

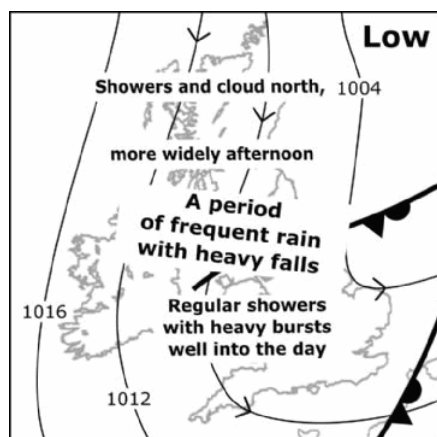
Cairngorms NP and Monadhliath

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 Thursday, 20 August, 2026



British Mountain Summary:

Based on forecast chart for noon 20 August, 2026

Showers and low cloud push into north Scotland all day, feeling chilly in the wind. Showers more scattered over southern Munros. Showers affect south Scotland, England, and Wales all day, with a notable cluster of frequent heavy rain drifting south through England into the Peak District around midday, showers follow behind.

Headline for Cairngorms NP and Monadhliath

Frequent showers; blustery and feeling chilly

Detailed Forecast for Thursday, 20 August, 2026

How windy? (On the Munros)	North-northeasterly 25 to 35mph, strongest eastern hills. Trending northerly with time and slightly easing, to or below 20mph westernmost Cairngorms.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, walking strenuous on higher Cairngorms, particularly east.
How wet? (Precipitation and its impact)	Often raining north Showery rain pushes onto hills from the north, falls rather frequent with some heavier moments and may well set in for extended falls on northern slopes.
Cloud on the hills?	Fairly extensive Often capping higher slopes above 700-900m, lower patches in rain, most persistent north Cairngorms where cloud will regularly drop below 500m. Best chance of higher breaks towards Deeside but unlikely to break above 1000m.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Mostly cloudy, rare sun mainly low southern slopes. Visibility generally poor, though very good below cloud in the south.
How Cold? (at 900m)	5 or 6C, rising a degree southern Cairngorms. Feeling like -3 to -5C in stronger wind.
Freezing Level	Above the summits, but dropping towards freezing on the Ben Macdui summit in the later overnight hours.

All mountain areas of Britain from Friday, 21 August, 2026

As the weekend approaches, wind shifts northerly, moving showers southward. Generally lighter wind but gusts will be common around showers. Temperature lowers 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. Heavy showers in England and Wales on Friday, then more often dry with few lighter showers through the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side into early next week. Wind shifts southwesterly and pressure drops again as the week goes, bringing periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail is uncertain, but some windows of better weather are possible, notably in north and eastern areas.

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.