

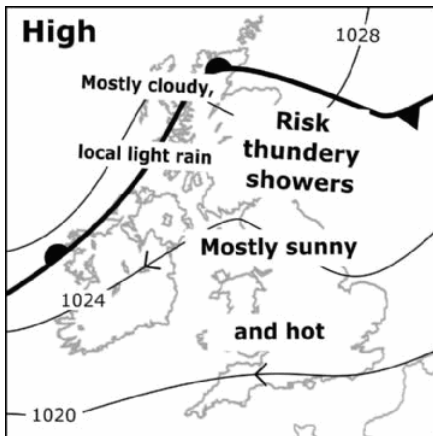
Cairngorms NP and Monadhliath

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, 11 July, 2026



British Mountain Summary:

Based on forecast chart for noon 11 July, 2026

Fairly cloudy Scottish highlands, drizzly tops east where a risk of thundery showers; drier west, local bright breaks. A rising risk of heavy/thundery showers forming over Southern Uplands. Very warm and sunny in England, but high cloud and a risk of showers far north later. Extensive hot sunshine for Wales.

Headline for Cairngorms NP and Monadhliath

Foggy on high terrain with risk thundery showers

Detailed Forecast for Saturday, 11 July, 2026

How windy? (On the Munros)	Generally easterly but variable 10-15mph, sometimes less. Local sudden strong gusts in varied directions accompany heavy/thundery showers.
Effect of wind on you?	Mostly small, but sudden strong gusts near shower will inconvenience walking.
How wet? (Precipitation and its impact)	Drizzle, patchy rain, risk thundery showers A fine drizzle on the high tops much of the day. Occasional patches of rain affecting most hills, a risk of pop-up heavy showers forming (possibly thundery), mostly over the Cairngorms and passing eastward.
Cloud on the hills?	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 to the west, any higher breaks brief. Where showers occur, patches return to lower slopes.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast, sometimes dull and poor visibility on high terrain. Where below cloud, visibility will be very good.
How Cold? (at 900m)	10C rising to 11 or 12C, mildest towards Drumochter. Where showers occur, temperature briefly drops a few degrees.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 12 July	Monday 13 July
How windy? (On the Munros)	Generally southeasterly but variable, 10mph and often less.	Generally easterly but variable, 10mph and regularly less.
Effect of wind on you?	Negligible.	Negligible.
How wet? (Precipitation and its impact)	Spotty drizzle A lingering drizzle on the summits in the morning, this fading. Some chance of a few spots of drizzly rain returning, but these very localised, most Munros staying dry.	No rain expected
Cloud on the hills?	Fairly extensive, breaking tendency 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 1000m by afternoon; north and east slopes clearest, but high Cairngorm plateau may not clear.	High tops above broken mid-level banks Cloud may be fairly extensive below 900m at dawn. Soon after sunrise, cloud begins lifting with breaks increasingly forming, many hills becoming clear afternoon. Banks may cling to eastern slopes, but unlikely rising above 1100m.
Chance of cloud free Munros?	30%, rising to 70% Monadhliath	Above 90% (Cairngorm plateau above cloud)
Sunshine? Air clarity (below cloud)	Overcast, misty on high terrain to start. Glimpses of sun breaking out, best breaks west later with very good visibility.	A patchwork of cloud and sunshine. Very good visibility.
How Cold? (at 900m)	10 or 11C, may rise a degree western hills.	9C rising to 13C; may rise another degree or two around Strathspey.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 12 July, 2026

Staying very warm late weekend into next week. High pressure north of the country keeps the skies mostly clear and facilitates an easterly flow, pushing the warmest temperatures to western hill groups. Northeastern areas will see early sea fog under the high pressure, this dissipating in the sun through morning. Scottish highlands seeing temperatures often rise into the mid-teens, valley temperatures to the 20s west; warmest Wales where hill temperatures often to 20C or higher. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Low pressure south of the country may push cloud and showers into Wales, though confidence remains low, and could remain largely dry. Detail uncertain later next week, but a milder northerly flow may begin to establish.

Forecast issued at 16:17 on Friday, 10 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.