

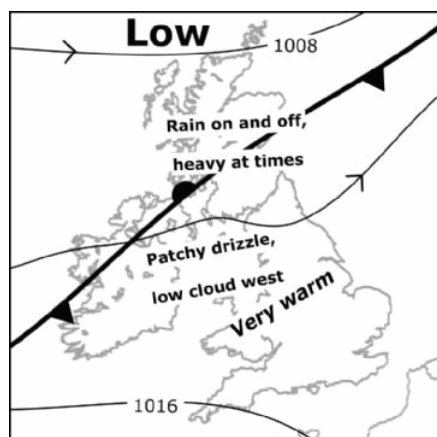
Cairngorms NP and Monadhliath

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 Wednesday, 29 July, 2026



British Mountain Summary:

Based on forecast chart for noon 29 July, 2026

A swathe of frequent to persistent rain through central & southern Scotland, some heavier bursts with possible thunder and lightning afternoon. Patchier showers in northwest, rather cool here. Warmer and humid southwards, low cloud covering many western hills, some drizzle near Irish Sea.

Headline for Cairngorms NP and Monadhliath

Windy. Some heavy rain south afternoon, cloud breaks north.

Detailed Forecast for Wednesday, 29 July, 2026

How windy? (On the Munros)	Southwesterly 40 gusts 50mph around dawn, easing to 25-35mph during morning, 20-25mph later afternoon, but still some stronger gusts, particularly around rain.
Effect of wind on you?	Blustery over the hills, considerable buffeting early in the day lessening, but will affect comfortable walking much of day. Notable wind chill on high terrain.
How wet? (Precipitation and its impact)	Patchy rain, heavier bursts forming mainly in the south afternoon A mix of drizzle and some pulses of heavy rain, becoming frequent or setting in more likely afternoon-evening in southern half of Cairngorms NP where possible thunder. Generally drier toward the north, smaller amounts of rain.
Cloud on the hills?	Varied on tops, breaks north Most persistent cloud banks near Ben Alder to southern Cairngorms slopes to 800-1000m. Higher and broken above 1000m northwards, lower patches in rain, but may be often above many hills for much of day Monadhliath.
Chance of cloud free Munros?	30% south to 70% north.
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun most often north and east. Visibility often very good below cloud in north; reduced around rain in south.
How Cold? (at 900m)	10 or 11C, little change, local 13C eastern areas afternoon; dropping to 8C into evening from west. Feeling like 0C in the wind, colder at first.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 30 July	Friday 31 July
How windy? (On the Munros) Effect of wind on you?	Southwesterly, strengthening in morning 20-30mph, risk reaching 40mph, gusts 50mph, shifting westerly afternoon. May start fairly small, but deteriorating to make walking challenging, buffeting gusts. Increasingly significant wind chill.	Southwesterly 25 to 30mph, risk occasionally 40mph, gusty in showers. Affecting ease of walking on high terrain, gusts challenging balance on exposed tops at times. Marked wind chill.
How wet? (Precipitation and its impact)	Thundery bursts of rain setting in Largely dry start, then showers form, developing into a cluster of frequent heavy rain afternoon, torrential downpours particularly in northeast, risk of thunder and lightning, may continue into evening.	Showers develop, risk of lightning Dry much of the morning, scattered showers forming, increasingly widely during the afternoon, heavy bursts drift east into evening. Risk of hail and thunder.
Cloud on the hills? Chance of cloud free Munros?	Lifting for a time, lower in rain Varied cloud banks over hills in the morning, lifting to higher slopes and clearing for a time. Lowering again in rain, ragged patches down to forest canopies. 50%	Mostly high tops or above Patchy cloud around some mid to upper slopes early in day, lifting mostly above 1000m, clearing high tops for periods. Lowering ragged patches during/after rain. 60%
Sunshine? Air clarity (below cloud)	Often cloudy, some sun breaking through for periods mainly morning. Visibility very good when dry, reduced to poor around heavier rain.	Occasional sun mostly morning, clouding over into the afternoon. Visibility very good, reduced in showers.
How Cold? (at 900m) Freezing Level	6C, lowering to 4C into evening. Feeling like -5C in exposure to stronger winds on high tops. Above the summits.	6 or 7C, reaching 9C afternoon in east. Feeling like -3C in the wind on tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 30 July, 2026

Cool and showery westerlies late this week and into Saturday, windy over high terrain; western hills often capped in cloud. Rain may encroach from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales at least. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, may strengthen northwesterly by Tuesday to gales. An improving trend into midweek, but showery westerlies likely prevail in Scotland at least. Despite spells of rain, beware ongoing fire management restricting access to some mountains.

Forecast issued at 16:15 on Tuesday, 28 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.