

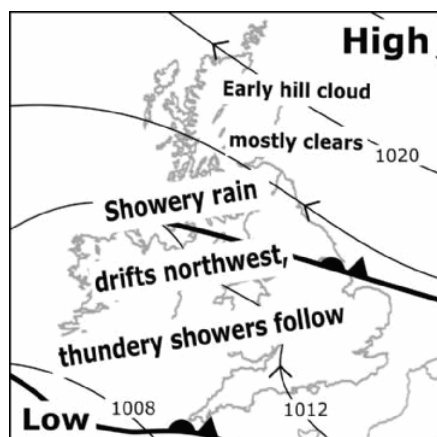
Cairngorms NP and Monadhliath

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, 26 August, 2026



British Mountain Summary:

Based on forecast chart for noon 26 August, 2026

East Scotland, the Pennines, and Wales start cloudy, this lifting, dissipating over much of Scotland. Early showery rain and cloud in Wales migrates to England and southwest Scotland, thundery showers following over Wales and England; driest/clearest northwest Scotland. Warm, humid, and breezy.

Headline for Cairngorms NP and Monadhliath

Early cloud east, may largely clear; breezy

Detailed Forecast for Wednesday, 26 August, 2026

How windy? (On the Munros)	East-southeasterly 20 to 30mph, local stronger gusts in places around higher mountains, approaching 35mph or stronger in the early morning.
Effect of wind on you?	Generally breezy, local gusts may suddenly affect balance on high tops and locally downslope west of Cairngorms, and walking perhaps more widely strenuous around dawn.
How wet? (Precipitation and its impact)	Little or no rain Patchy drizzle some eastern slopes where in cloud. Odd spots from high cloud elsewhere, and trending towards entirely dry conditions.
Cloud on the hills?	Most extensive south and east, mostly clearing Cloud fairly extensive south and eastern Cairngorms NP above 600-800m, rolling across higher slopes toward north and west; patchier toward Monadhliath. Cloud lifts and may dissipate entirely for several hours, banks just clinging to tops east of Ben Macdui. Returning from the east late in the day.
Chance of cloud free Munros?	30% Cairngorms, to 60% northwest, rising to 70% widely
Sunshine? Air clarity (below cloud)	Sun mostly near Strathspey, perhaps more widely sunny for several afternoon hours but with a thin veil of high cloud, which may thicken from the south. Visibility good, some haze building east and south.
How Cold? (at 900m)	9C, rising to 13 or 14C, or warmer where out of cloud towards Strathspey. Feeling like 5C in strongest wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Thursday, 27 August, 2026

Heavy, thundery rain likely affects England, Wales & southern Scotland on Thursday and Friday, potentially prolonged heavy falls bringing a risk of local flooding. A westerly wind will establish into the weekend, drawing cloud and drizzle onto western high terrain, several frontal systems sweeping more broadly across the country. The strongest wind and heavy rain may pass mostly across England and Wales, with the lightest rain in west Scotland. Best chance of cloud base rising towards higher terrain in western areas, perhaps briefly to higher summits, but the hills more often shrouded, patches to low slopes around heaviest rain. A west-southwesterly weather track prevails next week: cloud and drizzle on western hill groups (particularly west Scotland), breezy, areas of rain regularly spreading more widely.

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.