

Cairngorms NP and Monadhliath

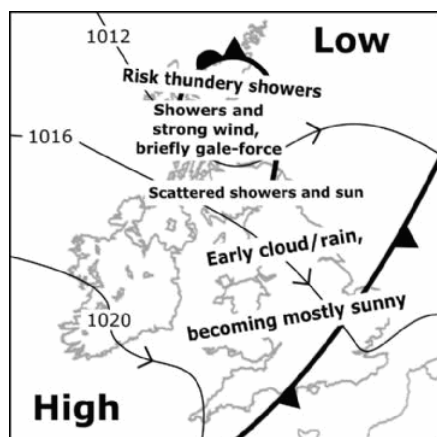
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Thursday, 30 July, 2026



British Mountain Summary:

Based on forecast chart for noon 30 July, 2026

Cool, windy, and showery in Scotland. Gales and heavy showers pass west-to-east across the highlands, showers most frequent with lightning risk north. Starting breezy with rain over the Pennines and Wales, this clearing east for sun, a few odd showers northwest England. Mild-to-warm England and Wales.

Headline for Cairngorms NP and Monadhliath

Increasingly showery and windy, gales for a time

Detailed Forecast for Thursday, 30 July, 2026

How windy? (On the Munros)	Southwesterly, starting 15-20mph, strengthening during morning to 30-35mph, shifting westerly with sustained speeds over tops approaching 40-45mph for several afternoon hours, stronger gusts approach 60mph. Easing later afternoon into evening.
Effect of wind on you?	May start fairly small, but deteriorating to make walking challenging, considerable buffeting as showers arrive and significant wind chill.
How wet? (Precipitation and its impact)	Showers, setting in for a time Largely dry start, a few showers west of A9. Increasingly showery from late morning, clustering to give frequent rain with heavy bursts with risk of lightning for an hour or two into afternoon, most likely west of A9. Total rainfall very small toward Deeside.
Cloud on the hills?	Lifting for a time, filling in around rain Varied cloud banks over hills in the morning, lifting to higher slopes and clearing for a time. Lowering again as showers become frequent, a period of fairly extensive cloud above 900-1000m with lower banks. May break up again late in the day.
Chance of cloud free Munros?	Rising to 70% by late morning
Sunshine? Air clarity (below cloud)	Often sunny through morning, patchy cloud increasingly forming, mostly overcast and dull for several afternoon hours. Visibility very good when dry, reduced to poor around heavier rain.
How Cold? (at 900m)	6C, rising slightly, locally to 8C eastern hills, but cooling through later afternoon, to 5C evening. Feeling like -5C in exposure on summits, approaching -10C in strongest wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Friday, 31 July, 2026

Cool and showery westerlies into the weekend, windy over high terrain; western hills often capped in cloud. Southern Pennines and Wales likely see only scattered showers and remain warm . Cloud encroaches from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales . 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, trending northerly and strengthening, to gales over high summits on Tuesday. A window of improvement from midweek, which may persist into the weekend, but a showery northwesterly persists in Scotland. Beware ongoing fire management restricting access to some mountains.

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.