

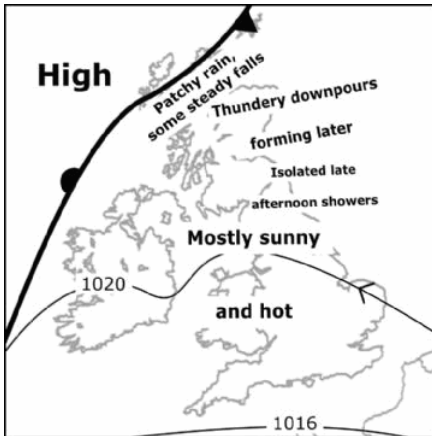
# Cairngorms NP and Monadhliath

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, 10 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 10 July, 2026**

Hot sunshine persists across England, Wales, and southern Scotland; valley temperatures of 30C+. Starting bright and becoming very warm most of Scottish Highlands. Rain from Lochaber northward, later moving east with heavy thundery bursts forming over central/east highlands into evening.

### Headline for Cairngorms NP and Monadhliath

Very warm, some sunshine; thunderstorms forming later

## Detailed Forecast for Friday, 10 July, 2026

<b>How windy? (On the Munros)</b>	Variable 10mph or less. A slight easterly trend with time, slightly strengthening later, some notable gusts around later thunderstorms.
<b>Effect of wind on you?</b>	<b>Negligible.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Dry well into the day, then thundery downpours forming</b> Rare spots of light rain from high cloud may affect Monadhliath, but most Munros likely dry well into the day. From mid-afternoon onward, rising risk of bursts of rain forming, later more widely with thundery downpours.
<b>Cloud on the hills?</b>	<b>Mostly clear morning, slowly increasing through afternoon</b> Some patchy dawn mist in glens and corries, an odd ribbon of cloud on middle and upper slopes, this mostly dissipating soon after dawn for cloud-free hills. Rising risk of cloud over the high Cairngorms through afternoon, which could fill in across northern high terrain with time, lower banks forming more widely as rain arrives.
<b>Chance of cloud free Munros?</b>	<b>80%, lowering through afternoon to 30% by evening</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some weak sun through a veil of high cloud, tending to thicken through afternoon for a cloudy evening. Visibility mostly very good, some early mist, then misty later where rain occurs.
<b>How Cold? (at 900m)</b>	14C, rising to 17C southern Cairngorms, but later may drop several degrees north (glens reaching 25C).
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Saturday 11 July</b>	<b>Sunday 12 July</b>
<b>How windy? (On the Munros)</b>	Generally easterly but variable 10mph and often less.	Generally southeasterly but variable, 10mph and often less.
<b>Effect of wind on you?</b>	<b>Negligible.</b>	<b>Negligible.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Drizzle with periods of rain</b> Rain comes and goes, some steadier falls with a risk of local heavy bursts. With time, rain trending lighter and patchier. Drizzly over the high tops most of the day.	<b>Spotty drizzle</b> A lingering drizzle on the summits in the morning, this tending to fade. Some chance of a few spots of drizzle rain returning, but these very localised, most Munros becoming dry.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  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.	<b>Fairly extensive, breaking tendency</b>  Extensive to the middle slopes at dawn at least, lower slopes eastern areas and local fog in glens. A lifting and breaking trend through morning, most cloud above 900m by afternoon; north and east slopes clearest, but high Cairngorm plateau may not clear.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>30%, rising to 50% Monadhliath</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast, sometimes dull and poor visibility on high terrain. Where below cloud, visibility will be very good.	Overcast, misty on high terrain to start. Glimpses of sun breaking out, best breaks west later with very good visibility.
<b>How Cold? (at 900m)</b>	10C rising to 11 or 12C, mildest towards Drumochter.	10 or 11C, may rise a degree eastern hills.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 11 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 Saturday with some risk of heavier thundery bursts on Saturday morning in the east. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog increasingly affecting northeastern hill groups later weekend.

Easterly wind persists next week, sometimes quite strong England and Wales. Mostly sunny and very warm, including Scottish Highlands. Low pressure south of the country starts pushing showers into Wales, some heavy and thundery, though confidence is low. Detail increasing uncertain later next week, but Scotland likely stays dry.

**Forecast issued at 15:58 on Thursday, 9 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.