

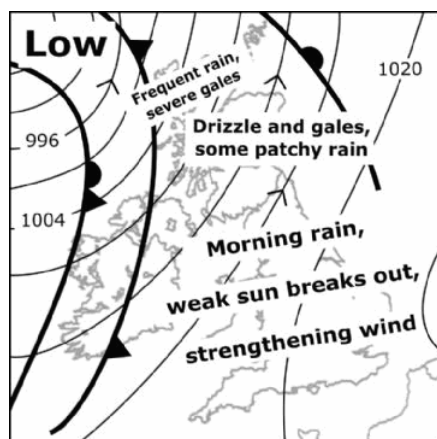
Cairngorms NP and Monadhliath

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 Sunday, 6 September, 2026



British Mountain Summary:

Based on forecast chart for noon 6 September, 2026

Gales spread widely across Scotland, severe over high north and west tops. Drizzle over the Highlands, rainy early and late, wettest Northwest Highlands. Early showery rain over Wales passes into England, clearing northeast for sun through high cloud afternoon; windy here too. Warm, but feeling chilly in wind.

Headline for Cairngorms NP and Monadhliath

Gales, becoming severe; drizzle, early and late patchy rain

Detailed Forecast for Sunday, 6 September, 2026

How windy? (On the Munros) Effect of wind on you?	South to southwesterly 45 to 55mph, strongest over Cairngorm plateau, plus local powerful gusts downslope to north. Sustained speeds trend towards 60mph, gusting 70mph+ over the Cairngorm plateau later. Increasingly challenging conditions on exposed terrain, walking and balance difficult in places, not just on high terrain. Strongest gusts will blow you around, including on the ground. Considerable wind chill despite mild air.
How wet? (Precipitation and its impact)	Early and late rain, drizzle in between A broad area of rain in the early hours mostly breaks, leaving a lingering drizzle on high tops and southern slopes. Later, several pulses of rain will return from the west, most substantial falls around Drumochter.
Cloud on the hills? Chance of cloud free Munros?	Most persistent south Banks of cloud over high terrain, most extensive just at dawn, but tending to lift and break to banks rolling across Cairngorm plateau, lowest bases to the south. Northern slopes may see a largely clear window for several afternoon hours, then cloud returns more widely later in the day. 30%
Sunshine? Air clarity (below cloud)	Sunny breaks on lower northern slopes, visibility very good here during clear windows. Elsewhere overcast, mostly poor visibility.
How Cold? (at 900m) Freezing Level	10 to 12C, humid all day, rising on some slopes to 14C, notably north Cairngorms. Cooling notably overnight. Feeling near to 0C directly in the wind. Above the summits.

All mountain areas of Britain from Monday, 7 September, 2026

Generally unsettled onward into next week with spells of rain and showers moving in from the Atlantic , accompanied by frequently strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point. A few high pressure ridges will briefly bring brighter drier spells: Wednesday likely sees a brief good weather window, though cloud moves into the west with time, and indications suggest another window may arise Friday into Saturday, though this remains uncertain. Longer settled windows forming from mid-month, particularly England and Wales. Temperatures will be generally near or above average. best sunny windows around east hill groups.

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.