

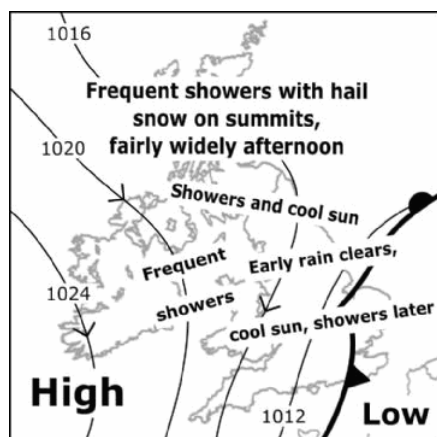
Cairngorms NP and Monadhliath

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 Wednesday, 7 October, 2026



British Mountain Summary:

Based on forecast chart for noon 7 October, 2026

Chilly Scotland, frequent showers over central and west mountains, hail mixed in with snow on summits. Showers spread widely afternoon. Wales and south Pennines start dull and rainy, this soon clearing to cooler, brighter weather. Showers and wind follow in north Wales, then into England later afternoon.

Headline for Cairngorms NP and Monadhliath

Some showers with hail, more widely afternoon, snow on tops

Detailed Forecast for Wednesday, 7 October, 2026

How windy? (On the Munros)	Westerly 15-20mph, trending northwesterly, and becoming gusty afternoon as showers forming. Sustained speeds tend to rise later, up to 25-30mph Cairngorm plateau, further strengthening overnight.
Effect of wind on you?	Often fairly small, but ease of walking and balance sometimes affected during afternoon showers. Will be more steadily blustery into evening with notable wind chill.
How wet? (Precipitation and its impact)	Showers with hail, snow on tops; most west, more widely afternoon Scattered showers, with hail sometimes frequent near and west of A9. Often dry further east morning, but showers more widely afternoon, frequent for a time. Covering or dusting of snow on high Cairngorms, snow falling locally as low as 700-800m.
Cloud on the hills?	Banks over tops, increasingly frequent afternoon Ragged cloud at varied heights in the morning, not necessarily on tops. Lower cloud will dissipate, some passing banks above 1000m, and as showers spread, cloud more often covering slopes above 900m, lowering locally in heaviest showers.
Chance of cloud free Munros?	60%, lowering to 40%
Sunshine? Air clarity (below cloud)	Often sunny, fair weather cloud building afternoon for more patchy sun. Visibility mostly good, becoming variable as showers arrive, sometimes very poor in snow on high terrain.
How Cold? (at 900m)	3C, locally 4C around Deeside. Feeling like -3 to -5C in direct wind.
Freezing Level	Just touching the high Cairngorms, but also frosts in sheltered glens and corries.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 8 October	Friday 9 October
How windy? (On the Munros)	Northwesterly 25-30mph, gradually shifting southwesterly, lessening to 10-15mph. Significantly restrengthening evening.	Westerly sustained 35-45mph. Quite gusty, top speeds approaching 60mph.
Effect of wind on you?	Mostly small.	Arduous walking in exposure, powerful gusts challenging balance, bracing necessary at times. Significant wind chill.
How wet? (Precipitation and its impact)	Substantially dry until later A few odd showers on northern slopes in the early morning (snow on tops), soon dry. Rain arrives from the west as afternoon goes, beginning to set in persistently evening into night.	Showers Showers come and go from the west all day, perhaps more frequent with heavier falls in the afternoon, particularly in the west. Some hail mixed in, with snow on the high Cairngorms.
Cloud on the hills?	Early cloud clears Cloud banks substantially cover slopes above 1000m from dawn, dropping as low as 700-800m on north slopes during early showers. Bases will lift and increasingly break up for often clear summits. Cloud returns evening, filling in overnight.	Highly variable, clear windows During showers, shafts of cloud cover terrain above 900m, but the hills largely clear between showers at least to start the day. Afternoon brings increased risk of longer cloudy periods, some bases lowering below 900m in the west.
Chance of cloud free Munros?	Rising to 80%	60% lowering to 30%
Sunshine? Air clarity (below cloud)	Bright sun well into the day, high cloud arriving and thickening into night. Very good visibility.	Patchwork of cloud and sun. Very good visibility, but suddenly poor in showers, very poor in snow on high tops.
How Cold? (at 900m)	1C rising to 3C, rising sharply for a few overnight hours towards 8C or higher.	3 or 4C. Feeling like -5 to -10C in direct wind.
Freezing Level	1100-1200m, frosts in sheltered glens at dawn. Gradually lifting to rise above the high tops.	Soon lowering to at or just above the highest Cairngorm summits.

Planning Outlook

All mountain areas of Britain from Thursday, 8 October, 2026

Thursday begins chilly with bright sun, some frosts in sheltered glens and valleys, and a few showers along Scottish and Welsh coasts. Westerly wind returns as Thursday goes, bringing rain, low cloud and strong upland winds across Britain overnight into Friday morning. Friday and Saturday are windy and showery with bright breaks, a risk of severe gales on Scottish tops. Sunday sees a more settled day as a small ridge of high pressure builds from the west. The following week looked mixed with bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros and rain turning to snow. Some indications of more settled weather into the following weekend, but confidence is low.

Forecast issued at 15:30 on Tuesday, 6 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.