

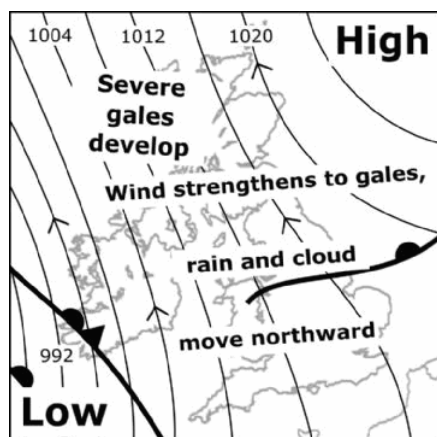
Cairngorms NP and Monadhliath

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



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General Summary for Tuesday, 29 September, 2026



British Mountain Summary:

Based on forecast chart for noon 29 September, 2026

A windy start strengthens to widespread gales, powerful gusts not just on high terrain. Feeling chilly despite mild-to-warm temperatures, increasingly humid too. Some patchy rain and cloud moves north through Wales into England and later Scotland; northwest Scotland bright and dry well into the day.

Headline for Cairngorms NP and Monadhliath

Wind soon gale-force; cloud building, rain later arriving

Detailed Forecast for Tuesday, 29 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southeasterly 35 to 40mph to start, strong turbulent gusts over tops and downslope. Wind strengthens, sustained 50mph over high tops at least, strengthening overnight, strongest gusts approaching 70mph+. Walking becomes challenging, buffeting gusts making balance difficult and later powerful enough to knock you over, not just in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Little until later Mostly dry well into the day, but a few odd spots of rain drift from the south, a little drizzle on the high Cairngorms too. As afternoon goes, increasingly damp on tops with steadier falls forming.
Cloud on the hills? Chance of cloud free Munros?	Rolling over high tops, filling in afternoon Banks of cloud rolling over the high Cairngorms towards the northwest, most slopes below 1100m clear of cloud, little cloud to the north of high tops. As afternoon goes, cloud will thicken, filling in more extensively as evening approaches. 60%, later lowering to 20%
Sunshine? Air clarity (below cloud)	Early weak sun giving way to overcast skies as afternoon goes; staying brighter north until later. Good visibility before cloud thickens.
How Cold? (at 900m) Freezing Level	5C rising to 7 or 8C afternoon, further rising to approach 10C into evening and increasingly humid. Rising slightly further overnight. Feeling like 0 to -5C in direct wind. Above the summits.

All mountain areas of Britain from Wednesday, 30 September, 2026

A band of rain moves northeast through early Wednesday, leaving fresher and blustery south-southwesterlies into Wednesday and Thursday, showery in the west but often bright between showers, particularly eastern areas. Friday will be a wetter day again, the rain quite frequent with extensive cloud over western hill groups and quite windy in England and Scotland. On Saturday, higher pressure tends to expand from the south, bringing more settled weather to England and Wales; temperatures generally mild, some cool nights when skies are clear. Scotland will stay cloudier and windier, particularly in northern areas early next week, some drizzle in the northwest and occasionally broader bands of rain slipping eastward.

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.