

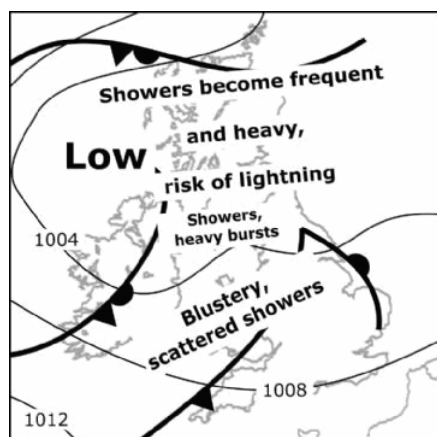
Cairngorms NP and Monadhliath

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



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General Summary for Wednesday, 19 August, 2026



British Mountain Summary:

Based on forecast chart for noon 19 August, 2026

Slow-moving showers across Scotland, trending more frequent and heavy afternoon with thundery downpours; light wind but gusty around showers. Showers in England, most frequent and heavy early and into night in northern areas with thunder risk. Scattered showers and sun in Wales on a westerly wind.

Headline for Cairngorms NP and Monadhliath

Scattered showers early, increasingly frequent and heavy

Detailed Forecast for Wednesday, 19 August, 2026

How windy? (On the Munros)	Variable 10mph or less, but risk sudden gusts around rain. Late in day, reorienting northeasterly and strengthening to 20mph.
Effect of wind on you?	Mostly small, but prepare for notable wind chill if exposed to gusts and stronger speeds into evening.
How wet? (Precipitation and its impact)	Heavy bursts increasingly, risk lightning Largely dry start, but areas of rain soon forming from the west, 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. Tending to pass east into evening, scattered showers following.
Cloud on the hills?	Increasingly extensive with arrival of rain Some patches briefly around upper slopes in morning, but many mountains clear as midday approaches. During and after rain, cloud lowering over tops, ragged patches to lower slopes and gradually becoming more extensive as the day goes.
Chance of cloud free Munros?	70% lowering to 20%
Sunshine? Air clarity (below cloud)	Sunshine mostly early in day, then cloud bubbling up and filling in. Good visibility, reducing to poor in showers.
How Cold? (at 900m)	7 or 8C, only slight rise if any. Cooling several degrees overnight. Feeling near to freezing if exposed to increasing wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 20 August	Friday 21 August
How windy? (On the Munros)	North-northeasterly 25 to 35mph, strongest eastern hills.	Northerly 20-25mph in the morning, slightly easing over western hills with a northwesterly bend.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, on higher Cairngorms walking more strenuous.	Fairly small, but chilly over the high tops, particularly early when feeling blustery.
How wet? (Precipitation and its impact)	Frequent showers Showery rain spreading from the north, falls rather frequent with some heavier moments and may well set in for extended falls on northern slopes.	Showers, increasingly scattered Showers drift from the north from the morning, may be briefly frequent but becoming increasingly scattered, plenty of dry windows later. Showers at and before dawn may fall as sleet/snow on Ben Macdui summit.
Cloud on the hills?	Fairly extensive on tops Often capping higher slopes above 700-900m, some lower patches in rain, most persistent north Cairngorms.	Lifting to high terrain, only rare breaks Fairly extensive from 600m up over northern Cairngorms, nearer 800m southern slopes. A gradual lifting trend with time, through breaks above 1000m over the Cairngorm plateau will be only brief, with lower bases on northern slopes during showers.
Chance of cloud free Munros?	20%	30%
Sunshine? Air clarity (below cloud)	Mostly cloudy, rare sun mainly south. Visibility poor in rain, at times good.	Mostly cloudy, a few sunny glimpses on lower slopes south of the Cairngorm plateau. Very good visibility out of cloud and rain.
How Cold? (at 900m)	5 or 6C, little variation all day; slightly cooler by evening. Feeling like -3 to -5C in stronger wind.	4 to 6C. Feeling like -3C in strongest wind.
Freezing Level	Above the summits, but by evening, dropping close to freezing on Ben Macdui summit.	Just above freezing on the highest Cairngorm summits at dawn, lifting higher.

Planning Outlook

All mountain areas of Britain from Thursday, 20 August, 2026

As the weekend approaches, wind will shift northerly, moving showers and afternoon thundery downpours further south with time. Generally lighter wind but gusts will be common around showers. Temperature lowering later this week too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. More often dry with few lighter showers over the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side early next week, pressure dropping again as the week goes: periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail beyond the weekend is uncertain, and there may well be windows of better weather through the week too.

Forecast issued at 16:27 on Tuesday, 18 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.