

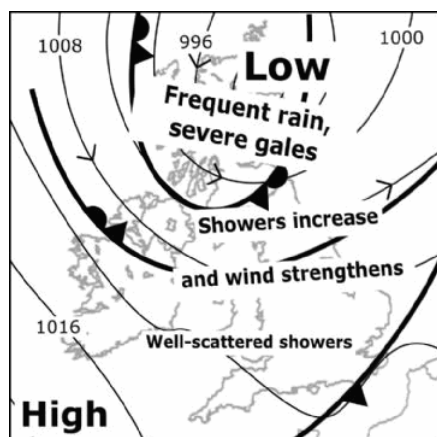
Cairngorms NP and Monadhliath

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 Tuesday, 8 September, 2026



British Mountain Summary:

Based on forecast chart for noon 8 September, 2026

Frequent rain and severe gales over Scottish Highlands, easing from west later; feeling cold. Strong wind with showers and sun breaks in south Scotland and England, showers increasingly frequent from north, extended falls forming. Showers scattered in Wales, least rain south with lighter wind.

Headline for Cairngorms NP and Monadhliath

Severe gales; rain increasingly frequent, persistent afternoon

Detailed Forecast for Tuesday, 8 September, 2026

How windy? (On the Munros)	Westerly 50-65mph, gusting 70mph+ over high Cairngorms. Direction may vary with lowering speed, but this uncertain and will rapidly restrengthen and orient northwesterly.
Effect of wind on you?	Difficult conditions most of the day: you will struggle to stay on your feet in exposure. A small chance of a lull in the wind, but only briefly with a swift return to difficult conditions. Significant wind chill.
How wet? (Precipitation and its impact)	Pulses of rain, setting in afternoon Showers drift from the north and west all day, with pulses of persistent rain coming and going; western areas will see most persistent falls, then more widely persistent through afternoon, and only beginning to break up into evening.
Cloud on the hills?	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, to lower northern slopes. Will start to break up south of high Cairngorms evening into night.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Rare bright glimpses, trending overcast afternoon. Mostly poor visibility in cloud and rain.
How Cold? (at 900m)	5 or 6C, locally rising a degree east. Feeling like -5 to -10C in direct wind.
Freezing Level	Just above the highest summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 9 September	Thursday 10 September
How windy? (On the Munros) Effect of wind on you?	Northwesterly 30-40mph, soon easing and shifting westerly, 15-20mph afternoon, or briefly lower towards evening. Strenuous walking in exposure to start, considerable wind chill; effects gradually easing to small later.	Southwesterly 25-30mph, strengthening afternoon, sustained 45mph over Cairngorm plateau with strong gusts. Walking increasingly strenuous in exposure, strong gusts making stability challenging; notable wind chill.
How wet? (Precipitation and its impact)	Showers fading Scattered showers stream into the Cairngorms from the north from dawn, gradually scattering and clearing away to the east, likely dry from midday onward.	Patchy rain gradually increases A largely dry start, drizzly patches of rain drift from the southwest, tending to increase in time; northern Cairngorms driest longest. From later afternoon, heavier bursts forming, and setting in evening into night.
Cloud on the hills? Chance of cloud free Munros?	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 through afternoon but some banks may continue to roll over the Cairngorm plateau. Rising to 60%	Varied over high terrain, later more extensive May be fairly extensive over high terrain to start, bases as low as 700-800m towards Drumochter, tending to lift, may break towards Cairngorm tops for a time, but variably returning too; north slopes always clearest. Later, will become more extensive. 40%
Sunshine? Air clarity (below cloud)	Starting cloudy north Cairngorm plateau, sun breaking out, mostly sunny later with very good visibility.	Glimpses of weak sun, later more overcast. Varied visibility, windows where very good, notably north Cairngorms.
How Cold? (at 900m) Freezing Level	5C rising to 8C, or locally a degree milder southern Cairngorms. Feeling like -5C in direct wind early, wind chill effect easing. Above the summits.	6C rising to 9C, or 10C northern Cairngorms; staying lifted into night. Feeling around freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 9 September, 2026

Generally unsettled through the 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.

Weather remains varied from the weekend into next week, Scotland most often unsettled, best windows of improvement to the south. A more settled period is indicated in the later month with warm temperatures.

Forecast issued at 16:18 on Monday, 7 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.