

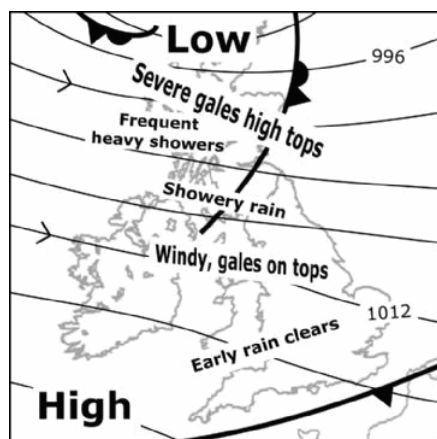
Cairngorms NP and Monadhliath

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



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General Summary for Friday, 4 September, 2026



British Mountain Summary:

Based on forecast chart for noon 4 September, 2026

Gales over high terrain in all areas, severe on higher mountains making progress very challenging and feeling cold. Showery rain, most frequent in western Scotland, scattered heavy bursts passing eastward. Remnants of overnight rain soon clears from Wales to be more often dry, less windy southwards.

Headline for Cairngorms NP and Monadhliath

Gales, severe on tops. Bursts of rain passing eastwards.

Detailed Forecast for Friday, 4 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southwest then westerly, 45 to 55mph, powerful gusts in showers, rising to a sustained 60mph higher summits, stronger gusts over Cairngorm plateau 70mph, or stronger middle of day into afternoon. Arduous to difficult walking conditions, frequent buffeting knocking you off balance on exposed terrain. Any mobility at times challenging on tops. Significant wind chill.
How wet? (Precipitation and its impact)	Intermittent rain, showery bursts Showery rain most frequent near/west of the A9, but a cluster of more frequent showery bursts passing eastwards during the morning, then briefly drier, but a scattering of heavy showers extend east again during afternoon.
Cloud on the hills? Chance of cloud free Munros?	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 away from showers. 30% west to 60% east.
Sunshine? Air clarity (below cloud)	Fairly cloudy, occasional sun mostly east early morning and again into afternoon. Visibility often good, but reduced at times in rain, mostly in west.
How Cold? (at 900m) Freezing Level	7C, little change all day. Directly in the wind, feeling like -5C. Above the summits.

All mountain areas of Britain from Saturday, 5 September, 2026

Generally unsettled through the next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. A window of better weather and less wind on Saturday, but further rain moves into Scotland from the southwest by Saturday night into Sunday, heaviest northwest Highlands; gales also return to many mountains by Sunday. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times next week bringing higher Scottish tops occasionally close to freezing point. Indications favour improving weather patterns during mid-month.

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.