

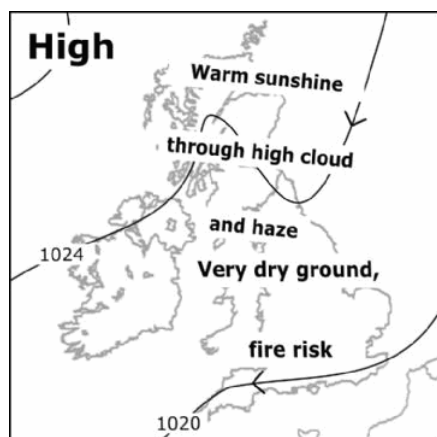
Cairngorms NP and Monadhliath

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, 16 July, 2026



British Mountain Summary:

Based on forecast chart for noon 16 July, 2026

Extremely dry ground conditions with risk of wildfire, notably England and Wales. Remaining very warm and mostly sunny across the country, high cloud and haze weakening the sun in the north. Early sea fog affects low slopes of north and east Scotland and England, this burning off through morning.

Headline for Cairngorms NP and Monadhliath

Very warm; sun weakened by high cloud and haze

Detailed Forecast for Thursday, 16 July, 2026

How windy? (On the Munros)	Northeasterly, 5 to 10mph, trending towards 15mph over high eastern tops later in the day.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Hills clear Fog over the North Sea extends inland into some glens toward the north and east around dawn, beginning to thin and retreat through morning and retreating back to the coast.
Chance of cloud free Munros?	Practically certain
Sunshine? Air clarity (below cloud)	Sunshine over the mountains well into the day, increasingly weakened by high cloud. Some mist patches from dawn in glens and over lochs, this clearing but staying hazy (high tops perhaps above haze early in the day).
How Cold? (at 900m)	16C from dawn, (warmer than glens at first), rising to 17 to 20C; coolest temperatures far north and east, warmest towards Drumochter where glens reach 26C or locally warmer around Strathspey.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 17 July	Saturday 18 July
How windy? (On the Munros)	Northerly 15 to 25mph, local 30mph northeastern tops.	Northerly 15-20mph, gusty over the Cairngorm plateau, may reach 30mph at times.
Effect of wind on you?	Fairly small, but feeling more blustery at times and noticeable cooler on high terrain.	Fairly small, but frequent nuisance gusts over high terrain and a chilly feeling.
How wet? (Precipitation and its impact)	Rain unlikely Odd pockets of drizzle over the high Cairngorms from time to time, a few spots on slopes to the north as well, otherwise dry.	Little expected Spotty light rain affects the Cairngorm plateau from time to time, rainfall totals likely small with dry windows. Slopes south of high Cairngorms remain dry.
Cloud on the hills?	Covering northern hills for a time Varied banks of cloud drifting onto some hill slopes, mainly north Cairngorms. Higher terrain likely above the cloud, but some cloud banks likely drifting higher up for periods, then thinning. Well broken cloud further south.	Lingering on high northern slopes May be fairly extensive at dawn, lowest bases northern Cairngorms/Strathspey area. Soon breaking and lifting, southern slopes clearing cloud; varied banks come and go over the high Cairngorms, bases to 1000-1100m northern slopes.
Chance of cloud free Munros?	50% north, 80% south (high Cairngorms perhaps above cloud)	60%
Sunshine? Air clarity (below cloud)	Patchwork of sun and cloud. Visibility very good or excellent.	Patchwork of cloud and sun, more often cloudy on high northern slopes. Very good visibility.
How Cold? (at 900m)	10 to 14C, coolest in northern areas around cloud banks.	7C rising to 10C northern Cairngorms, to 12C southern Cairngorms/Drumochter area. Feeling near freezing in strongest wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 17 July, 2026

Settled summer weather continues into the weekend and next week as high pressure dominates. Warm temperatures on the hills in midweek will trend cooler from the north from Friday into the weekend, dropping below 10C on summits for periods, mainly Scottish mountains. Most persistently cooler in the north where some cloud will be drawn onto high terrain and over tops at times, occasional light showery rain; occasional inversion conditions in the morning. Otherwise generally ongoing dry weather, with good amounts of sun and many hill tops often clear of cloud. Continuing very high risk of fire with extremely dry ground conditions. A change of weather pattern late in the month brings scope for rain and thundery showers.

Forecast issued at 15:59 on Wednesday, 15 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.