

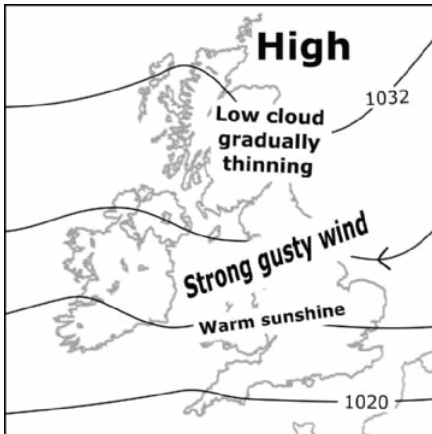
# Cairngorms NP and Monadhliath

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, 12 July, 2026



### British Mountain Summary: Based on forecast chart for noon 12 July, 2026

Cloud shrouds many hills in Scotland and NE England in the morning, more broken westwards; slowly tending to thin to leave patchier cloud on higher tops mainly eastern Scotland by afternoon. A notably strong gusty easterly wind for England & Wales, but mostly sunny. Warm for Wales & Peak District.

### Headline for Cairngorms NP and Monadhliath

Low cloud and early dampness, improving. Wind mostly light.

## Detailed Forecast for Sunday, 12 July, 2026

<b>How windy? (On the Munros)</b>	Generally southeasterly but variable, 10mph and often less, local 15mph at times more southern areas.
<b>Effect of wind on you?</b>	<b>Negligible.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Spotty drizzle fades</b> A lingering drizzle on some hills in the morning, this fading by middle of day. Small chance of an isolated light shower later.
<b>Cloud on the hills?</b>	<b>Fairly extensive, thickest low cloud in morning, breaking tendency</b> Extensive to the middle slopes at dawn, to some lower slopes eastern areas and local fog in glens. A lifting and breaking trend through morning, most cloud above 1000m by afternoon; breaks best toward and west of A9, but high Cairngorm plateau may not clear.
<b>Chance of cloud free Munros?</b>	<b>10% early, rising to 40% Cairngorms, 70% Monadhliath to Ben Alder.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Overcast, misty poor visibility over hills. Glimpses of sun breaking out, best breaks west later with very good visibility.
<b>How Cold? (at 900m)</b>	9 or 10C, lifting to 12C if cloud clears on western hills.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 13 July	Tuesday 14 July
<b>How windy? (On the Munros)</b>	Generally easterly but variable, 10mph and regularly less.	East or southeasterly 10-15mph or less.
<b>Effect of wind on you?</b>	<b>Negligible.</b>	<b>Mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No rain expected</b>	<b>No rain expected</b>
<b>Cloud on the hills?</b>	<b>High tops above broken mid-level banks</b> 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.	<b>Higher terrain clear</b> Fog in some glens, possibly a sheet of low cloud covering low to mid-level hill slopes in east and north from dawn, brief fragments may drift upslope, but all thinning and dispersing during morning. Tops generally clear all day.
<b>Chance of cloud free Munros?</b>	<b>Above 90% (Cairngorm plateau above cloud)</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A patchwork of cloud and sunshine. Very good visibility.	Strong sunshine and excellent visibility on hills, early mist lower down, leaving some low level haze.
<b>How Cold? (at 900m)</b>	9C rising to 13C; may rise another degree or two around Strathspey.	14C from dawn (warmer than many lower slopes and glens), rising to 17C (glens reach 25C).
<b>Freezing Level</b>	Above the summits.	Above the summits.

## Planning Outlook

### All mountain areas of Britain from Monday, 13 July, 2026

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure north of the country keeps the skies mostly clear, some low-level cloud rolling inland from the North Sea at times. A prevailing easterly flow, pushing the warmest temperatures to western hill groups, valley temperatures often 25C, or warmer for Wales and Peak District, at times 30C. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Notably dry ground conditions, beware very high fire risk. Later in the week, an increasing risk of thundery showers forming, with a cooling trend into the weekend 18-19th.

### Forecast issued at 16:00 on Saturday, 11 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.