

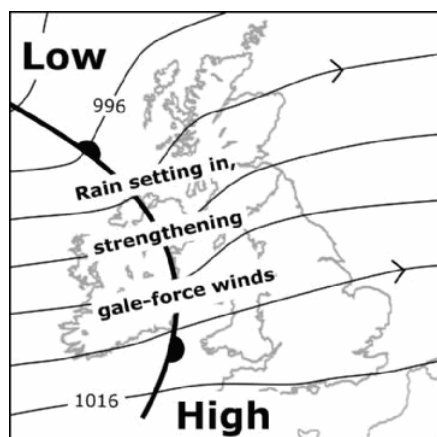
Cairngorms NP and Monadhliath

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 Friday, 18 September, 2026



British Mountain Summary:

Based on forecast chart for noon 18 September, 2026

Already windy with light showery rain over western hills early in the day, but conditions will worsen from the west as gales strengthen and rain / drizzle becomes persistent, some heavier rain; cloud bases lower to widely blanket hills, lowest in west.

Headline for Cairngorms NP and Monadhliath

Windy, strengthening gales; odd showers, steadier rain later.

Detailed Forecast for Friday, 18 September, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly shifting south-southwesterly 35-45mph or stronger at dawn, briefly less in morning, then increasing rapidly from west during afternoon to 50-60mph; stronger gusts developing, likely 70mph+ high Cairngorms. Strenuous conditions in exposure, deteriorating to become more widely difficult with considerable wind chill; powerful gusts giving buffeting toward some lower slopes.
How wet? (Precipitation and its impact)	Rain develops afternoon, heaviest southwest Cairngorms NP Light showers drift into Monadhliath & Drumochter hills early in the day, otherwise largely dry until afternoon, then patchy rain approaches from the southwest, some extended falls forming later, heavier south. Patchy rain and drizzle into evening-night.
Cloud on the hills? Chance of cloud free Munros?	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 sunshine, high cloud thickening, trending overcast and later dull. Windows of good visibility, a little haze, deteriorating later, poor in rain.
How Cold? (at 900m) Freezing Level	5C rising to 7C afternoon, reaching 9C into evening, then starting to drop into night. Feeling often near to -5C in direct wind. Above the summits.

All mountain areas of Britain from Saturday, 19 September, 2026

Gale-force southwesterly winds continue extensively on the mountains into Saturday and early Sunday. Frequent rain over western hills, showers passing eastwards, tending to fade during Sunday as higher pressure begins to build from the south, allowing wind speeds to lessen too over England & Wales. Warmer into early next week, though higher humidity brings more cloud some drizzly rain to the west. A generally more promising forecast for late September as high pressure nearby offers drier and warmer weather for more places. Weather systems grazing past Scotland to the north still bring locally stronger winds and occasional rain mainly to the northwest.

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.