

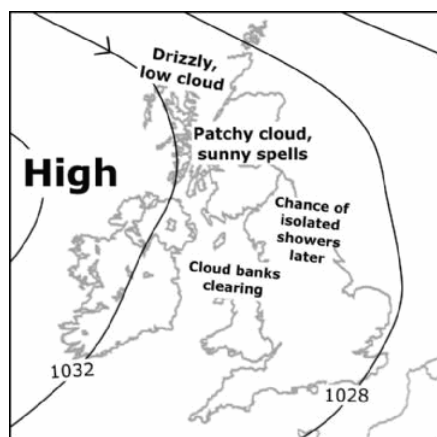
Cairngorms NP and Monadhliath

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 Tuesday, 21 July, 2026



British Mountain Summary:

Based on forecast chart for noon 21 July, 2026

Breezy over northern Scottish mountains, tending to strengthen; fairly light wind elsewhere. Most places dry with some patchy cloud on tops largely clearing. Feeling warm in the sun. Northwest Highland coasts hold low cloud and some drizzle much of day. Chance of a late shower over the Pennines.

Headline for Cairngorms NP and Monadhliath

Largely dry, patchy cloud on tops. Moderate-fresh breeze.

Detailed Forecast for Tuesday, 21 July, 2026

How windy? (On the Munros)	Northwesterly 20 to 30mph, strongest over Cairngorm plateau, gusty in places, tending to strengthen widely 30mph, from dusk into night 40mph over high terrain.
Effect of wind on you?	Blustery especially higher Cairngorms, affecting comfortable walking in places, later strenuous on tops, more challenging by dusk; marked wind chill.
How wet? (Precipitation and its impact)	Rare drizzle Odd pockets of drizzle mostly toward the north early in day, but largely dry across the area.
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.
Chance of cloud free Munros?	40% northwest, to 80% southeast
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun, best toward Braemar and Deeside. Visibility very good below cloud.
How Cold? (at 900m)	8 to 13C, coolest if in cloud, warmest southern Cairngorms NP afternoon. Feeling like 0C if exposed to wind on tops.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 22 July	Thursday 23 July
How windy? (On the Munros) Effect of wind on you?	Northwesterly 25-30mph early in day with some 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.	Westerly 15 to 25mph, strongest sustained speeds over higher Cairngorm plateau. Fairly small effect on walking, but feeling breezy and quite cool on high terrain.
How wet? (Precipitation and its impact)	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. Less toward Glen Garry.	A little drizzle northwest Odd patches of drizzle north Cairngorms to Monadhliath, some light rain mainly later. Largely dry further south and east.
Cloud on the hills?	Shrouding high terrain, breaks south Covering hills fairly widely above 800 to 1000m in the morning, lowest in northern areas. Lifting to 1100m or above, then breaks forming into afternoon, best southward, whilst banks may linger northern tops.	Early low cloud lifting and breaking Some cloud banks from 500-700m upward early in the day, particularly northern areas. Base rising to 1000-1200m during morning, increasingly lifting and breaking above most tops during afternoon.
Chance of cloud free Munros?	30% rising to 50% north, 70% south.	30% rising to 80%
Sunshine? Air clarity (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.	Largely cloudy start, visibility becoming very good below cloud, occasional sun breaking through, best in east.
How Cold? (at 900m) Freezing Level	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.	9 or 10C from dawn, rising to 12 to 14C afternoon, warmest in eastern areas. Feeling near 0C in the wind in morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 22 July, 2026

Largely dry weather continues this week as high pressure stays nearby. Very dry ground and high fire risk, beware of some ongoing fire management with locally restricted access to hills. A prevailing northwesterly wind brings further low cloud and some drizzle onto northwestern Scottish mountains - more widely across the western Highlands later in the week as the flow turns more westerly, with occasional steadier light rain. Patchy cloud over tops elsewhere, best sunshine and warmth in east and south-facing areas. Westerly winds strengthen everywhere into the weekend, bringing some rain and showers to all regions. A changeable and cooler outlook is expected into the last week of July.

Forecast issued at 16:00 on Monday, 20 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.