

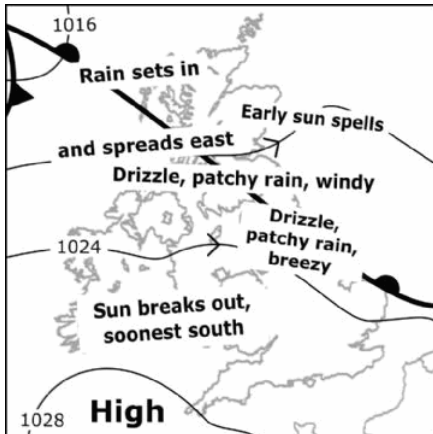
Cairngorms NP and Monadhliath

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 Sunday, 5 July, 2026



British Mountain Summary: Based on forecast chart for noon 5 July, 2026

Early sunny bursts in east Scotland, rain and cloud setting in west and spreading widely with time. Extensive cloud and drizzle on English summits, some patchy rain, notably northwest hill groups; south Pennines drier later. Largely dry Wales, sun increasingly breaking out (through high cloud), particularly south.

Headline for Cairngorms NP and Monadhliath
Patchy sun morning; rain sets in through afternoon

Detailed Forecast for Sunday, 5 July, 2026

How windy? (On the Munros)	Westerly 10-15mph through morning and early afternoon, some stronger breezes over tops, then shifting southwesterly and strengthening, finishing near 25-35mph.
Effect of wind on you?	Fairly small through most of morning, walking increasingly strenuous on high terrain as afternoon goes with some buffeting gusts forming over high tops.
How wet? (Precipitation and its impact)	Rain sets in through afternoon Drizzly on the high tops at dawn, a few spots of light rain from the west, but several hours of largely dry conditions. Rain arrives from the west as midday approaches, spreading widely and setting in persistently through afternoon.
Cloud on the hills?	Becoming extensive through afternoon Bases start 700-1000m, lowest western hills but also some early breaks (though high Cairngorm plateau likely stays shrouded). Cloud fills in from the west from midday onward, bases to 500-600m near and west of Strathspey with lower ragged patches. Hills north of Ben Avon stay clear up to 800-900m until later.
Chance of cloud free Munros?	30% at dawn, lowering to 10% afternoon
Sunshine? Air clarity (below cloud)	Early bursts of bright sunshine on middle/lower slopes with excellent visibility, deteriorating through afternoon to overcast conditions into evening, increasingly poor visibility south and west slopes.
How Cold? (at 900m)	8C at dawn, slightly rising, locally to 11C easternmost hills. Feeling like 1 to 3C in strongest wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 6 July	Tuesday 7 July
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 30-40mph, some variability, strongest gusts over high tops approaching 50mph. Walking impeded on high terrain, trending towards strenuous conditions with notable wind chill; gusts challenging stability.	Westerly 35-40mph dawn, strong gusts over tops approaching 55mph; easing to 25-30mph, staying gusty. Challenging in exposure early, gusts knocking you off balance and significant wind chill. Easing but staying strenuous.
How wet? (Precipitation and its impact)	Frequently raining west Frequent rain western and northern hills, most persistent over Monadhliath/Drumochter. Some drier windows, but drizzly on the high Cairngorms. Driest on lower slopes towards Braemar.	Patchy rain, mostly west Rain drifts from the west, patchy and often light in nature; some extended steadier falls may occur. Only odd spots reach further east where largely dry.
Cloud on the hills?	Fairly extensive Extensive at dawn to at least middle slopes widely, lowest Drumochter where patches to forest canopies around rain; higher bases east Cairngorms. Lifting slightly, to 700-900m, always highest east, higher breaks Deeside when rain ceases.	Fairly extensive, high breaks forming east Fairly extensive to middle elevations early, lowest west where locally to 400-500m, some ragged lower patches in early rain. A lifting trend, to around 700-800m Monadhliath/west Cairngorms, eastern areas seeing breaks approach 1100m or briefly higher.
Chance of cloud free Munros?	20%	20%, to 40% east
Sunshine? Air clarity (below cloud)	Overcast, often dull western hill groups with poor visibility. Very good east if out of cloud and rain, chance an odd glimpse of sun.	A few glimpses of weak sunshine, best western hills. Very good visibility below cloud; sudden changes on high terrain.
How Cold? (at 900m) Freezing Level	9C rising a degree, locally to 11C easternmost hills. Feeling near freezing in strongest wind. Above the summits.	9 or 10C, rising slightly, to 12C eastern hills. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 6 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty central and south Scotland. Northeast areas are drier with higher cloud bases but 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 16:17 on Saturday, 4 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.