

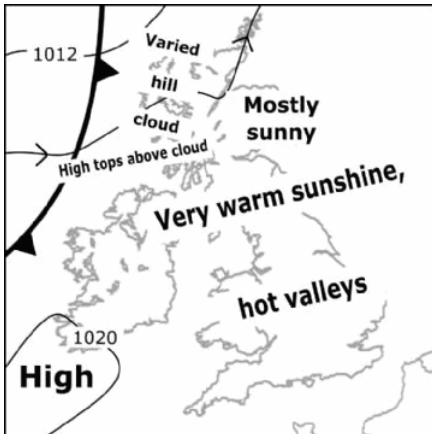
Cairngorms NP and Monadhliath

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, 9 July, 2026



**British Mountain Summary:
Based on forecast chart for noon 9 July, 2026**

Warm-to-hot sun for most, risk of sunburn and dehydration. Early sea fog on low slopes near west coasts of England and Wales, may briefly lift but soon dissipating. Varied cloud western Scottish Highlands, mostly Mull to Skye, little or none eastward; high tops in and around Lochaber above the cloud layer.

Headline for Cairngorms NP and Monadhliath

Mostly sunny, becoming very warm

Detailed Forecast for Thursday, 9 July, 2026

How windy? (On the Munros)	West-southwesterly 15 to 20mph, gusts approaching 25-30mph over tops and high passes at times, but a general easing trend, to 15mph or less later.
Effect of wind on you?	Feeling blustery early in the day around some higher slopes mainly higher Cairngorms, otherwise fairly small, and later mostly small.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Varied patches mostly west, largely clearing Patchy cloud around some slopes early in day, most notably Drumochter area. May drift higher up onto some tops for a few hours, tending to disperse or lift above most summits into afternoon. Little cloud in the Cairngorms, and summits above any scattered banks.
Chance of cloud free Munros?	80% Cairngorm plateau; 50% Drumochter and Monadhliath, rising to 70%
Sunshine? Air clarity (below cloud)	Sunshine and broken cloud, some periods of more extensive sun but also thin high cloud around. Some patchy early mist, otherwise visibility very good out of cloud.
How Cold? (at 900m)	12C rising to 16 to 18C afternoon, warmest east and northeast areas (where glens may rise up to 25C).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 10 July	Saturday 11 July
How windy? (On the Munros)	Southwesterly 15mph early in day, but soon below 10mph, variable direction.	Generally easterly but variable 10mph and often less.
Effect of wind on you?	Negligible.	Negligible.
How wet? (Precipitation and its impact)	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.	Periods of rain, early drizzle Drizzly on the high tops in the morning. Rain comes and goes, some steadier falls with a risk of local heavy bursts. With time, rain trending lighter and patchier.
Cloud on the hills?	Mostly little, may form later north Rare patchy cloud mainly toward west. If a late shower occurs, cloud patches forming at various levels. Greater risk of cloud over the high Cairngorms through afternoon, which could fill in across northern slopes with time.	Fairly extensive Extensive cloud to the middle slopes at dawn, to lower slopes and locally glen level to the south and east. Bases tending to rise, breaks to 700-800m forming, any higher breaks brief.
Chance of cloud free Munros?	80%	10%
Sunshine? Air clarity (below 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.	Overcast, sometimes dull and poor visibility on high terrain. Where below cloud, visibility will be very good.
How Cold? (at 900m)	14C, possibly rising to 18C southern Cairngorms, but later may drop several degrees north (glens reaching 25C).	10C rising to 12 or 13C, mildest towards Drumochter.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Friday, 10 July, 2026**

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands on Friday and Saturday, some risk of heavier thundery bursts on Friday. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog beginning to affect northeastern hill groups later weekend.

Easterly wind will persist next week, sometimes quite strong England and Wales. Mostly sunny and quite hot, including Scottish Highlands. Low pressure south of the country may push showers into Wales, though confidence is low.

Otherwise, this hot and dry pattern is likely to persist until late next week, at least.

Forecast issued at 16:20 on Wednesday, 8 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.