

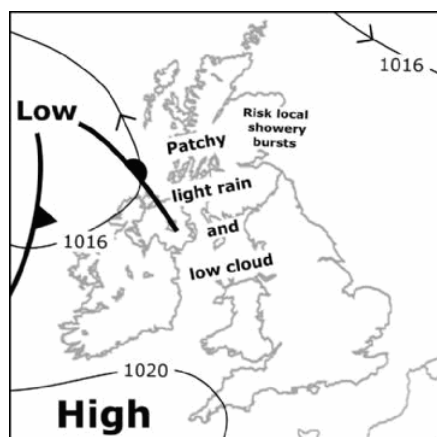
Cairngorms NP and Monadhliath

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 Sunday, 16 August, 2026



British Mountain Summary:

Based on forecast chart for noon 16 August, 2026

Mostly light rain and drizzle will drift in from the west, some western hills often damp throughout the day and shrouded in cloud. Rain patchier northeastward across the Highlands, but a risk of local bursts of rain forming in the afternoon. Mid & south Wales largely dry. Generally light winds.

Headline for Cairngorms NP and Monadhliath

Occasional rain, cloud varied over tops.

Detailed Forecast for Sunday, 16 August, 2026

How windy? (On the Munros)	Westerly 15-20mph from dawn, soon easing to 10-15mph or less, at times variable direction.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	Some drizzle, light rain, odd showers Damp and drizzly over high summits at times while in cloud. Some steadier light rain spreading from west for periods, mostly little toward the east. During afternoon a risk of odd heavier bursts widely, but very hit and miss locally.
Cloud on the hills?	Mostly tops, variably more extensive Much of the day, cloud banks mostly confined to high tops above 900-1000m, some varied lower banks early in the day. Breaks will occur, best east and north, but also some more extensive layers over high terrain during rain.
Chance of cloud free Munros?	30% near Ben Alder, to 50% N/E Cairngorms NP.
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun mostly toward Deeside. Excellent visibility away from cloud and rain.
How Cold? (at 900m)	7C rising to 9 or 10C, mildest eastern hills and where out of cloud.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 17 August, 2026

Low pressure initially to the north of Scotland early in the new week will eventually envelop the whole of Britain next week bringing generally unsettled and cooler conditions increasingly widely. Often blustery widely, west turning northerly winds later in week - becoming notably chilly over higher mountains. Rain extends into Scotland on Monday, turning heavy, then moves south over England and Wales by Monday night into early Tuesday . The rest of the week sees showery rain common for all areas, the rain most persistent in western Scotland, but heavier showery bursts and thundery downpours become widespread mid to late week.

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.