

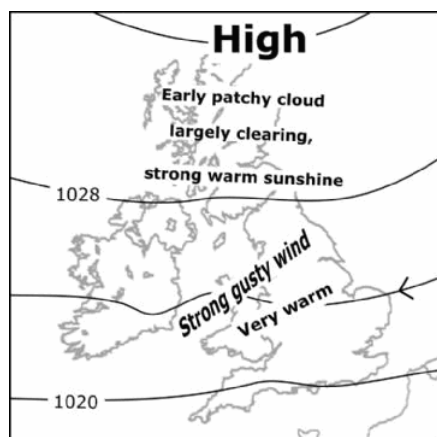
Cairngorms NP and Monadhliath

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 Monday, 13 July, 2026



British Mountain Summary:

Based on forecast chart for noon 13 July, 2026

Varied banks of cloud around hills in Scotland and Pennines early in the day, but increasingly dispersing during the morning to leave most or all hills clear. Strong sunshine, pleasant temperatures, warmest in western areas. Mostly light wind for the Highlands, gusty easterly further south. Very warm for Wales.

Headline for Cairngorms NP and Monadhliath

Patchy cloud clears, warm sunshine, light wind.

Detailed Forecast for Monday, 13 July, 2026

How windy? (On the Munros)	Generally easterly but variable, 10mph and regularly less.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	High tops above broken mid-level banks, largely clearing Cloud banks fairly widely below 900m at dawn. Soon after sunrise, cloud begins lifting with breaks increasingly forming, many hills becoming clear by middle of day, patchy cloud confined to tops mainly in east.
Chance of cloud free Munros?	90% (Cairngorm plateau above cloud for a time)
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sunshine, increasingly sunny. Very good visibility. High UV, beware sunburn.
How Cold? (at 900m)	9C rising to 13C; reaching 15C around Strathspey, (where some glens approach 25C by afternoon).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 14 July	Wednesday 15 July
How windy? (On the Munros)	Easterly 10-15mph or less.	East or southeasterly 5 to 10mph.
Effect of wind on you?	Mostly small.	Negligible.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Higher terrain clear From dawn, fog in some glens and mostly only lower hill slopes toward north and east, brief fragments may drift upslope, but soon all thinning and dispersing. Tops generally clear all day.	Mountains clear From dawn, fog in some glens and on lowest hill slopes mainly north and eastern areas, soon all dispersing.
Chance of cloud free Munros?	Above 90%	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility on hills, early mist lower down, leaving some low level haze.	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.
How Cold? (at 900m) Freezing Level	14C from dawn (warmer than many lower slopes and glens), rising to 17C (glens reach 25C). Above the summits.	16C from dawn (warmer than glens), rising to 19C (glens reach 25C). Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 14 July, 2026**

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure 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 for 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. A cooling trend toward the weekend as north-northeasterly winds develop, a few showers possible, but a dry theme likely into early next week.

Forecast issued at 16:00 on Sunday, 12 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.