

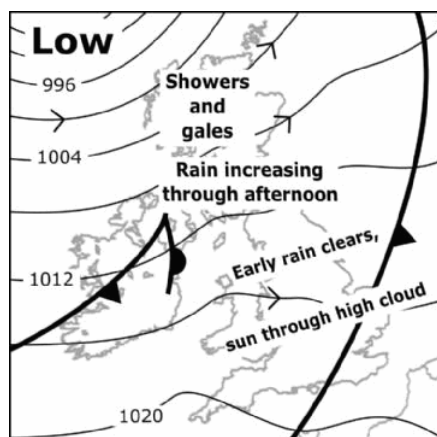
Cairngorms NP and Monadhliath

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 Monday, 7 September, 2026



British Mountain Summary:

Based on forecast chart for noon 7 September, 2026

Showers in west Scotland from dawn, spreading east. Gales across the highlands, severe northwest, feeling cold. Early rain in England and Wales breaks for sun through high cloud, windy in the north. Prolonged rain arrives into south Scotland from midday, spreading into north England with time, and later Wales.

Headline for Cairngorms NP and Monadhliath

Wind strengthens to gales; showers, some extended falls

Detailed Forecast for Monday, 7 September, 2026

How windy? (On the Munros)	Southwesterly 40 to 50mph, speeds rising, to sustained 60mph over high Cairngorms, gusting stronger into evening.
Effect of wind on you?	Arduous to increasingly difficult walking, any mobility becoming challenging with time over the high Cairngorms; significant wind chill.
How wet? (Precipitation and its impact)	Showers, some extended falls Mostly dry just at dawn, a few light showers drifting into Monadhliath and Drumochter, and a few hours of showery rain spreading more widely, briefly persistent, mostly southern Cairngorms. Will break back into showers later, mostly affecting west and south slopes; driest towards Glen Avon.
Cloud on the hills?	Varying on higher slopes Often confined above 900-1000m and breaking for periods above 1200m, particularly north and eastern areas. Lowering banks over tops around rain, lowest around Drumochter where reaching 700m, but rising again where rain breaks.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Sunshine in and out, best of sun north of Cairngorm plateau, but also some more broadly cloudy periods will come and go. Visibility good when dry, a slight haze, then reducing during rainy periods (poorest south Cairngorms/Drumochter).
How Cold? (at 900m)	6 or 7C to start, rising a degree east Cairngorms. Feeling like -5C, to -10C in strongest wind on tops.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 8 September	Wednesday 9 September
How windy? (On the Munros) Effect of wind on you?	Westerly 50-65mph, direction becomes variable, orienting northwesterly, tending to lessen. Difficult conditions, powerful buffeting gusts and significant wind chill; tending to variably lessen but remaining strenuous.	Northwesterly 30-40mph, beginning to ease, shifting westerly, 15-20mph afternoon, lower towards evening. Strenuous walking in exposure to start, considerable wind chill; effects gradually easing to small later.
How wet? (Precipitation and its impact)	Showers, pulses of steady rain Showers drift from the north and west all day, with pulses of persistent rain coming and going as well; heavy falls with some hail likely, sleet mixed in on high Cairngorms.	Showers fading Scattered showers stream into the Cairngorms from the north from dawn, gradually scattering and clearing away to the east, becoming largely dry.
Cloud on the hills? Chance of cloud free Munros?	Extensive over high terrain Blanket cloud from middle slopes up near and west of the A9 to start, a few higher breaks to the east at times. Bases lift slightly, variably lowering around rain, and more extensive again through afternoon. 20%	Lifting to high terrain, increasingly breaking From dawn, fairly extensive across north Cairngorms, to mid-slopes; bases will lift, breaking up soonest on southern slopes, increasingly to the tops, best chance of clear summits later but some banks may continue to roll over the Cairngorm plateau. Rising to 60%
Sunshine? Air clarity (below cloud)	Rare bright glimpses. Mostly poor visibility in cloud and rain.	Starting cloudy north Cairngorm plateau, sun breaking out, mostly sunny later with very good visibility.
How Cold? (at 900m) Freezing Level	4 to 6C, rising a degree eastern areas. Feeling like -5 to -7C in direct wind. Just above the highest summits.	6C rising to 8C, or locally a degree milder southern Cairngorms. Feeling like -5C in direct wind early, wind chill effect easing. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 8 September, 2026**

Generally unsettled through next week with spells of rain and showers moving in from the Atlantic, accompanied by 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, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

An unsettled weekend is indicated, followed by a rising chance of longer settled windows from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows east hill groups.

Forecast issued at 16:19 on Sunday, 6 September, 2026

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.