

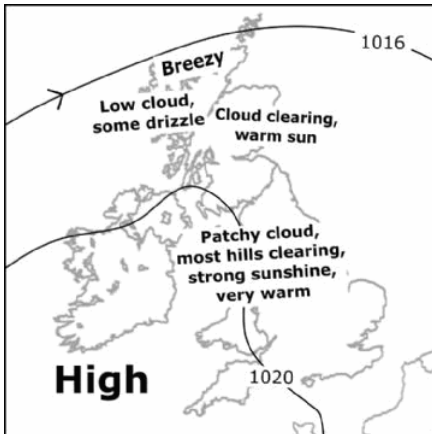
Cairngorms NP and Monadhliath

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 Wednesday, 8 July, 2026



British Mountain Summary:

Based on forecast chart for noon 8 July, 2026

Damp with blanket low cloud in W-NW Scotland, gusty locally. Highest Scottish tops may emerge above the cloud. Drizzle on western slopes easing, cloud thinning and breaking for central and southwest Scotland, sunnier and warmer overall in east. Very warm to hot sunshine for England & Wales.

Headline for Cairngorms NP and Monadhliath

Gusty early in day. Cloud in west clears, warm sun.

Detailed Forecast for Wednesday, 8 July, 2026

How windy? (On the Munros)	West to southwesterly 15 to 20mph, occasional 25mph, or local 30mph around high tops for a few hours from dawn, gusty downslope particularly to the east of Cairngorms at first.
Effect of wind on you?	Fairly small, but some noticeable gustiness in places not just on high tops, mainly early in the morning.
How wet? (Precipitation and its impact)	Rain unlikely Rare fine drizzle mainly west of A9 if in early low cloud on windward slopes.
Cloud on the hills?	Varied banks clearing many hills, highest tops at times above cloud Banks of cloud around mid-slopes in morning, most extensive near/west of the A9, here lingering for several hours. Patches may remain into afternoon near Ben Alder, slowly dispersing; largely clearing elsewhere. High tops above 1100m may at least start above cloud, some patches drift higher before clearing.
Chance of cloud free Munros?	40% rising to 80% (some tops above cloud in morning).
Sunshine? Air clarity (below cloud)	Varied cloud and sun in morning, some misty slopes; then increasingly sunny with fair-weather cloud; high UV, beware sunburn. Visibility good or increasingly very good.
How Cold? (at 900m)	12C rising to 16C afternoon, locally 18C easternmost hills. (Eastern glens rising toward 25C afternoon).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 9 July	Friday 10 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly 15 to 25mph, gusts over 30mph some higher slopes early in day, tending to drop lighter with time. Feeling blustery early in the day around some higher slopes mainly higher Cairngorms, otherwise fairly small.	Southwesterly 15mph early in day, but soon below 10mph, variable direction. Negligible.
How wet? (Precipitation and its impact)	No rain expected	Risk of a thunderstorm later Spots of rain from high cloud from time to time, but most of the day amounting to little. Later in day, a risk of odd bursts of rain forming almost anywhere, chance of an isolated thundery downpour.
Cloud on the hills?	Varied patches, largely clearing Patchy cloud around some slopes early in day, most persistent Drumochter area. Highest tops likely above cloud. May drift higher up onto some tops for a few hours, tending to disperse or lift above most summits into afternoon.	Mostly little, may form later north Rare patchy cloud mainly toward west. If a late shower occurs, cloud patches forming at various levels. Risk extensive cloud filling in over northern areas by evening.
Chance of cloud free Munros?	80%, but 50% Drumochter west.	80%
Sunshine? Air clarity (below cloud)	Sunshine and broken cloud. Some patchy early mist, otherwise visibility very good out of cloud.	Some weak sun through a veil of high cloud, which may thicken across the sky. Visibility mostly very good, some early mist, then misty later if rain occurs.
How Cold? (at 900m) Freezing Level	12C rising to 16 to 18C afternoon, warmest east and northeast areas. Feeling like 4C if exposed to stronger breeze in Above the summits.	14C, possibly rising to 18C southern areas, but later may drop several degrees in the north. (Glens reaching 25C) Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 9 July, 2026**

Increasingly warm for Scotland, hot for England and Wales this week. Southwesterly winds easing for much of Scotland but remnants of fronts bring further low cloud and drizzle to the west late this week. Locally a chance of thundery downpours in eastern Highlands later Friday, some of which may linger into Saturday but likely fading. A generally fine summertime outlook through the weekend and well into next week as high pressure expands northwards to broadly reside across Britain. Warm but generally pleasant summer temperatures next week. Sunshine and fair-weather cloud, many hills often clear. Easterly breezes for England and Wales.

Forecast issued at 16:29 on Tuesday, 7 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.