

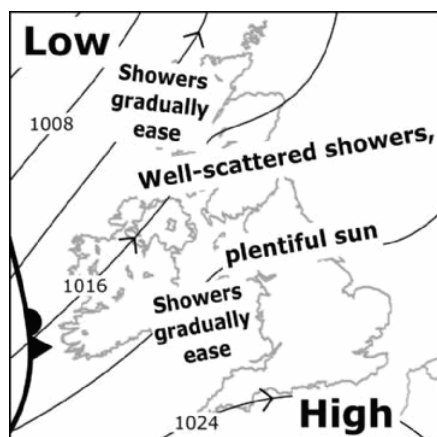
Cairngorms NP and Monadhliath

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 Thursday, 1 October, 2026



British Mountain Summary:

Based on forecast chart for noon 1 October, 2026

Showery outbreaks in Wales and west Scotland, early hill cloud tends to lift with breaks. Showers well-scattered elsewhere, early hill cloud largely clears. Showers lessen widely, often sunny though some haze. Mild temperatures, warm valleys afternoon; west Scotland starts cool, feeling chilly in a blustery wind.

Headline for Cairngorms NP and Monadhliath

A few showers, mostly west; plentiful sun

Detailed Forecast for Thursday, 1 October, 2026

How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-30mph, will vary, and may trend towards the lighter end of the range for a few hours. Will strengthen overnight. Nuisance wind in exposure likely all day with a chilly feeling, more strenuous walking on high Cairngorms at times.
How wet? (Precipitation and its impact)	Little expected A few showers drift onto hills around Drumochter at times, perhaps an odd spot further east afternoon, but otherwise dry.
Cloud on the hills? Chance of cloud free Munros?	Increasingly just high tops with breaks Cloud from 900m upward southern Cairngorms, rolling over the tops, scattered low patches in sheltered corries/glens; well-broken north slopes. Cloud will lift to just patches over tops, increasingly broken, to fleeting patches over tops near Ben Macdui. Rising to 70%
Sunshine? Air clarity (below cloud)	Sun increasingly extensive, particularly north and east. Very good visibility.
How Cold? (at 900m) Freezing Level	6 or 7C, may reach 8C on sun exposed slopes north of high Cairngorms. Feeling near 0C in strongest wind. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 2 October	Saturday 3 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, sometimes quite gusty. Blustery in exposure all day with a chilly feeling, some more strenuous moments in buffeting gusts and feeling chilly.	West-southwesterly 20-25mph. Later turning southwesterly, strengthening to 40-45mph, stronger overnight. Fairly small most of the day, deteriorating rapidly from evening into night to challenging conditions.
How wet? (Precipitation and its impact)	Often raining Persistent rain over Drumochter and west Cairngorms most of the day, broader areas of rain passing east to west more widely, several extended heavy falls on southern Cairngorm slopes probable.	Occasional rain A few spots of rain drift from the west, light in nature and rarely reaching east beyond the A9. Into night, rain spreads more widely.
Cloud on the hills? Chance of cloud free Munros?	Tops shrouded, lowest bases southwest A layer of cloud unlikely clears above 1100m even during breaks in rain, bases regularly lower, approaching 600-700m towards Drumochter, ragged patches to forest canopies during and after heaviest rainfall. 20%	Varied banks on high terrain Cloud often over high terrain from 1000m upward, at times as low as 800m during rainfall west of A9, but also breaking towards the high Cairngorms, and likely off tops at times. 40%
Sunshine? Air clarity (below cloud)	A few bright glimpses north of high Cairngorms, more often cloudy. Varied visibility but often poor in cloud and rain.	Intermittent sun, weakened by high cloud. Good visibility out of cloud.
How Cold? (at 900m) Freezing Level	6 to 8C. Feeling like 0 to -3C in direct wind. Above the summits.	4C, rising a degree. Feeling like -0C in direct wind, later colder. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 2 October, 2026

Friday starts the weekend with windy and damp weather, rain quite frequent with extensive cloud for some. On Saturday, higher pressure expands from the south, gradually settling the weather in England and Wales. Scotland remains breezy with cloud and showers, mostly impacting western regions. The following week remains mixed: high pressure to the south and west bringing some windows of brighter, drier weather primarily to England and Wales, but active low pressure systems will break through as well for spells of widespread wind, sometimes gale force, and bands of rain followed by showers. Precise timing of settled versus unsettled weather is currently uncertain. Temperatures variably mild to cool, beginning to reach freezing on Scottish summits, or lower down on clear nights.

Forecast issued at 16:15 on Wednesday, 30 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.