

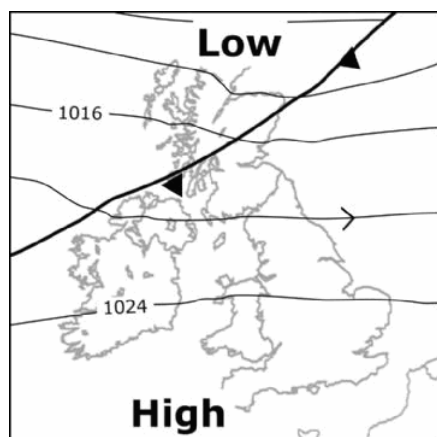
Cairngorms NP and Monadhliath

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 Monday, 5 October, 2026



British Mountain Summary:

Based on forecast chart for noon 5 October, 2026

Humid air ahead of a cold front moving slowly south across Scotland will bring fog and drizzle to most mountain areas, although some improvement from the north across the Scottish Highlands. Upland gales will be widespread - least windy southwards along the Pennines and also Wales.

Headline for Cairngorms NP and Monadhliath

Severe gale or storm force upland wind. Rain mainly west of A9.
 Fog.

Detailed Forecast for Monday, 5 October, 2026

How windy? (On the Munros)	Southwesterly in the range 45 to 70mph. Sudden gusts some lower slopes. Generally a slow easing through the day.
Effect of wind on you?	Widely difficult walking where exposed: balance challenging in gusts (some gusts reaching lower slopes). Significant wind chill.
How wet? (Precipitation and its impact)	Occasional rain, mainly W of A9 Morning: Rain on and off or frequent west of A9 and southern summits in Cairngorms NP, but only rarely reaching E & N Cairngorms NP. Afternoon: Still occasional rain Ben Alder east to southern summits Cairngorms NP; otherwise rain, if any rarely.
Cloud on the hills?	Persistent fog higher areas. Morning: Persistent fog above 500 to 750m most of region, although cloud base a little higher Monadhliath and particularly east to Deeside and northernmost Cairngorms where typically 900m. Afternoon: Improving from north as cloud base rises by 200 or 300m.
Chance of cloud free Munros?	10% rising to 30% afternoon
Sunshine? Air clarity (below cloud)	Extensively cloudy and hazy. Occasional sun some lower slopes, most likely east from Braemar area
How Cold? (at 900m)	9 dropping to 6C morning. Feeling like minus 8C in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 6 October	Wednesday 7 October
How windy? (On the Munros)	West or northwesterly 20mph, possibly 30mph for a few hours Cairngorm plateau.	West veering northwesterly in the range 20 to perhaps 30mph - particularly gusty near precipitation.
Effect of wind on you?	Marked wind chill in much colder air. May impede ease of walking higher up, mainly near showers.	Often fairly small, but ease of walking and balance sometimes difficult near showers. Considerable wind chill.
How wet? (Precipitation and its impact)	increasing risk snow and hail showers Occasional probably brief hail and snow showers, mainly afternoon. A dusting of snow lying above 1100m.	Hail and snow; extending east Sudden hail and snow showers, sometimes frequent, will extend eastwards. Least precipitation toward and east of Braemar Covering or dusting of snow above around 800m.
Cloud on the hills?	Frequently covering higher slopes; forming lower down near precipitation. Near showers, shafts of cloud below 600m. Otherwise cloud base by late morning 900 to occasionally 1150m (highest base generally southern Cairngorms west to Ben Alder).	Very extensive on higher areas Cloud base sometimes above 1050 to 1200m morning, but as showers come in, patches of cloud to around 600m, temporary lower west of A9, and 800m elsewhere.
Chance of cloud free Munros?	40%	20%
Sunshine? Air clarity (below cloud)	Patches of sunshine, most sun southern Cairngorms NP. Mostly excellent visibility, but temporarily poor in snow.	Patches of sun, most widely toward and east of Braemar in morning. Visibility sometimes very poor, but otherwise good, although a haze.
How Cold? (at 900m)	5C, but will feel as cold as minus 5C in the wind.	1C; will feel as cold as minus 8C directly in wind.
Freezing Level	Just above highest summits.	Around 1100m

Planning Outlook

All mountain areas of Britain from Tuesday, 6 October, 2026

A brief colder period with the wind easing on Wednesday and Thursday - some snow will lie on higher Scottish summits. Winds then return to the southwest, bringing bands of rain, low cloud and strong upland winds across Britain. Most frequent severe weather will be on the W and NW Highlands, where there will be considerable rain and frequent upland gales.

Forecast issued at 15:52 on Sunday, 4 October, 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.