

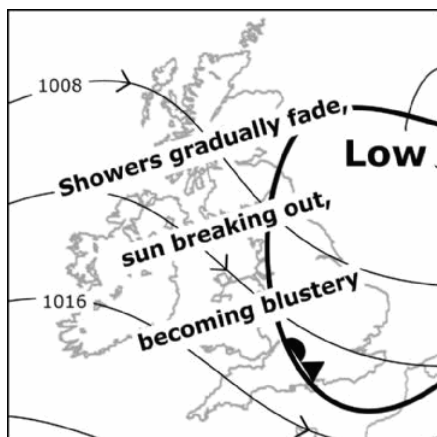
Cairngorms NP and Monadhliath

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 Monday, 31 August, 2026



British Mountain Summary:

Based on forecast chart for noon 31 August, 2026

Showers scattered across most hills through morning, locally clustering for frequent falls with heavy bursts. Showers gradually clear eastward, spotty light rain fades out with time as sunny bursts break out (though weakened by high cloud). Cool-to-mild, but feeling chilly in a strengthening wind.

Headline for Cairngorms NP and Monadhliath

Clusters of showers gradually fade; becoming blustery

Detailed Forecast for Monday, 31 August, 2026

How windy? (On the Munros)	Variable 10mph or less early in day, orienting westerly, gradually increasing, to reach 30-35mph for a time afternoon with stronger gusts.
Effect of wind on you?	Mostly small, but becoming breezy with time, more strenuous conditions forming over the tops later with notable wind chill.
How wet? (Precipitation and its impact)	Showers gradually clear eastward Patchy areas of rain in the morning, a risk of some heavier falls slowly drifting around. Showers will generally pass east, a few continuing to develop afternoon, but ultimately fading with time to just a little drizzle on high terrain.
Cloud on the hills?	Lowest morning, rising toward tops, increasing breaks Varied cloud banks fairly widely to low elevations early in day. The base tending to rise to leave much cloud above 1000m, lowering in patches around showers, but increasingly breaking higher for clear summits later.
Chance of cloud free Munros?	20% rising to 60%
Sunshine? Air clarity (below cloud)	Mostly cloudy early, sunny glimpses increasingly breaking out, most extensive lower slopes. Visibility increasingly excellent as cloud and showers fade.
How Cold? (at 900m)	9C, briefly rising slightly but then tending to lower later in day to finish around 7C. Feeling near or later below freezing as wind increases.
Freezing Level	Above the summits.

All mountain areas of Britain from Tuesday, 1 September, 2026

A generally unsettled outlook during the first two weeks of September with frequent rain and strong winds . Low pressure dominates and a series of frontal systems move in from the Atlantic . West to southwesterlies, often gale force over the mountains in the second half of this coming week. Heavy rain most prolonged in the west where increasingly wet underfoot, streams rising to be in spate. Low cloud often covering the hills, rarely clearing western summits. Temperatures varying, some notably cooler days for Scotland, at times more humid air mainly toward the south. A few brighter windows will break out, mostly south and eastern areas, but always brief and any detail on timing remains uncertain.

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.