

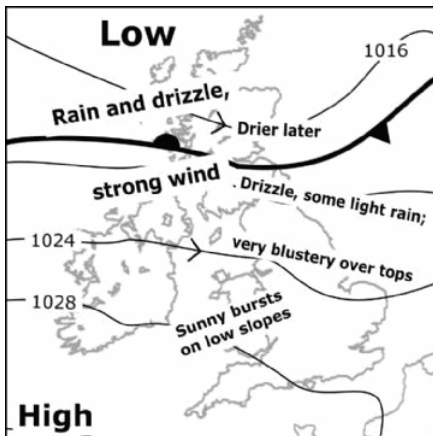
Cairngorms NP and Monadhliath

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 Saturday, 4 July, 2026



British Mountain Summary: Based on forecast chart for noon 4 July, 2026

Rain sweeps east through Scotland, persistent for several hours; easing afternoon but staying drizzly and dull west. Mild but feeling chilly in strong wind. Lakeland and Pennines very windy and drizzly with hill cloud. Drier in Wales, sunny breaks on low slopes. Warm Wales and England though notable wind chill.

Headline for Cairngorms NP and Monadhliath

Rain and drizzle mostly west; very windy, gale-force gusts

Detailed Forecast for Saturday, 4 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>West-southwesterly, 25 to 40mph, variable but stronger sustained speeds for a few midday hours, gusting 55mph over the Cairngorm plateau. Lessening again afternoon and shifting westerly.</p> <p>Strenuous walking in exposure, more challenging for several hours with buffeting gusts knocking you around on high tops with considerable wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Morning rain, afternoon drizzle, driest later east</p> <p>Drizzly in the west from before dawn, with persistent rain setting in as morning goes, some extended heavy falls, mostly west. Rain eases through afternoon, leaving drizzle behind on high terrain, and perhaps lower to the west. Deeside may be substantially dry later.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensive, some higher bases east</p> <p>Covering higher slopes near and west of the A9 much of the day above 600-800m, or lower during morning rain. High Cairngorms stay shrouded, any higher breaks mainly north & easternmost areas, particularly late in the day, perhaps towards 1100m Deeside.</p> <p>10% west, to 30% north/east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Cloudy, dull and often misty west Cairngorms/Monadhliath. Later afternoon brings chance of sun glimpses in the east, where below cloud visibility will be very good.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>9C rising to 10 or 11C afternoon, mildest Deeside where may locally reach 12C. Little or no change Monadhliath hills. Feeling like 0 to -2C over high terrain where directly in the wind.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 5 July	Monday 6 July
How windy? (On the Munros) Effect of wind on you?	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.	West-southwesterly 25-35mph; some variability, possibly stronger for periods. Walking impeded on high terrain, trending towards more strenuous conditions with notable wind chill.
How wet? (Precipitation and its impact)	Rain increasingly persistent Patchy rain drifts from the west from dawn drizzily over high tops. Rain gradually setting in widely, fairly persistent rain across most hills afternoon. Lighter falls around Deeside.	More often raining than not Frequent rain western and northern hills, most persistent Monadhliath and towards Drumochter. Some drier windows, but remaining drizzily on the high Cairngorms. Best chance dry windows near Deeside.
Cloud on the hills?	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 as rain sets in.	Fairly extensive Extensive at dawn to at least middle slopes widely, lowest Drumochter/Strathspey where patches to glen level around rain; higher bases east Cairngorms. Lifting slightly, to 600-900m, always highest east, local higher breaks when rain ceases.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Overcast, often dull western hill groups. Visibility starting very good east out of cloud and rain, deteriorating afternoon.	Overcast, often dull western hill groups with poor visibility. Very good east if out of cloud and rain.
How Cold? (at 900m) Freezing Level	9C, slight rise, locally to 11 or 12C easternmost hills. Feeling like 1 to 3C in strongest wind. Above the summits.	9C rising a degree, locally to 11C easternmost hills. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 5 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward through the weekend and into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty in the north. Northeast areas are drier with higher cloud bases but patchy rain reaches 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 ; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

Forecast issued at 15:59 on Friday, 3 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.