

Cairngorms NP and Monadhliath

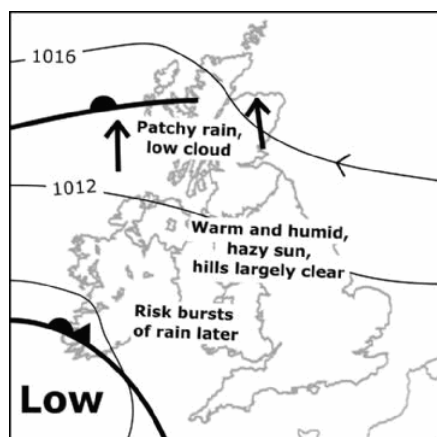
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Monday, 3 August, 2026



British Mountain Summary:

Based on forecast chart for noon 3 August, 2026

Some rain drifts north across Scotland, with low cloud banks mostly on south-facing hill groups. A gusty east-southeasterly wind all day England & Wales, and strengthens with time across the Highlands. Humid with warm sun and thin high cloud for England & Wales, later risk of rain in west.

Headline for Cairngorms NP and Monadhliath

Some rain and varied cloud; gusty wind develops.

Detailed Forecast for Monday, 3 August, 2026

How windy? (On the Munros) Effect of wind on you?	Easterly 10-15mph at first; tending to strengthen from south toward 25mph by early afternoon; very gusty in places. Continuing to increase into night to 35mph, stronger gusts high terrain. Mostly fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky. Deteriorating further into night.
How wet? (Precipitation and its impact)	Rain develops on and off As cloud thickens from south, rain will spread northwards, local steadier rain over southern hills for periods, patchier northward, but odd heavier moments. Onward well into night, constant heavier rain moves in from the south.
Cloud on the hills? Chance of cloud free Munros?	Mostly south and around rain Northern hills starting largely clear. Cloud banks on some slopes mainly toward Deeside in the morning and elsewhere in rain. Tending to more often cap higher slopes, but some breaks. 70% dropping to 40%
Sunshine? Air clarity (below cloud)	A little weak sun through thin high cloud in north, soon mostly overcast. Excellent or superb visibility, but dropping markedly in rain.
How Cold? (at 900m) Freezing Level	9C, little change all day. Feeling near to freezing directly in the stronger wind on tops. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 4 August	Wednesday 5 August
How windy? (On the Munros)	Easterly 25 to in places a gusty 35mph. May ease toward 15mph.	Easterly later northerly, 20 to 30mph, possibly a lull to lower speeds, mainly in south; risk of increasing further later.
Effect of wind on you?	Sudden buffeting in gusty winds both higher up and on some lower slopes and valleys. Expect balance to be tricky.	Conditions likely to vary during the day, in places fairly small, but expect ease of walking to be affected for periods.
How wet? (Precipitation and its impact)	Raining most or all day Bands of rain will circulate within an area of low pressure, giving rain intermittently or frequently throughout the day.	Frequent or persistent rain Areas of rain likely to affect the region much of the day, likely setting in heavier for prolonged periods with some thundery downpours mixed in.
Cloud on the hills?	Blanket of fog across the hills Blanket of fog across higher ares, sometimes the cloud below 300m Deeside. Breaks to 700m, mainly west of A9.	Extensive Shrouding mountains widely much of the day, with ragged patches from lower slopes up around heavier rain. Rare breaks toward some higher slopes.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Sunshine unlikely. Visibility often poor.	Little or no sun. Visibility poor during rain, occasionally improving.
How Cold? (at 900m)	8C	7 to 9C, coolest toward the north, little change all day. Feeling near or below freezing in the stronger wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 4 August, 2026**

Low pressure circulates slowly over Britain into midweek bringing areas of rain and thundery showers widely, accompanied by brisk winds up to gale force for periods. Trending toward westerlies later in the week and next weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

Forecast issued at 16:00 on Sunday, 2 August, 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.