

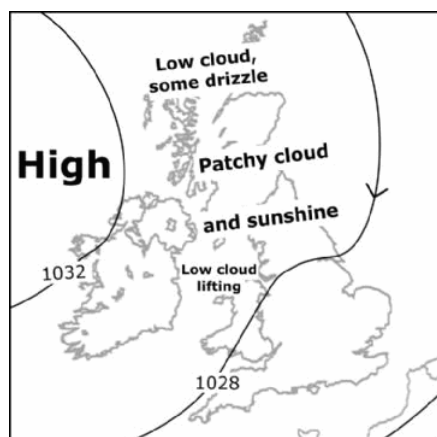
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Monday, 20 July, 2026



British Mountain Summary:

Based on forecast chart for noon 20 July, 2026

Some patchy drizzle and low cloud covering many northern mountains in the Highlands in the morning. Cloud persists on hills toward northwest coasts, tending to lift and break further inland. Hills in England & Wales mostly clear. Wind fairly light overall. Very dry ground and high fire risk remains.

Headline for Cairngorms NP and Monadhliath

Gusty in places. Some cloud banks, drizzle, improving.

Detailed Forecast for Monday, 20 July, 2026

How windy? (On the Munros)	Northwesterly 10-20mph, strongest sustained wind eastern Cairngorms where regularly gusting 25mph.
Effect of wind on you?	Fairly small, but blustery at times over high Cairngorms, particularly east.
How wet? (Precipitation and its impact)	Early drizzle northeast, fading Some fine drizzle occasionally toward the north and eastern Cairngorms early morning, then more likely dry.
Cloud on the hills?	Covering many higher slopes in morning, lifting to tops, well-broken later From dawn, fairly extensive above 700-800m over Cairngorm plateau and Monadhliath; always higher cloud south, near or above 900m. Base lifts, above 1100m afternoon, southern slopes clearing; some summit breaks form but patches may often cling to high Cairngorms.
Chance of cloud free Munros?	10% rising to 60%, 80% later southern summits in Cairngorms NP.
Sunshine? Air clarity (below cloud)	Cloudy to start on north slopes, sun increasingly breaking out, most widely later. Very good visibility (may still be smokey due to fires).
How Cold? (at 900m)	6C rising to 10 to 13C; always warmest south of Cairngorm plateau (to 14C Drumochter hills).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 21 July	Wednesday 22 July
How windy? (On the Munros) Effect of wind on you?	Northwesterly 20 to 30mph, strongest over Cairngorm plateau, gusty in places, tending to strengthen, by dusk 40mph. Blustery especially higher Cairngorms, affecting comfortable walking in places, later strenuous on tops, marked wind chill.	Northwesterly 25-30mph early in day with possible stronger gusts in east, tending to ease to 20mph or less. Blustery particularly in morning, affecting comfortable walking and feeling rather chilly on exposed tops; likely improving.
How wet? (Precipitation and its impact)	Rare drizzle Odd pockets of drizzle mostly toward the north, but often dry across the area.	Light rain and drizzle fading Some steady rain and drizzle over a few hours in the morning on northern Cairngorms and Monadhliath, tending to become patchy. Very little further south.
Cloud on the hills?	Capping tops at times north & west Cloud banks mostly above 900-1000m toward Monadhliath, north and western Cairngorms, tending to lift and break higher during day. Only patches further southeast, hills often clear.	Shrouding high terrain then lifting Covering hills fairly widely above 800 to 1000m in the morning, lowest in northern areas. Lifting to 1100m or above, then breaks forming to most tops into afternoon.
Chance of cloud free Munros?	40% northwest, to 80% southeast	30% rising to 70%
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun, best toward Braemar and Deeside. Visibility very good below cloud.	Largely cloudy north, some glimpses of sun south, may break through a little more widely afternoon. Visibility reduced around dampness, then very good below cloud.
How Cold? (at 900m) Freezing Level	8 to 13C, coolest if in cloud, warmest southern Cairngorms NP afternoon. Feeling like 0C if exposed to wind on tops. Above the summits.	7C rising to 11 to 13C, warmest toward south and east. In morning, feeling below 0C in the wind, near -5C high tops. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 21 July, 2026**

Largely dry weather prevails as high pressure remains nearby to the west. A northwesterly flow keeps temperatures nearer to average for the time of year, dawn temperatures in the middle single digits in Scotland; staying warm in England and Wales but maximum summit temperatures only to the high teens. Cloud and drizzle affects northwest Scotland more often, occasionally drifting further south. Despite this, ground remains very dry with high fire risk, with ongoing wildfire management limiting access in places. A more unsettled trend develops during next weekend, bringing wind, rain and showers first to Scotland and increasingly widely. England and Wales remain quite warm.

Forecast issued at 16:00 on Sunday, 19 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.