challenging balance with considerable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>A little rain mostly west</p> <p>Occasional drizzle mainly over hills near and west of the A9, some rain may develop at times, most likely late in the day. Very little if any toward Deeside.</p>	<p>Patchy rain, mostly west Munros</p> <p>Some drizzle in the air for periods, particularly hills near and west of the A9, occasional steady light rain. Least rain east Cairngorms, though a brief spell of rain possible here too.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Mostly higher and southwestern areas</p> <p>Most cloud confined above 800-1000m, most frequent on hills toward Drumochter, but some breaks. Capping tops for periods widely, but clearing at times east & north. Late afternoon/evening brings greater risk of more extensive cloud.</p> <p>30% southwest, to 60% northeast.</p>	<p>Most persistent south and west</p> <p>Covering higher slopes near and west of the A9 much of the day above 700-900m. High Cairngorms probably stay shrouded, any breaks mainly north & easternmost areas, and some chance of better breaks late in the day.</p> <p>20% west, to 40% north/east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun, more often sun through high cloud eastern areas. Visibility good below cloud, very good east.</p>	<p>Fairly cloudy west and southern hills, some sun breaking through north and east. Often good visibility below cloud, deteriorating in drizzle/rain.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7C rising to 10 or 11C afternoon, mildest east. Feeling like 0 to -3C directly in the wind. Above the summits.</p>	<p>9C rising to 11C afternoon, or 12C far east Munros. Feeling like 0 to -3C over high terrain where directly in the wind. Above the summits.</p>

Planning Outlook

All mountain areas of Britain from Friday, 3 July, 2026

Westerlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops, which could regularly be quite strong and gusty. An improving trend from the south into and over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. A drier and warmer window looks probable from early-to-middle next week, very warm sunshine on some days England and Wales, southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest. This pattern looks to continue into the following weekend with high pressure to the southwest maintaining drier conditions here with cloudier/damper conditions in the north and west.

Forecast issued at 16:04 on Wednesday, 1 July, 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.