

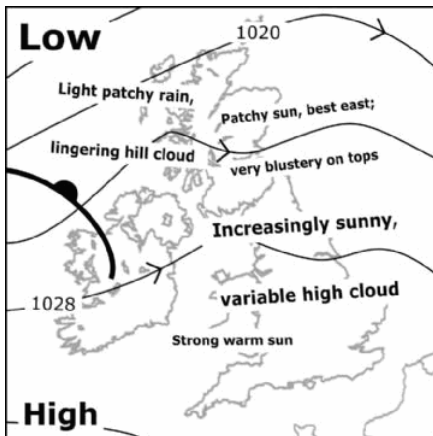
Cairngorms NP and Monadhliath

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, 3 July, 2026



British Mountain Summary:

Based on forecast chart for noon 3 July, 2026

Early hill cloud in Wales and central/east parts England and Scotland lifts and breaks for sun through high cloud. Warm for most, mild Scottish Highlands but feeling chilly in wind. Hill cloud and patchy rain west highlands, setting in into night. Some patchy cloud lingers near tops of Eryri/Snowdonia and Lakeland.

Headline for Cairngorms NP and Monadhliath

Early cloud lifts with breaks forming; blustery in exposure

Detailed Forecast for Friday, 3 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southwesterly 25 to 35mph, some variability, strongest sustained speeds in the morning, gusting 45mph over high tops for a time. May lessen for a time late in the day into nighttime.</p> <p>Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges, particularly in the morning; considerable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Substantially dry</p> <p>Occasional drizzle mainly over summits near and west of the A9, primarily in the morning and likely fading for a dry afternoon. As night falls, some rain arrives from the west.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Mostly higher and southwestern areas, breaks forming</p> <p>Early patches to 600-700m near and west of the A9. Higher bases east around 800-1000m. Breaks increasingly forming but cloud capping tops for longer; best breaks east and northern slopes, and perhaps some Cairngorm summits too. A risk of cloud returning from the west from dusk and overnight.</p> <p>30%, rising to 50% southwest to 70% easternmost Cairngorms</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun, more often sunny eastern areas but weakened by high cloud. Visibility good below cloud, very good east.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7C rising to 10 or 11C afternoon, mildest east Cairngorms where may reach 12C briefly.</p> <p>Feeling like 0 to -3C directly in the wind.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 4 July	Sunday 5 July
How windy? (On the Munros) Effect of wind on you?	West-southwesterly, 30 to 45mph, some variability and often gusting 50mph over high tops. Strenuous walking, powerful gusts over tops constantly challenging balance with considerable wind chill.	West-southwesterly 25-35mph; some variability early in the day, briefly lower speeds. Walking impeded on high terrain, trending towards more strenuous conditions with notable wind chill.
How wet? (Precipitation and its impact)	Drizzle, patchy rain Drizzle in the air much of the day, particularly hills near and west of the A9, spells of steady rain. Least rain east Cairngorms, though drizzly on the high tops with passing patches of rain.	Rain most persistent west Patchy rain drifts from the west all day, drizzly with extended falls western Munros. Rain occasionally setting in more widely for several hours. Best chance dry windows near Deeside.
Cloud on the hills?	Extensive, some higher bases east Covering higher slopes near and west of the A9 much of the day above 600-800m. High Cairngorms stay shrouded, any higher breaks mainly north & easternmost areas, and some chance of better breaks late in the day.	Fairly extensive Terrain above 900-1000m rarely clearing, if at all. Lowest bases to the west, often to 600-700m around Monadhliath with lower ragged patches around rain. More variable east, best chance higher breaks Deeside, but filling in here during bursts of rain.
Chance of cloud free Munros?	10% west, to 30% north/east	20%
Sunshine? Air clarity (below cloud)	Cloudy, dull and often misty west Cairngorms/Monadhliath. Where below cloud to the north and east, visibility will be good.	Overcast, often dull western hill groups. Where out of cloud and rain, very good visibility.
How Cold? (at 900m) Freezing Level	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.	9C, slight rise eastern hills. Feeling like 1 to 3C in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 4 July, 2026**

Westerlies prevail across northern Britain. Rain, drizzle and low cloud over western hills from Lake District northward through the weekend. Temperatures near average, but feeling cool in exposure to wind on tops, which could regularly be quite strong and gusty. Generally drier northeast areas with higher cloud bases but patchy rain and drizzle reach here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time. A drier and warmer window looks probable from middle next week as high pressure builds. Very warm temperatures for England and Wales, spells of sunshine more widely. Some showers and patchy rain are likely to continue through late week and next weekend, though detail is uncertain.

Forecast issued at 15:56 on Thursday, 2 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.