

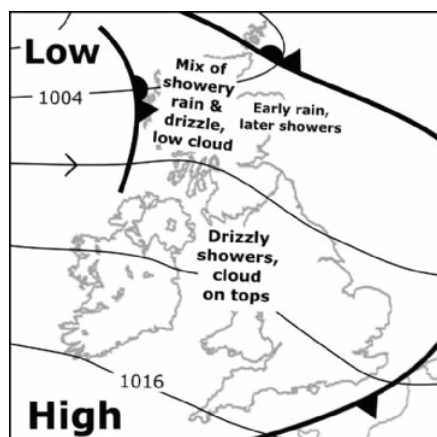
Cairngorms NP and Monadhliath

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 Tuesday, 18 August, 2026



British Mountain Summary:

Based on forecast chart for noon 18 August, 2026

Fresh-to-strong westerly breezes bring frequent showery rain and drizzle to western Scotland all day, plus patchy rain western England and Wales in the morning, here becoming drier until rain returns by evening. All western tops often in cloud. Some showery rain extends east across the Highlands.

Headline for Cairngorms NP and Monadhliath

Blustery, some showery rain, cloud mostly high tops.

Detailed Forecast for Tuesday, 18 August, 2026

How windy? (On the Munros)	West-southwesterly 25 to 30mph, gusts 35-40mph for periods high Cairngorms.
Effect of wind on you?	Strenuous walking where exposed on high terrain, some buffeting over high tops and ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	A few showers develop from west Remnants of overnight rain toward the north early in the day will clear northward. Then occasional showery rain, most common toward and west of the A9, moving northeast during afternoon, odd heavier moments.
Cloud on the hills?	Capping higher areas, some breaks Most cloud often above 800 to 1000m, but some lower patches in the morning. Tending to break higher with time. Some patches return in showers.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Broken cloud and sun, best in east. Visibility very good, briefly reduced in showers.
How Cold? (at 900m)	7 to 9C, trending cooler later in day. Feeling like 0 to -3C in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 19 August	Thursday 20 August
How windy? (On the Munros)	Variable 10mph or less, but risk sudden gusts in rain. Late in day NE'ly 25mph.	North-northeasterly 25 to 35mph.
Effect of wind on you?	Mostly small, but prepare for notable wind chill if exposed to gusts and later stronger speeds.	Feeling distinctly chilly on exposed high terrain. Breezy over hills, on higher Cairngorms walking more strenuous.
How wet? (Precipitation and its impact)	Heavy bursts increasingly, risk lightning Largely dry start, but areas of rain forming toward middle of day, developing increasingly into heavy bursts of rain widely in the afternoon, moving around slowly to give rain in places for a few hours. Risk of thunder.	Rain on and off Showery rain spreading from the north, more frequent rain for periods, some heavier moments.
Cloud on the hills?	Forming mostly around rain Some patches briefly around upper slopes in morning, but many mountains clear through middle of day. During and after rain, cloud lowering over tops, ragged patches to lower slopes.	Fairly extensive on tops Often capping higher slopes above 700-900m, some lower patches in rain, most persistent north Cairngorms.
Chance of cloud free Munros?	70%	20%
Sunshine? Air clarity (below cloud)	Sunshine mostly early in day, then cloud bubbling up and filling in. Visibility very good, reducing to poor in showers.	Mostly cloudy, rare sun mainly south. Visibility poor in rain, at times good.
How Cold? (at 900m) Freezing Level	7 or 8C, little change all day. Feeling near to freezing if exposed to increasing wind. Above the summits.	5 or 6C, little variation all day; slightly cooler by evening. Feeling like -3 to -5C in stronger wind. Above the summits, but by evening, dropping close to freezing on Ben Macdui summit.

Planning Outlook

All mountain areas of Britain from Wednesday, 19 August, 2026

Low pressure dominates across Britain into midweek, bringing showery conditions widely, some more organised bands of rain at times. Some heavy and thundery downpours forming, mostly into the afternoons, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later this week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. More often dry with rare lighter showers over the weekend as higher pressure builds. Strengthening south-southwesterly winds into early next week with a risk of rain returning from the west, but warmer temperatures are likely.

Forecast issued at 16:25 on Monday, 17 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.