

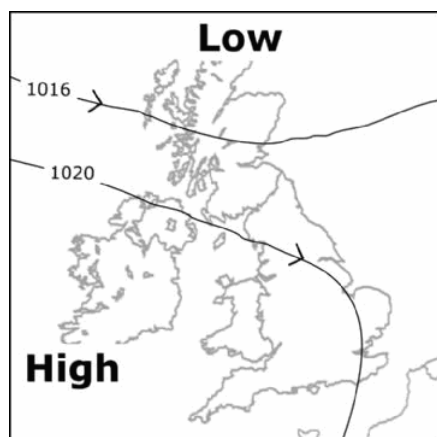
Cairngorms NP and Monadhliath

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



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General Summary for Saturday, 1 August, 2026



British Mountain Summary:

Based on forecast chart for noon 1 August, 2026

England and Wales extensively dry with periods of sun and particularly Wales fairly light wind. Increasingly showery northwards across Scotland, although mostly confined to afternoon eastern mountains. Fairly chilly, particularly morning.

Headline for Cairngorms NP and Monadhliath

Chilly morning; scattered showers, mainly afternoon.

Detailed Forecast for Saturday, 1 August, 2026

How windy? (On the Munros)	Westerly 20-25mph.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Showers developing Showers, some briefly heavy, from late morning or midday onwards. Mostly dying out again from early evening.
Cloud on the hills?	Summits increasingly clearing At dawn, varied cloud above 600m, mostly west of A9. Cloud base lifts through morning, many summits clearing by midday, particularly east of the A9, but cloud may continue to come and go above about 1200m.
Chance of cloud free Munros?	70% by afternoon
Sunshine? Air clarity (below cloud)	Mostly sunny morning, sunshine gradually more patchy. Very good visibility.
How Cold? (at 900m)	6C rising to 11C. Will feel near freezing point directly in wind in morning.
Freezing Level	Above the summits.

All mountain areas of Britain from Sunday, 2 August, 2026

Still a few showers W & NW Highlands on Sunday, and threat of some rain by dusk western mountains. The rain will be ahead of a very complicated weather pattern early next week; areas of rain will drift slowly across central and mainly northern Britain, but the distribution of rain (and associated low cloud) remains very uncertain. Despite some recent rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry: 'tinder dry'.

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.