

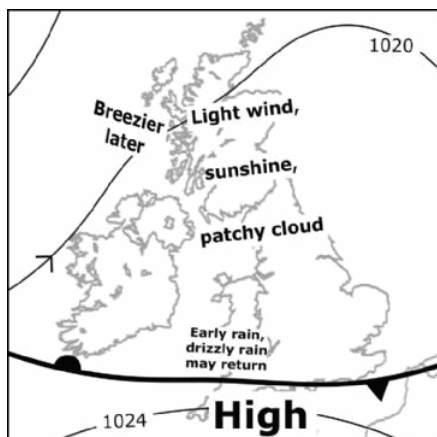
Cairngorms NP and Monadhliath

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, 13 September, 2026



British Mountain Summary:

Based on forecast chart for noon 13 September, 2026

A fine day for most places with light winds. Varied cloud around some hill slopes early in the day tending to lift and break, sunny spells. Risk of more cloud lingering over hills in Wales, some rain and drizzle in the south as a front stays nearby. Southwesterly breezes increase later western Scotland.

Headline for Cairngorms NP and Monadhliath

Likely dry, some early cloud / mist; mostly light wind.

Detailed Forecast for Sunday, 13 September, 2026

How windy? (On the Munros)	West turning southwesterly 10 to 20mph, strongest early in day and again toward evening, rising further into night to 30mph.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Substantially dry Chance of an isolated very brief light shower.
Cloud on the hills?	Varied patches likely all clearing Patchy cloud around mid to upper slopes from dawn into morning, mainly in west, local mist also at first sheltered glens. Higher summits may start above the cloud, patches then drift higher up, but likely to disperse or lift above tops.
Chance of cloud free Munros?	60% rising to 90%
Sunshine? Air clarity (below cloud)	Variable sunshine and cloud. Visibility excellent.
How Cold? (at 900m)	6C rising to 9C during day, tending to rise slightly further into evening and night.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 14 September, 2026

Staying unsettled during the next week to 10 days as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing frequent rain, wettest over western mountains in Scotland. Often windy, gale-force westerly winds for periods over higher terrain. Fairly warm and humid on Monday, then on the cooler side for several days, with considerable wind chill on the mountains. Higher pressure and better weather tends to expand further north later in 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.