

Cairngorms NP and Monadhliath

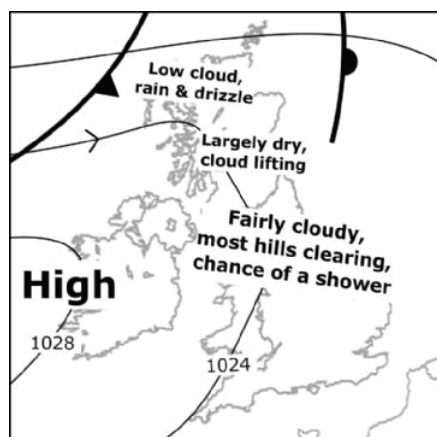
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Thursday, 23 July, 2026



British Mountain Summary:

Based on forecast chart for noon 23 July, 2026

Low cloud and drizzle across the northern parts of the Highlands in the morning, cloud tending to lift for central-southern Highlands, but northwestern areas stay damp, more persistent rain later and winds also strengthening. Cloudy skies for England and Wales, most hills clearing in the morning, low risk of a shower.

Headline for Cairngorms NP and Monadhliath

Increasing breeze. Some drizzle, low cloud, improving.

Detailed Forecast for Thursday, 23 July, 2026

How windy? (On the Munros)	Westerly 15 to 25mph, strongest sustained speeds over higher Cairngorm plateau, increasing later in day to 30-35mph.
Effect of wind on you?	Fairly small effect on walking, but feeling breezy and quite cool on high terrain. Becoming increasingly blustery evening.
How wet? (Precipitation and its impact)	A little drizzle northern areas, fading Patchy drizzly rain north Cairngorms to Monadhliath in the morning, some drizzle near Deeside for a time. Becoming dry. Some light rain mainly later evening in areas near and west of the A9.
Cloud on the hills?	Early low cloud lifting and breaking Cloud banks from 500-700m upward early in the day, most extensive northern areas. Base rising to 1000-1200m during morning, increasingly lifting and breaking above most tops during afternoon. Toward dusk, cloud lowers from northwest over higher terrain.
Chance of cloud free Munros?	30% rising to 80% afternoon, then lowering late evening from west.
Sunshine? Air clarity (below cloud)	Largely cloudy start, visibility becoming very good below cloud, occasional sun breaking through, best in east.
How Cold? (at 900m)	9C from dawn, rising to 11 or 12C afternoon, local 14C easternmost areas. Feeling near 0C in the wind in morning.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 24 July	Saturday 25 July
How windy? (On the Munros) Effect of wind on you?	Westerly 30 to 40mph, gusts 50mph over higher Cairngorms, tending to strengthen toward evening. Frequent buffeting over high terrain, making walking strenuous, gusts knocking you off balance. Considerable wind chill.	Westerly 35 to 50mph from dawn into early morning, lessening to 25-35mph middle of day, 15-20mph later. Challenging walking and marked chill at first, improving during day, to become mostly small afternoon.
How wet? (Precipitation and its impact)	Drizzle most frequent west Drizzle on and off for mountains near and west of the A9 corridor. Patchier eastwards, more often dry toward Deeside. Toward evening, some steadier rain develops from west, continuing into night.	Drizzly rain or showers Patchy rain from overnight into early morning, some more persistent rain western Cairngorms, likely to ease to drizzly showers, but some heavier showery bursts possible locally during afternoon.
Cloud on the hills?	Most persistent western tops Covering hills from Ben Alder to west Cairngorms and Monadhliath much of day above 800-1000m, brief breaks. East near Deeside, bases 1000-1100m, good breaks. Lowering during evening.	Extensive higher areas, rising, breaks Shrouding hills fairly widely above 600-800m in morning, lowest toward west. Base tending to rise, to 1000m with some breaks to 1200m or above, best in east afternoon.
Chance of cloud free Munros?	30% west, to 60% furthest east.	20% rising to 50%, or 70% east.
Sunshine? Air clarity (below cloud)	Largely cloudy, visibility reduced at times in drizzle west, otherwise good below cloud, some sun breaking through in east.	Largely cloudy, dull morning, misty over hills especially in west; improving visibility to become very good below cloud.
How Cold? (at 900m) Freezing Level	7C rising to 10C, local 12C eastern tops; little change with added height on Munros. Feeling like 0 to -5C directly in the wind. Above the summits.	9 to 12C, warmest near Deeside afternoon. Feeling below freezing directly in the wind in the morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 24 July, 2026

Westerly winds reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later in the day. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable west to southwesterly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:00 on Wednesday, 22 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.