

# Cairngorms NP and Monadhliath

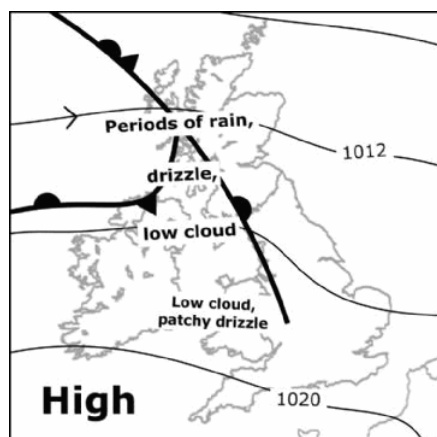
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Monday, 27 July, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 27 July, 2026

Fresh to strong west to southwesterly winds, rather cool on Scottish tops. Rain and drizzle frequent in western Scotland, patchier eastwards. Some drizzly rain for Lakes and north Wales. Low cloud affecting most western hills, higher bases eastwards.

### Headline for Cairngorms NP and Monadhliath

Blustery, patchy rain, drizzle, cloud on tops.

## Detailed Forecast for Monday, 27 July, 2026

|                                                   |                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>                 | West-southwesterly 25 to 30mph, with stronger gusts over high Cairngorms, in places 40mph.                                                                                                                                                                                                                 |
| <b>Effect of wind on you?</b>                     | <b>Ease of walking impacted in exposure, in places may become more strenuous on higher terrain. Feeling rather cool on tops.</b>                                                                                                                                                                           |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Spotty drizzly rain, becoming more persistent southwest</b><br>Occasional spots of light rain drift from the west through the day, dry windows common, particularly east; drizzly over high western tops. Into afternoon, some steadier rain spills in from the west, most persistent around Ben Alder. |
| <b>Cloud on the hills?</b>                        | <b>Increasingly extensive over high terrain</b><br>At dawn, patchy banks of cloud over the tops, eastern Cairngorms clearer. Middle of day into afternoon, cloud builds from the west, becoming fairly extensive above 1000m bases to 700m west but some breaks may still form.                            |
| <b>Chance of cloud free Munros?</b>               | <b>60% lowering to 20%</b>                                                                                                                                                                                                                                                                                 |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | A patchwork of cloud and sun, very good visibility, trending more cloud afternoon but a few glimpses of sun may still break out.                                                                                                                                                                           |
| <b>How Cold? (at 900m)</b>                        | 7C rising to 11C afternoon, slightly warmer easternmost tops, little change into night. Feeling like 0 to -3C in direct wind on the Munros.                                                                                                                                                                |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                                                                         |

## Cairngorms NP and Monadhliath - Looking Ahead

|                                                                                                       | <b>Tuesday 28 July</b>                                                                                                                                                                                                | <b>Wednesday 29 July</b>                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b>                                | Southwesterly 45 to 60mph, gusts over 70mph on higher Cairngorms.<br><br><b>Difficult walking conditions on exposed higher terrain, gusts could knock you over. Considerable wind chill.</b>                          | Southwesterly 25 to 35mph, strongest in the morning, nearer 40mph around dawn. Lessening a little afternoon-evening.<br><br><b>Blustery over the hills, considerable buffeting early in the day lessening, but will affect comfortable walking much of day.</b> |
| <b>How wet?</b><br>(Precipitation and its impact)                                                     | <b>Frequent or persistent rain</b><br>Periods of persistent rain widely, mixed with drizzle, generally wettest in Drumochter area. Easing off to be drier at times, for longest in eastern areas.                     | <b>Patchy rain and showers</b><br>Occasional rain, a mix of drizzle and some showery bursts, a chance of becoming more frequent, locally heavy.                                                                                                                 |
| <b>Cloud on the hills?</b><br><br><br><br><br><br><br><br><br><br><b>Chance of cloud free Munros?</b> | <b>Extensive higher areas</b><br><br>Blanket cloud shrouding the mountains much of the day above 700-900m, lowest and most persistent western areas, some higher breaks may form in east/northeast.<br><br><b>20%</b> | <b>Varied on tops, breaks north</b><br><br>Most persistent cloud banks near Ben Alder to southern Cairngorms slopes to 800-1000m. Higher and broken above 1000m northwards, lower patches in rain.<br><br><b>30% south to 60% north.</b>                        |
| <b>Sunshine?</b><br>Air clarity (below cloud)                                                         | Largely cloudy, poor visibility in rain, some improvements to be good below cloud when dry, brief moments of sun in east.                                                                                             | Fairly cloudy, glimpses of sun most often north and east, visibility very good below cloud; reduced around rain.                                                                                                                                                |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                                               | 10 or 11C, little variation all day, locally up to 13C eastern areas, quite humid. Feeling below freezing directly in wind. Above the summits.                                                                        | 10C rising to 12C, may reach 14C east. Feeling near to freezing in the wind. Above the summits.                                                                                                                                                                 |

**Planning Outlook****All mountain areas of Britain from Tuesday, 28 July, 2026**

Southwesterly winds will bring rain to most places early this week, some more prolonged heavier falls for western Scotland into Tuesday, accompanied by gales over high terrain, severe on Scottish tops, but rather humid for all, warm for England and Wales. Cooler air toward northwest Scotland moves across all of Scotland by Wednesday. Showery rain through mid-late week, some heavy and possibly thundery bursts, mainly Scotland. Likely drier for Wales and southern Pennines. Remaining very uncertain detail toward next weekend and early the following week, but indications favour a broad zone of low pressure bringing areas of rain and heavy showers through early August.

**Forecast issued at 16:18 on Sunday, 26 July, 2026**

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