

Cairngorms NP and Monadhliath

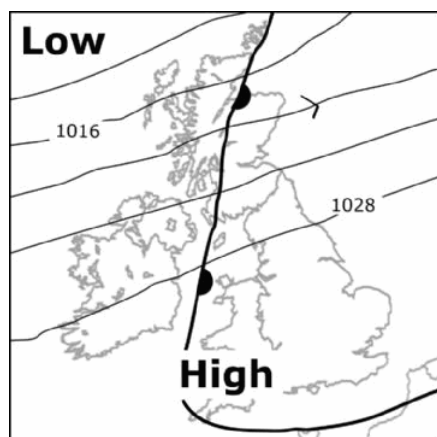
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Sunday, 4 October, 2026



British Mountain Summary:

Based on forecast chart for noon 4 October, 2026

A weakening warm front will gradually bring low cloud to western hills of NW England and Wales. Blustery N England. In Scotland, widespread gales; in the NW & W Highlands, heavy rain and fog, but only occasional rain eastern and southern Scottish mountains.

Headline for Cairngorms NP and Monadhliath

Persistent upland gales. Rain and fog - mainly near/west of A9.

Detailed Forecast for Sunday, 4 October, 2026

How windy? (On the Munros)	Southwesterly, increasing markedly with height to 50mph or on Cairngorm plateau 60mph.
Effect of wind on you?	Severe wind chill and walking extensively difficult. General mobility a challenge particularly morning Cairngorm plateau.
How wet? (Precipitation and its impact)	Occasional drizzly rain, mainly W of A9. West of A9 and on summits in southern Cairngorms NP accessed from the A9, frequent and sometimes heavy. rain throughout the day. Only occasional rain elsewhere; little if any east of Braemar.
Cloud on the hills?	Foggy across nearly all mountains all day Persistent low cloud soon forming across most mountains, typically above 600 to 750m west of A9 and southern summits in Cairngorms NP. Elsewhere, cloud base tending to drop to 900 to 1050m though little if any near and east of Braemar.
Chance of cloud free Munros?	Less than 10% by late morning
Sunshine? Air clarity (below cloud)	A few pockets of sunshine lower slopes particularly east of A9, possibly widely Deeside. Very good visibility
How Cold? (at 900m)	10C. Will feel as cold as minus 6C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 5 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder less windy weather around the middle of next week brings snow showers to some northern mountains.

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.