

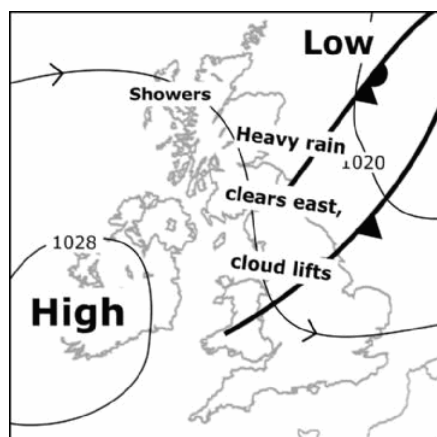
Cairngorms NP and Monadhliath

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 Wednesday, 23 September, 2026



British Mountain Summary:

Based on forecast chart for noon 23 September, 2026

Rain and strong winds soon clears east from Scotland, but lasts a few hours over northern England and Wales in the morning with some heavier bursts. A marked improvement follows as cloud lifts and breaks up. A few showers continue near west coasts of Scotland. Feeling rather chilly in a fresh breeze.

Headline for Cairngorms NP and Monadhliath

Early rain, improving to sun and clear hills, chilly breeze.

Detailed Forecast for Wednesday, 23 September, 2026

How windy? (On the Munros) Effect of wind on you?	West-northwesterly 15 to 25mph, strongest on higher terrain; some variability around dawn-early morning, briefly with gusts over 40mph possible. Dropping to very little wind onward into night. Blustery over high Cairngorms, fairly small most other areas, but feeling chilly in exposure. Briefly poorer conditions at first soon moderate.
How wet? (Precipitation and its impact)	Early rain, then largely dry Overnight rain continues for a few hours of rain from dawn, heavy for a time at first, but this soon passing east to become quickly dry, rare if any brief showers mainly northern areas.
Cloud on the hills? Chance of cloud free Munros?	Starts fairly extensive, little afternoon 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
Sunshine? Air clarity (below cloud)	Cloudy just at dawn, but soon becoming mostly sunny. Excellent visibility.
How Cold? (at 900m) Freezing Level	5 or 6C. Feeling below 0C in direct wind. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 24 September	Friday 25 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-25mph, strengthening, to sustained 50mph+ over high Cairngorms, powerful gusts over tops and Walking increasingly challenging, gusts necessitate great effort to remain upright. Feeling chilly despite mild temperature.	Southwesterly 30 to 40mph, in places 50mph over higher Cairngorms plateau. Strenuous walking conditions on high terrain, more arduous in places with frequent buffeting; considerable wind chill.
How wet? (Precipitation and its impact)	Little until late A little patchy rain around the midday hours, but otherwise dry. Later, patchy rain approaches Drumochter and Monadhliath, spreading widely from dusk onward, though small amounts north/east.	A little rain now and again Occasional showery rain coming in from the southwest, but often dry much of the region, particularly further north and east.
Cloud on the hills? Chance of cloud free Munros?	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	Sometimes capping tops Some cloud likely to come and go above 1000-1100m, occasionally 900m toward Drumochter, but good breaks above many tops for periods. 70%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud, tending to cloud over as afternoon goes. Very good visibility.	Occasional sun, best toward Glenmore and Deeside. Visibility very good, reduced briefly in rain.
How Cold? (at 900m) Freezing Level	6C rising to 9C, or 10C north Cairngorms, staying elevated into night. Feeling like -1 to -3C in direct wind. Above the summits.	6 or 7C, little change all day. Feeling like -3 to -6C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 24 September, 2026

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 into the 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 16:28 on Tuesday, 22 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.