

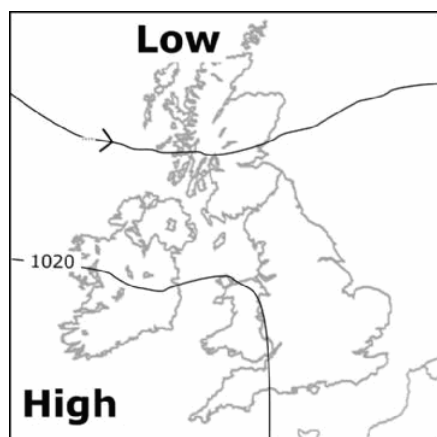
Cairngorms NP and Monadhliath

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 Friday, 31 July, 2026



British Mountain Summary:

Based on forecast chart for noon 31 July, 2026

Westerly winds, tending to strengthen through the day will continue to bring lower temperatures to the mountains (particularly W & NW Scotland), Showers, throughout day W and NW Highlands, but mostly afternoon elsewhere - and few if any S Pennines and Wales.

Headline for Cairngorms NP and Monadhliath

Showers, mainly afternoon. Wind speed tending to increase.

Detailed Forecast for Friday, 31 July, 2026

How windy? (On the Munros)	West to southwesterly typically 20 to at times 25mph, although until late morning or midday no more than 10 or 15mph on many summits.
Effect of wind on you?	Mostly fairly small.
How wet? (Precipitation and its impact)	Showers - from about midday onwards Dry most or all morning, before showers extend across region in afternoon; some becoming heavy.
Cloud on the hills?	Nearly all clearing through morning All or nearly all clearing after being fairly widespread on higher slopes, particularly west of A9 until mid morning. Now and again in afternoon, fragments on higher slopes near showers.
Chance of cloud free Munros?	Rising through morning to 80%
Sunshine? Air clarity (below cloud)	Patchwork of bright sunshine - most sun eastwards toward Deeside. The air very clear indeed.
How Cold? (at 900m)	4C rising to 7 to 9C afternoon, warmest eastern summits Cairngorms NP. Feeling near or below freezing in the wind in morning.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 1 August	Sunday 2 August
How windy? (On the Munros)	Westerly 20-30mph; generally most gusty near rain.	Westerly 20 to 25mph after dawn. Will drop toward 10mph through day.
Effect of wind on you?	Locally fairly small, but ease of walking often impacted on high terrain, some more strenuous moments with wind chill.	Fairly small before becoming mostly negligible.
How wet? (Precipitation and its impact)	Showers developing Showers, some briefly heavy, from about midday onwards.	Rain unlikely Possibly the odd brief shower, but very likely dry.
Cloud on the hills?	Summits increasingly clearing At dawn, varied cloud above 600m, mostly west of A9. Cloud lifts through morning, many summits clearing by midday, particularly east of the A9.	More or less all clearing Patches over a few hours on some higher slopes, but by late morning, very little anywhere.
Chance of cloud free Munros?	60% by afternoon	40% gradually rising to 90%
Sunshine? Air clarity (below cloud)	Mostly sunny morning, sunshine gradually more patchy. Very good visibility.	Periods of sunshine, although later the sun hazy. Excellent visibility.
How Cold? (at 900m) Freezing Level	6C rising to 12C. Will feel near freezing point directly in wind in morning. Above the summits.	6C rising to 12C. Feeling close to or below freezing point directly in wind in morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 1 August, 2026

Extensively dry with cloud widely confined above the mountains this weekend, although mainly Saturday in Scotland, showers and on western mountains areas of low cloud. Relatively chilly on the west and NW Highlands, but otherwise fairly normal temperatures for early August.

Very complicated early next week; areas of rain will drift slowly across central and northern Britain, but the distribution of rain (and associated low cloud) very uncertain. Probably very little rain across Wales.

Despite some rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry 'tinder dry'.

Forecast issued at 7:30 on Friday, 31 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.