

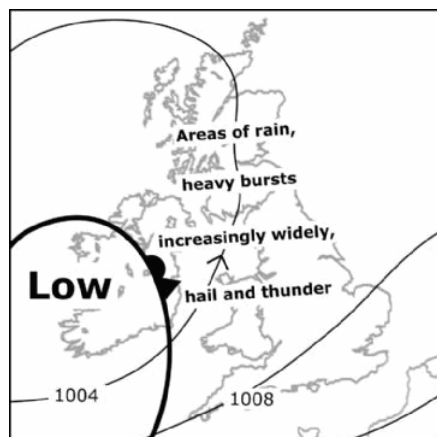
Cairngorms NP and Monadhliath

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



Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Sunday, 30 August, 2026



British Mountain Summary:

Based on forecast chart for noon 30 August, 2026

Areas of rain and low cloud around many mountains. Some drier periods in the morning, but into afternoon increasingly widespread heavy downpours and thunderstorms develop. Fairly light winds for much of the Highlands, becoming breezier England, stronger winds on Welsh mountains.

Headline for Cairngorms NP and Monadhliath

Local rain, showery bursts develop, varied low cloud.

Detailed Forecast for Sunday, 30 August, 2026

How windy? (On the Munros)	South to southeasterly, 5 to 15mph, speed tending to rise during day, at times 20mph afternoon onward.
Effect of wind on you?	Small, sudden gusts in showers.
How wet? (Precipitation and its impact)	Patchy rain, showery bursts form Local drizzly rain and an odd burst of rain in the morning, tending to drift in from the south. Some drier windows, but bursts of rain develop more widely into afternoon, locally more frequent in south, risk isolated thunder.
Cloud on the hills?	Varying, some breaks for a time High terrain starts in fog, varied banks to lower terrain, locally into glens where rain falls. Some breaks form to higher slopes for a time, though any high summits breaks fleeting, and then returning more extensively in rain.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, rare weak sun mainly toward the north. Visibility very good where dry, but reduced to poor in rain.
How Cold? (at 900m)	9 or 10C, rising slightly, locally to 12C away from showers.
Freezing Level	Above the summits.

	Monday 31 August	Tuesday 1 September
How windy? (On the Munros) Effect of wind on you?	Variable 10mph or less early in day, becoming westerly, increasing to 25-30mph into afternoon, stronger gusts. Fairly small at first, but becoming blustery affecting ease of walking in exposure; marked wind chill developing.	Westerly 25 to 40mph, speeds may vary, risk over 50mph with stronger gusts high Cairngorms for periods. Strenuous walking conditions, buffeting affecting balance on high exposed terrain, risk difficult. Considerable wind chill.
How wet? (Precipitation and its impact)	Showers moving east Patchy areas of rain in the morning, some drier windows. Showers develop and move eastward into afternoon. Brief heavy bursts, small chance of thunder.	Rain for a time Rain on and off, but a few hours of more persistent rain likely, heaviest in western Cairngorms NP. Later scattered showers.
Cloud on the hills? 	Lowest morning, rising toward tops Varied cloud banks fairly widely to low elevations early in day. The base tending to rise to leave much cloud above 1000m, lowering patches in showers.	Breaks to tops Covering the mountains fairly widely above 800-1000m in the morning, lowest in west. Bases rising and breaks forming to upper slopes. Patches come and go in west.
Chance of cloud free Munros?	20% rising to 60%	50%
Sunshine? Air clarity (below cloud)	Largely cloudy, rare glimpses of sun. Visibility good away from showers.	Glimpses of sun break through with time. Visibility reduced in rain, then more often good.
How Cold? (at 900m) Freezing Level	9C tending to lower later in day to 7C. Feeling near or later below freezing as wind increases. Above the summits.	6 to 8C, little change, coolest northwest. Feeling sub-zero in the wind, -5C in stronger speeds higher up. Above the summits.

All mountain areas of Britain from Monday, 31 August, 2026

Forecast issued at 16:30 on Saturday, 29 August, 2026

Visit us at www.mwis.org.uk