

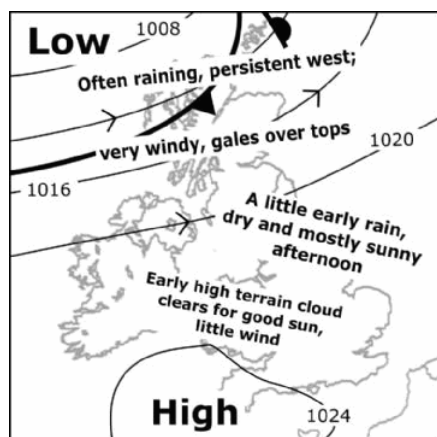
Cairngorms NP and Monadhliath

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



Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Friday, 7 August, 2026



British Mountain Summary:

Based on forecast chart for noon 7 August, 2026

Rain in the Scottish Highlands, persistent central/west areas; windy too, gales developing over summits. Some early rain in England, cloud covering high terrain, improving for frequent sun and minimal hill cloud. Light wind and mostly sunny Wales, just some early cloud and dampness high Snowdonia terrain.

Headline for Cairngorms NP and Monadhliath

Often raining; strengthening wind to gale-force

Detailed Forecast for Friday, 7 August, 2026

How windy? (On the Munros)	Southwesterly 30-35mph early, strengthening to sustained speeds of 40-45mph through afternoon, stronger gusts over the high tops with some risk of strengthening further for a time into evening.
Effect of wind on you?	Strenuous walking conditions from dawn deteriorate, walking difficult in exposure afternoon with significant wind chill; balance and forward progress becomes a constant challenge.
How wet? (Precipitation and its impact)	Rain, mostly near/west of A9 Frequent rain Monadhliath. Rain on and off - often little more than spots in the wind west Cairngorms NP. Rain rarely eastern Cairngorms NP.
Cloud on the hills?	Fairly extensive Terrain soon shrouded above 600-900m, lowest bases western hills with lower banks around rain. Some variability as rain comes and goes, rarely rising above 700m western slopes; a few breaks towards the high eastern Cairngorms but summits likely stay shrouded.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Best chance of sunny glimpses northeast Cairngorms, but otherwise cloudy, often dull to the west. Excellent visibility where dry and below cloud, though poor to the west in cloud and rain.
How Cold? (at 900m)	7C rising to 9C, or a degree milder easternmost hills; feeling humid later. Feeling below freezing in strongest direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 8 August, 2026

Westerly winds prevail into the weekend: Saturday will see extensive cloud and heavy rain develop across Scotland with gales; bands of rain passing to the south and east into England and Wales through Sunday with showers in Scotland . A ridge of high pressure early next week brings warmer temperatures and clearer hills, though western areas likely remain fairly cloudy with some drizzle on the high tops. Westerly flow returns through mid-week and a series of low pressure systems will pass west-to-east across the country with periods of strong wind (sometimes gales), rain, and low cloud, western hill groups always most affected . Mild-to-warm temperatures and sometimes quite humid. Changeable conditions persist into next weekend.

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.