

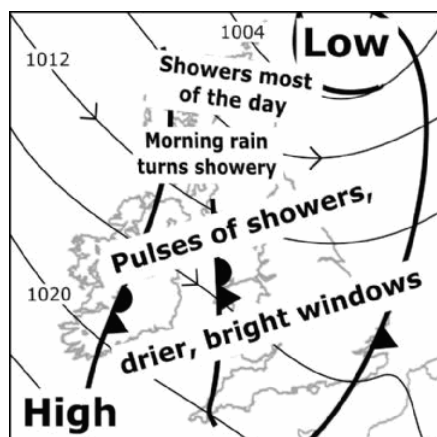
Cairngorms NP and Monadhliath

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, 15 September, 2026



British Mountain Summary:

Based on forecast chart for noon 15 September, 2026

Clusters of showers over Scotland from dawn, a few dry, bright breaks forming, mostly south, but pulses of showers return too. A band of rain over England and Wales just at dawn soon passes east for a bright window, followed by intermittent rain, driest windows later afternoon. Cool-to-mild and breezy.

Headline for Cairngorms NP and Monadhliath

Blustery showers most of the day, some bright glimpses

Detailed Forecast for Tuesday, 15 September, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly typically 25-30mph, but possibly strongest just at first, 40-45mph, gusting 50mph over high Cairngorms. Shifting northwesterly with time, may briefly lessen, but higher speeds again late in the day. Blustery across the hills, strenuous walking on exposed higher terrain with buffeting gusts and considerable wind chill.
How wet? (Precipitation and its impact)	Intermittent rain A possible area of rain from overnight and after dawn, some heavy falls, clearing eastward. Then showery rain spreading from the west, may become more frequent over a few hours with scattered heavier bursts mainly afternoon.
Cloud on the hills? Chance of cloud free Munros?	Mostly high tops, variable both higher and lower Cloud mostly above 900m, often confined to 1100m or higher further east with breaks over higher summits at times. Lowering during showery periods, patches approaching 700m (and perhaps more extensive just at dawn), but clearer breaks increasingly forming later, particularly south Cairngorms. 50%
Sunshine? Air clarity (below cloud)	Occasional sun, mostly toward east, and tending to break out more later, particularly southern slopes. Varied visibility, poor in cloud and showers, but windows where very good.
How Cold? (at 900m) Freezing Level	7 or 8C, may rise a degree on slopes near Deeside, then trending slightly cooler later in daytime. Feeling like -3C in the wind. Above the summits.

All mountain areas of Britain from Wednesday, 16 September, 2026

A brief window of brighter weather on Wednesday, though some scattered showers around and feeling fresher in cooler temperatures. Showers and strong wind return on Thursday, and then the weather stays often unsettled during the next week as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing bands of rain, followed by showers, wettest over western mountains in Scotland. Often windy, sustained periods of gale-force westerly winds over higher terrain; significant wind chill, particularly in the north where temperatures will occasionally approach freezing point on high Scottish tops. A brief window of high pressure may form Saturday into Sunday, and a chance of a window of higher pressure the following week, but confidence is currently low.

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.