

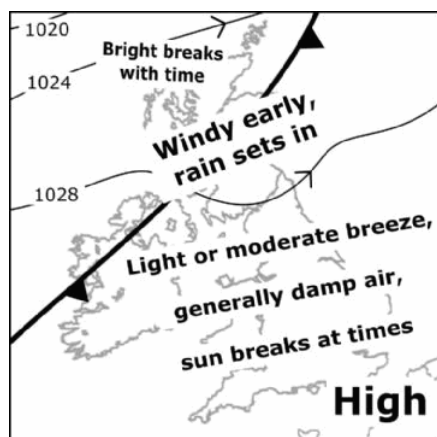
Cairngorms NP and Monadhliath

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, 22 September, 2026



British Mountain Summary:

Based on forecast chart for noon 22 September, 2026

Scotland starts windy with rain in the northwest highlands, this spreading fairly widely over the highlands into afternoon and evening. Wind eases, some bright breaks in the far northwest. Feeling damp, warm, and often cloudy England and Wales, drizzle on west hills, odd patchy rain, but sun glimpses too.

Headline for Cairngorms NP and Monadhliath

Early wind eases, rain sets in; warm and humid

Detailed Forecast for Tuesday, 22 September, 2026

How windy? (On the Munros)	Southwesterly 25 to 40mph, very gusty for a time higher Cairngorms and northern corries. Lessening, largely 25-30mph later, further lessening into evening.
Effect of wind on you?	Varied conditions, blustery in exposure and for a time more frequent buffeting in morning, then later becoming smaller.
How wet? (Precipitation and its impact)	Rain becomes persistent afternoon A little patchy rain and drizzle over Drumochter and Monadhliath in the morning, becoming steadier and spreading east into the Cairngorms afternoon, setting in for the remainder of the day. Best chance of dry patches towards Glen Avon.
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, and cloud begins filling in from the west, spreading widely afternoon, bases to 500-600m south Cairngorms, nearer 800-900m north.
Chance of cloud free Munros?	40% dropping to 10% in rain
Sunshine? Air clarity (below cloud)	Sunshine emerging at times, best to the north of the Cairngorms in the morning with very good visibility. Becoming overcast afternoon, increasingly dull with poor visibility.
How Cold? (at 900m)	10C, locally up to 12C northeast, humid; then likely to drop evening-night, to 6C overnight. Feeling near to 0C in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 23 September	Thursday 24 September
How windy? (On the Munros) Effect of wind on you?	Generally northwesterly 15-25mph, some variability possible in the early hours; trending lower with time. Blustery over high Cairngorms, fairly small most other areas and later more widely.	Southwesterly 20-25mph, strengthening, to sustained 50mph+ over high Cairngorms, powerful gusts over tops and downslope. Walking increasingly challenging, gusts necessitate great effort to remain upright. Feeling chilly despite mild temperature.
How wet? (Precipitation and its impact)	Risk early rain, then scattered showers Risk a few hours of rain from dawn, which may be heavy for a time, but this ultimately passing east, a few scattered showers drifting from the west afternoon; rain may clear quickly but this uncertain.	Little until late A little patchy rain around the midday hours, but otherwise dry. Later, patchy rain approaches Drumochter and Monadhliath, spreading widely into nighttime.
Cloud on the hills? Chance of cloud free Munros?	May start fairly extensive, little 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 mostly cloud-free hills. A few passing banks on high west terrain. 80%; may start at 20% for a few hours	Little until later Occasional cloud banks on high southern slopes, rolling over tops, but more often clear well into the day. Cloud will begin to more extensively shroud tops through afternoon, progressively lowering on southern slopes; north Cairngorms stay clear well into the day. 70%, lowering to 30% later
Sunshine? Air clarity (below cloud)	Cloudy just at dawn, but soon becoming mostly sunny. Excellent visibility.	Patchy sun through high cloud, tending to cloud over as afternoon goes. Very good visibility.
How Cold? (at 900m) Freezing Level	5 or 6C. Feeling below 0C in direct wind. Above the summits.	6C rising to 9C, or 10C north Cairngorms, staying elevated into night. Feeling like -1 to -3C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 23 September, 2026

A heavier swathe of rain moves east Wednesday morning, soon clearing Scotland but leaving a few showers behind, later clearing England and Wales. Southwesterly winds increase again on Thursday and rain later moves into western Scotland, but elsewhere is likely dry, bright in Wales and much of England. A variable outlook continues next weekend and beyond with high pressure building from the south at times with fairly warm and dry conditions, but Atlantic systems still pass to the north bringing occasional rain and showers toward western Scotland at least, strong wind here with sustained gales in the north. Next week remains on the unsettled side: west-southwesterly wind with bands of rain passing over most mountains, but a trend towards higher pressure brings longer settled windows into October.

Forecast issued at 16:00 on Monday, 21 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.