

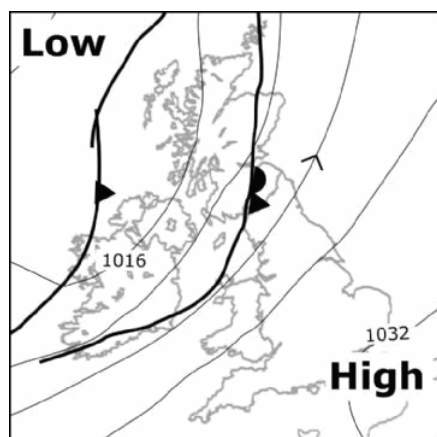
Cairngorms NP and Monadhliath

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 Friday, 2 October, 2026



British Mountain Summary:

Based on forecast chart for noon 2 October, 2026

Continuing mild, but gales - or in the north severe gales on many mountains - will make it feel cold due to wind chill. A weakening front will bring a little rain eastwards before a further front brings heavier rain in from the southwest later in the day.

Headline for Cairngorms NP and Monadhliath

Upland gales developing, becoming severe; occasional rain.

Detailed Forecast for Friday, 2 October, 2026

How windy? (On the Munros)	Southerly, ranging from 30-45mph morning, strongest higher tops. In afternoon progressively strengthening to 40-55mph.
Effect of wind on you?	Increasingly difficult conditions. Into afternoon mobility where exposed very strenuous and wind chill becoming severe.
How wet? (Precipitation and its impact)	Occasional rain Rain on and off after dawn will clear later morning. Rain returning from southwest mid to late afternoon; very little all day toward and north of Deeside.
Cloud on the hills?	Extensive generally on higher areas; lowest cloud more southern ranges Cloud base rising morning, though slowly more southern mountains. Typically in early afternoon around 750-900m from Ben Alder to and east of Drumochter; but will lower again late on in rain. Further north, most cloud above 1050-1200m into the afternoon.
Chance of cloud free Munros?	10% southern mountains to 60% into afternoon more northern areas.
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly lower slopes near and east of A9. Intermittently poor visibility in rain. Otherwise mostly excellent visibility.
How Cold? (at 900m)	9C, but increasingly feeling as cold as minus 6C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 3 October, 2026

Forecast issued at 15:22 on Thursday, 1 October, 2026

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