

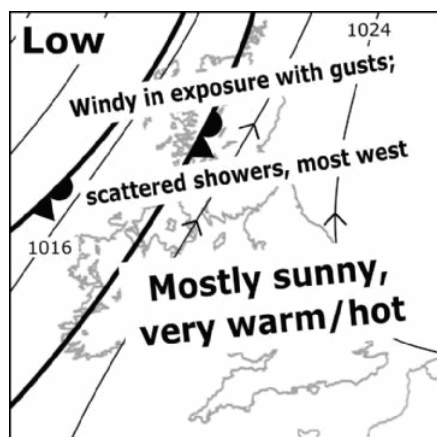
Cairngorms NP and Monadhliath

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 Wednesday, 12 August, 2026



British Mountain Summary:

Based on forecast chart for noon 12 August, 2026

Blustery on high terrain in Scotland, gusts pushing downslope in places. Scattered showery rain in the west, a few heavy bursts; some showers push east with time. Dry with hot sun and little wind for England and Wales, just some patchy high cloud in the north; beware risk of sunburn and dehydration.

Headline for Cairngorms NP and Monadhliath

Blustery in exposure; rising risk of cloud and showery rain

Detailed Forecast for Wednesday, 12 August, 2026

How windy? (On the Munros)	Southwesterly 20-30mph; notably strongest high tops, sustained speeds to 35-40mph with a risk of stronger gusts; easing somewhat later in the day.
Effect of wind on you?	Will increasingly impede ease of walking with height; sudden gusts, in places blowing downslope off higher terrain, making walking more strenuous with wind chill despite warm temperature.
How wet? (Precipitation and its impact)	Odd showers, mostly midday/afternoon The morning is likely dry, small risk of odd showers here and there, then a rising risk of more frequent showers as midday approaches into afternoon with local heavy bursts; many hills will continue to have dry windows.
Cloud on the hills?	Little early, increasingly over tops afternoon A few passing caps over high tops in the morning but the hills will be substantially cloud free. Caps will increasingly fill in as banks covering the high tops into afternoon, a few breaks still occurring; lowest bases reaching 800-900m.
Chance of cloud free Munros?	80% lowering to 50%
Sunshine? Air clarity (below cloud)	Intermittent sunshine. Excellent visibility although slight haze.
How Cold? (at 900m)	12C rising to 17C. Northernmost Cairngorms and Monadhliath may rise a degree further. Feeling like 7C in strongest direct wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 13 August	Friday 14 August
How windy? (On the Munros)	Southwesterly between 15 and 25mph.	Southwesterly 15-20mph.
Effect of wind on you?	Mostly fairly small	Fairly small.
How wet? (Precipitation and its impact)	Most rain west, risk more widely afternoon Occasional bursts of rain, possibly heavy rain west of A9. Elsewhere, bursts of rain only rarely, but a risk of more frequent showers afternoon with a rumble of thunder.	Bursts of rain, risk thunder east Often raining over Cairngorms from morning, some heavy bursts forming. An easing tendency from the west with time, but heavy bursts persist far east with a risk of thunder.
Cloud on the hills?	Confined to higher areas Conditions will vary, with breaks above 1050m, perhaps sometimes all clearing. But particularly in and after rain, cloud forming near 750m. Through day trend toward the lower cloud extending slowly east into or across Cairngorms NP.	Variable, shrouding high terrain From dawn, may be fairly extensive to middle slopes. A lifting trend, particularly later in the west, but bases unlikely clear above 1000-1100m, and return lower in rain. Around heavier rain east, patches form to lower slopes.
Chance of cloud free Munros?	30%	20%
Sunshine? Air clarity (below cloud)	Occasional sunshine, mainly east of A9. Varied visibility, at times good but poor where rain and cloud occur.	Small chance glimpses of sun, more likely overcast. Very good visibility where below cloud, but poor on high terrain.
How Cold? (at 900m)	15C rising slightly, up to 17C eastern Cairngorms.	13C lowering to 11C; always a degree milder east.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 13 August, 2026

Thursday remains dry and exceptionally hot across England and Wales; very dry ground conditions. Rain will begin to spread across Scotland through Thursday, this slipping into England and Wales on Friday and bringing a fresher breeze with its passing. Though weekend, high pressure is never far away to the southwest, keeping conditions generally drier and brighter across England and Wales, though a northwesterly flow will bring some cloud to western hills. Scotland is more often cloud with patchy rain in the north and west.

Mixed conditions early next week with patchy rain and sunny bursts here and there. With time, a trend towards stronger westerly winds with a few spells of more widespread rain; forecast confidence is low beyond the weekend.

Forecast issued at 15:50 on Tuesday, 11 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.