

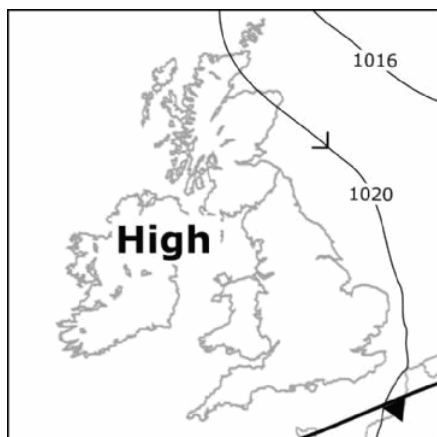
Cairngorms NP and Monadhliath

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 Monday, 10 August, 2026



British Mountain Summary:

Based on forecast chart for noon 10 August, 2026

Windy in northern and western Scotland, particularly morning. Elsewhere, the breeze dropping away. Periods of bright sunshine, particularly England and Wales - beware sunburn.

Headline for Cairngorms NP and Monadhliath

Windy, particularly north, morning - will ease. Fine.

Detailed Forecast for Monday, 10 August, 2026

How windy? (On the Munros)	Northwesterly, after dawn in the range 25mph to 35 to locally 40mph, strongest Cairngorms and Deeside, least windy toward and southwest of Dalwhinnie. Gradually dropping to in the range 10 to 20mph by late afternoon.
Effect of wind on you?	Expect significant buffeting on higher areas in morning, particularly N & E summits in Cairngorms NP, before conditions progressively ease.
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Confined to higher tops Cloud base will rise morning; by late morning, cloud rare below 1100m with most or probably all summits then clearing.
Chance of cloud free Munros?	Rising through morning to 90%
Sunshine? Air clarity (below cloud)	Patches of bright sunshine. Excellent or increasingly superb visibility.
How Cold? (at 900m)	4C, gradually rising toward 12C.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 11 August	Wednesday 12 August
How windy? (On the Munros) Effect of wind on you?	Southerly 10 to 15mph. Mostly negligible	Southerly increasing from around 10mph lower slopes to 30mph, locally 35 or 40mph on higher tops. Will increasingly impede ease of walking with height; sudden gusts, in places blowing downslope off higher terrain.
How wet? (Precipitation and its impact)	Rain not expected	Risk of a burst of showery rain A few showers, some briefly heavy, but substantially dry.
Cloud on the hills? Chance of cloud free Munros?	Perhaps foggy 'mid-slopes' morning (higher tops above the cloud). In morning cloud above about 500m perhaps widely southern Cairngorms NP, although little if any Monadhliath east to N Cairngorms. The top of the cloud probably 1000m. The cloud will gradually disperse mid to late morning, isolated patches into 80% (some lower areas foggy morning)	Little if any Chance cloud covering higher tops at times, most likely above 600 to 900m and confined to the morning, east from Ben Alder to southern summits in Cairngorms NP. 70%
Sunshine? Air clarity (below cloud)	More or less unbroken sunshine developing although often through high thin cloud. Possibly cloudy some areas morning. Superb visibility.	Intermittent sunshine. Excellent visibility although slight haze.
How Cold? (at 900m) Freezing Level	7C rising to 16C Above the summits.	11 rising to 16C. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 11 August, 2026**

Chance of bursts of rain, possibly locally thundery on Wednesday NW England northwards, with further occasional rain (and low cloud) later in the week, mainly across the W & NW Highlands.
The almost completely dry and warm weather will persist elsewhere. Underfoot conditions will remain exceptionally dry.
There may well be little change in the pattern into next week.

Forecast issued at 7:29 on Monday, 10 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.