

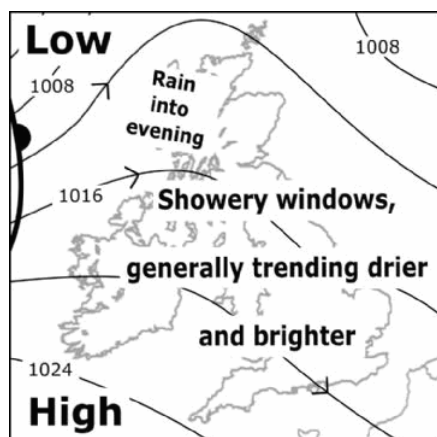
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Wednesday, 16 September, 2026



British Mountain Summary:

Based on forecast chart for noon 16 September, 2026

Northwesterly wind pushes chilly air and showers into Scotland, milder but showery in Wales and west England. Wind lessens and showers increasingly scattering, a few light showery clusters here and there (total rainfall small). Rain and wind into west Scotland later, spreading widely overnight.

Headline for Cairngorms NP and Monadhliath

Early showers break for frequent sun; wind strengthens later

Detailed Forecast for Wednesday, 16 September, 2026

How windy? (On the Munros) Effect of wind on you?	Northwesterly 20-30mph, gusty over tops, soon lessening and shifting westerly 15-20mph, perhaps less for a time. Shifting southwesterly, restrengthening, finishing 30-40mph, further strengthening into night. A blustery start with some buffeting in exposure, soon easing to fairly small effects. Blustery again later, walking becomes strenuous into evening and further deteriorates.
How wet? (Precipitation and its impact)	Showers clear, then late rain Early showers stream into the Cairngorms from the north, fading for dry conditions well into the day. As evening approaches, patchy rain returns from the west, increasingly frequent into night.
Cloud on the hills? Chance of cloud free Munros?	Breaking to tops into the day, some clear summits High Cairngorms begin shrouded, varied banks to middle heights, most extensive northern slopes with some mist into glens. Cloud will lift and break up, just passing patches over highest Cairngorms well into the day. Returning into evening, filling in overnight. Rising to 70%
Sunshine? Air clarity (below cloud)	Soon mostly sunny, high cloud thickening from the west late in the day. Very good visibility.
How Cold? (at 900m) Freezing Level	4C rising to 6C, or 7C easternmost Cairngorms. Staying elevated and rising slightly more into night. Feeling like 0 to -5C in strongest direct wind. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 17 September	Friday 18 September
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 30-45mph, trending stronger with time, sustained 50mph high tops and gusty. Strenuous walking in exposure, later becoming arduous with considerable buffeting and significant wind chill.	Westerly shifting southwesterly 35-45mph, briefly on the lighter side but restrengthening, gusting 50-55mph later. Strenuous on high tops all day, more arduous later with buffeting affecting balance and considerable wind chill.
How wet? (Precipitation and its impact)	Showers Showers push onto hills west of the A9 from dawn, more scattered east with dry windows to start, but will become more frequent and increasingly push east for the rest of the day; heavy falls forming, risk of hail.	Increasingly rainy through afternoon A few showers drift into Monadhliath/Drumochter early in the day, otherwise largely dry until later afternoon when a band of patchy rain approaches from the west, some extended falls forming later.
Cloud on the hills? Chance of cloud free Munros?	Varied on high terrain, later filling in Banks above 800-900m in the morning, lowering somewhat in showers; well-broken east Cairngorms, summit breaks. Banks over high terrain increasingly frequent, may fill in above 800-900m; east of Glenmore, hills clear to 1000m well into the day. 60% lowering to 20%	Breaks for a time, filling in through afternoon Varied patches of cloud in the morning, mostly near and west of the A9, lifting to largely above 1000m, breaks off Cairngorm summits too. A layer of cloud will lower onto the Cairngorms through afternoon, increasingly filling in, fairly extensively above 900m, lower Drumochter. 50%, lowering to 20%
Sunshine? Air clarity (below cloud)	Patchy sun, extended windows to the east, trending cloudier with time. Very good visibility out of cloud and rain, generally deteriorating.	Patchy sunshine, trending overcast and later dull. Windows of good visibility, a little haze, deteriorating later.
How Cold? (at 900m) Freezing Level	5C, may rise a degree east but will reduce again in showers. Feeling like -5 to -7C in strongest wind. Above the summits.	4 or 5C, rising to 7C, and rising slightly further into night. Feeling below 0C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 17 September, 2026

Showers and strong westerly wind prevails from Thursday into the weekend - areas of low pressure passing north of Scotland with frontal systems bringing bands of rain, followed by showers, wettest over western mountains in Scotland. Periods of gale-force winds over higher terrain, cool temperatures with significant wind chill, particularly in the north where temperatures will occasionally approach freezing point on high Scottish tops. Showers generally more scattered in England and Wales, most showers in the west; bright spells too, but bands of rain and low cloud will pass these areas. Mild temperatures, at times warm south Pennines and Wales.

Milder, more settled weather is indicated next week, though sometimes breezy in Scotland, spells of rain in the west.

Forecast issued at 16:12 on Tuesday, 15 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.