

Cairngorms NP and Monadhliath

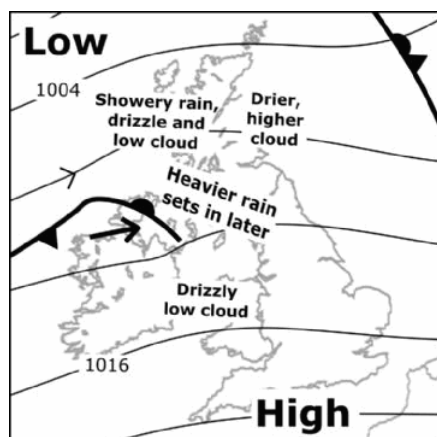
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



sportscotland
the national agency for sport

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 Thursday, 3 September, 2026



British Mountain Summary:

Based on forecast chart for noon 3 September, 2026

Strong to gale-force winds over high terrain. A lot of cloud, shrouding all western hills, plus patchy rain and drizzle, becoming heavier persistent falls in the west later; a swathe of more intense rain develops for southwest Scotland into northwest England by evening, later into north Wales.

Headline for Cairngorms NP and Monadhliath

Windy, reaching gale-force; cloudy with some rain at times.

Detailed Forecast for Thursday, 3 September, 2026

How windy? (On the Munros)	Southwesterly between 30 to 40mph, somewhat variable, strongest gusts around high Cairngorms tops, to 50mph in places; sustained speeds tending to rise later in day from the west.
Effect of wind on you?	Strenuous-to-arduous walking most of the day, challenging moments on highest tops, increasingly later with significant wind chill.
How wet? (Precipitation and its impact)	Occasional rain, more often dry east; wetter later west Some early drizzle on high terrain fades, then a little patchy rain drifting onto hills near Drumochter from time to time, more often dry progressively eastwards. Toward late afternoon and evening, more frequent rain, heavier falls in southwest again.
Cloud on the hills?	Breaking off the summits, more persistent toward Ben Alder Fairly extensive above 800m in the morning, varied lower banks mostly west. Soon rising, breaking up with time, banks likely come and go above 900m near Drumochter, but many summits clearing for periods, best north and eastern Cairngorms NP, though cloud will lower more widely onto the tops again later in day from west.
Chance of cloud free Munros?	50% southwest, rising to 80% northeast.
Sunshine? Air clarity (below cloud)	Sun best toward east and northeast, cloudier more often west, thickening with time. Very good visibility out of cloud especially eastern hills.
How Cold? (at 900m)	8 or 9C, rising a degree easternmost hills. Feeling below freezing in strongest wind.
Freezing Level	Above the summits.

	Friday 4 September	Saturday 5 September
How windy? (On the Munros) Effect of wind on you?	Southwest then westerly, 40 to 55mph, at times 60mph higher summits, stronger gusts over Cairngorm plateau 70mph. Arduous to difficult walking conditions, frequent buffeting knocking you off balance on exposed terrain. Significant wind chill.	Westerly 40-50mph at dawn, easing during morning, 20-25mph afternoon, turning S-SW'ly; rising into night to 50-60mph+. Blustery and chilly start, more challenging just at first, but lessening to be fairly small. Deteriorating significantly into night.
How wet? (Precipitation and its impact)	Intermittent rain, mostly west Pulses of rain spreading from the west at times, locally steadier with showery moments mixed in for areas near/west of the A9. Patchier eastwards.	Rare brief showers Well scattered light showers spreading from the west during the day. Into the night, risk of persistent rain developing from the south, some heavy.
Cloud on the hills?	Mostly higher tops, some breaks Varying over high terrain often above 900-1000m, some lower banks in rain in the west to 800m or lower for a time. Breaks more often toward 1200m furthest east.	Clearing most tops Patchy cloud drifting over higher slopes in the morning, mostly in western Cairngorms and above 900-1000m. Lifting to upper slopes and often above many tops afternoon, odd patches near Ben Alder.
Chance of cloud free Munros?	30% west to 60% east.	70%
Sunshine? Air clarity (below cloud)	Fairly cloudy, occasional sun mostly east. Visibility often good, but reduced at times in rain, mostly in west.	Occasional sun, best in east; high cloud tending to develop later from south. Visibility very good.
How Cold? (at 900m) Freezing Level	7C, little change all day. Directly in the wind, feeling like -5C. Above the summits.	6C rising to 8C afternoon, little change or rising a degree or so higher into night. Feeling like -5C in the wind early in day. Above the summits.

All mountain areas of Britain from Friday, 4 September, 2026

A series of weather systems moves in from the Atlantic over the next 10 days to bring spells of rain and showers, accompanied by frequently strong to gale force mountain winds. A window of better weather is likely on Saturday for Scotland and northern England, but further rain is expected to move in from the southwest by Saturday night and Sunday, heaviest western Scotland; a risk of more powerful upland gales developing over Scotland into Sunday. Temperatures will vary, mildest toward the south, but some cooler air moves in from the north at times bringing higher Scottish tops close to freezing point.

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.