

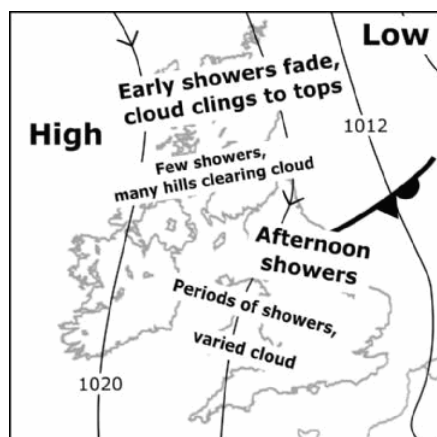
Cairngorms NP and Monadhliath

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 Friday, 21 August, 2026



British Mountain Summary:

Based on forecast chart for noon 21 August, 2026

Early showers in north Scotland, then a dry afternoon, though cloud lingers on northern tops. Largely dry start for south Scotland and England, mostly clear hills, then afternoon showers forming, particularly over the Pennines. Showers on and off in Wales, some heavy bursts. Cool-to-mild and little wind.

Headline for Cairngorms NP and Monadhliath

Morning showers from the north, fading but tops stay in cloud

Detailed Forecast for Friday, 21 August, 2026

How windy? (On the Munros)	Northerly 15-25mph early, strongest eastern Cairngorms; shifting northwesterly and easing, towards 10mph western tops.
Effect of wind on you?	Fairly small, but chilly over the high tops, comfort of walking occasionally affected in strongest wind east.
How wet? (Precipitation and its impact)	Morning showers, substantially dry afternoon Showers drift from the north, a few steadier falls with heavy bursts in the early hours (particularly north slopes), but soon scattering; showers at and before dawn may fall as sleet/snow on Ben Macdui summit. Becoming substantially dry afternoon, rare light spotty rain from the north.
Cloud on the hills?	Extensive early, lifting to high terrain Fairly extensive from 500-600m upwards northern Cairngorms, nearer 800m southern slopes. A gradual lifting trend with time, southern slopes substantially clearing, through breaks above 1000m only brief, with lower bases on north slopes during showers.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Mostly cloudy, a few sunny glimpses on lower slopes south of the high Cairngorms. Very good visibility out of cloud, best south of Cairngorm plateau.
How Cold? (at 900m)	4C rising to 6 or 7C, mildest southern Cairngorms. Feeling like -3C in strongest wind east in the morning.
Freezing Level	Just above freezing on the highest Cairngorm summits at dawn, lifting higher.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 22 August	Sunday 23 August
How windy? (On the Munros) Effect of wind on you?	Northwesterly 15-25mph, notably stronger speeds over high terrain and gusty, particularly early. Fairly small in places; strongest wind over tops affecting ease of walking with a distinct chilly feeling.	West-southwesterly 15-20mph, strongest early with sustained speeds to 25mph or briefly higher. Fairly small, though quite breeze over the Cairngorm plateau early in the day.
How wet? (Precipitation and its impact)	Substantially dry Some fine drizzle over high terrain in the morning, this tending to fade into dry conditions; a damp feel comes and goes on the tops when cloud lowers, and a brief periods where some light showery rain drifts from the west.	Substantially dry A little drizzle affecting high terrain early in the day, notably west, and fading. Small chance of odd spots of light rain afternoon, but more likely dry.
Cloud on the hills? Chance of cloud free Munros?	Lifting to high terrain for a time Tops covered to start the day, varied lower banks, particularly north towards 800-900m at times. More broken south Cairngorms, and soon lifting, perhaps a brief windows of clear summits. Cloud returns more extensively on high terrain through afternoon, always lowest north. 30%	Lifting to high terrain Fairly extensive at dawn, some varied layers of cloud, including patches into glens/corries. Cloud will lift, mostly isolating above 900-1000m, highest bases east, but any high summit breaks will be fleeting (if any). Rising to 30%
Sunshine? Air clarity (below cloud)	Patchy sun on southern Cairngorms, but cloudier periods likely as well. Visibility very good under cloud.	Mostly cloudy, a few bright glimpses breaking out on low terrain. Excellent visibility out of cloud.
How Cold? (at 900m) Freezing Level	5C rising to 7 or 8C, mildest Deeside. Feeling near or below freezing in direct wind. Above the summits.	7C rising slightly, locally 9 or 10C eastern areas. Feeling near freezing in early wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 22 August, 2026

The weekend is often cloudy in north and west Scotland, some drizzle on the summits with occasional light rain, amounting to little. Drier south and east Scotland, but cloud will reach here too, particularly on Sunday. England and Wales will be largely dry and bright this weekend with little wind and mild temperatures. On Sunday, high pressure west of the country may facilitate local inversion conditions, but low cloud likely quick to fade.

Next week begins dry and bright, but wind shifts southeasterly and pressure drops again as the week goes, bringing periods of cloud and rain (sometimes heavy) to most hill groups, some stronger wind at times. Similar conditions persist into the following weekend: generally unsettled but a chance of a settled window, best in the east.

Forecast issued at 16:00 on Thursday, 20 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.