

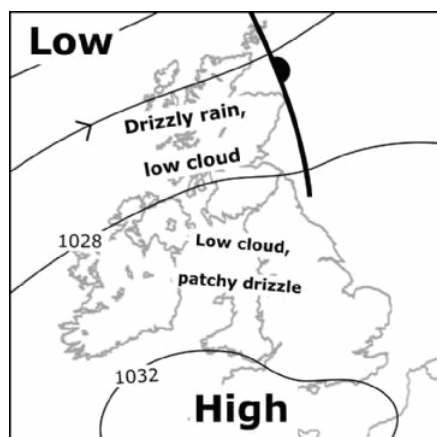
Cairngorms NP and Monadhliath

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 Monday, 21 September, 2026



British Mountain Summary:

Based on forecast chart for noon 21 September, 2026

Warm and humid air across the country brings low cloud shrouding hills extensively, foggy to some lower elevations in the west. Some rain moves east across Scotland then generally damp air with fairly persistent drizzle over western hills. Strongest winds toward northern Scotland, gusty not just on highest tops.

Headline for Cairngorms NP and Monadhliath

Gusty wind, gale-force in places; some rain, cloud on hills.

Detailed Forecast for Monday, 21 September, 2026

How windy? (On the Munros) Effect of wind on you?	West to southwesterly 30mph to in places very gusty 40 to locally 50mph on the higher Cairngorms and some slopes toward northern corries, the strongest gusts not confined to highest summits. Variable, but blustery on most exposed high terrain, affecting ease of walking and in places knocking you off balance, sudden buffeting gusts around tops and locally just downslope.
How wet? (Precipitation and its impact)	Patchy drizzle mostly west Some steady rain for a time early in the day mainly northern areas, fading to leave patchy light rain and drizzle, most common toward Drumochter; more often dry toward Deeside.
Cloud on the hills? Chance of cloud free Munros?	Extensive, possible breaks east Blanket cloud shrouding the hills, foggy from mid-elevations upward much of the time in more western areas. From dawn, briefly eastern hills in particular may be clear, but cloud likely soon envelops all tops. Cloud base higher all day eastward, clinging to most high tops, but local breaks emerge afternoon. 20%, rising to 40% east afternoon.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly, but locally furthest east will break through more often. Misty poor visibility many hills, but locally good below cloud in east.
How Cold? (at 900m) Freezing Level	11 to 13C, small change with added height and little change into night; quite humid, but still feeling near 0C if directly in wind. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 22 September	Wednesday 23 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 40mph, very gusty for a time higher Cairngorms and northern corries; dropping later below 20mph. Varied conditions, blustery in exposure and for a time more frequent buffeting in morning, then becoming smaller.	Generally northwesterly 15-25mph, though some variability possible in the early hours, locally lower speeds. Blustery over high Cairngorms, fairly small most other areas.
How wet? (Precipitation and its impact)	Drizzle, rain for a time Patchy rain and drizzle, most common areas near Drumochter in morning, becoming steadier rain over a couple of hours, smaller amounts reach eastern areas. Rain then fading from west through the afternoon.	Risk early heavy rain, otherwise dry Risk a few hours of rain from dawn, which may be heavy for a time, but this ultimately passing east, breaking for a dry day; rain may clear relatively quickly but this uncertain.
Cloud on the hills?	Varied, at times extensive, breaks north Banks of cloud around some slopes at varied heights, most persistent areas accessed from Glen Garry. Some banks shroud higher Cairngorms, most persistent during rain for a time, but likely to break for periods.	May start fairly extensive, little or none afternoon May start fairly extensive just around dawn if rain lingers; as rain clears, cloud will break into varied banks, mostly high terrain (a few ragged low patches briefly), but ultimately clearing for cloud-free hills afternoon.
Chance of cloud free Munros?	40% dropping to 10% in rain	80%; may start at 20% for a few hours
Sunshine? Air clarity (below cloud)	Sunshine emerging at times, best to the north of the Cairngorms, but periods where widely overcast. Visibility very good out of cloud and when dry, but poorer in rain.	Cloudy just at dawn, but soon becoming mostly sunny. Excellent visibility.
How Cold? (at 900m) Freezing Level	10C, locally up to 12C northeast, humid; then likely to drop evening-night to 6C. Feeling near to 0C in the wind. Above the summits.	6C, rising a degree. Feeling below 0C in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 22 September, 2026**

Rain affects western Scotland on Tuesday, patchier rain extending eastward. Then into Wednesday, a heavier swathe of rain moves east, more likely over England & Wales, clearing from the west leaving a few showers. South-southwesterly winds increase again on Thursday and rain may move into western Scotland, but elsewhere is likely dry. A variable outlook continues into next weekend and just beyond with high pressure building from the south at times with fairly warm and dry conditions, but some Atlantic systems still pass to the north bringing occasional rain and showers toward western Scotland at least. A trend toward drier conditions more widely around the change of month.

Forecast issued at 16:29 on Sunday, 20 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.