

Cairngorms NP and Monadhliath

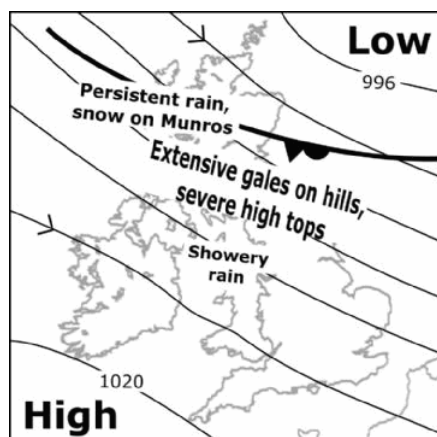
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Saturday, 10 October, 2026



British Mountain Summary:

Based on forecast chart for noon 10 October, 2026

Westerly gales across many mountains will make walking challenging and bring significant chill factor; air temperature close to freezing point on highest summits. Rain most persistent in western Scotland, snow falling on high tops. Frequent showery rain for northwest England, fewer showers south across Wales.

Headline for Cairngorms NP and Monadhliath

Gales on tops, lessen slightly; showery rain, snow high tops.

Detailed Forecast for Saturday, 10 October, 2026

How windy? (On the Munros)	West-northwesterly 40 to 50mph, or 60mph on high Cairngorms early in day, very gusty. Speeds dropping a little during afternoon to 35-40mph. Gradually lowering further onward into night.
Effect of wind on you?	Arduous walking, maintaining stability requiring constant effort. Gusts could blow you over on high exposed terrain in morning. Significant wind chill.
How wet? (Precipitation and its impact)	Frequent showers, snow on high terrain A sustained stream of showers from the west much of the day, rather frequent near and west of the A9. More scattered eastward at times, but also locally more frequent. Falling as snow on high Cairngorms above 900-1000m, or occasionally 800m in morning, some hail possible.
Cloud on the hills?	Fairly extensive high terrain, often lowering Cloud may occasionally break above 1000m east of Ben Macdui, but high tops likely stay in cloud, base often lowering towards 800m, locally 600m Monadhliath to Ben Alder. When rain sets in, filling in extensively to middle slopes.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Best of patchy sun east, sometimes more widely cloudy. Visibility varied, often poor but sometimes good east during dry windows.
How Cold? (at 900m)	1 or 2C in morning, 3C afternoon, but will vary and lower slightly in showers. Feeling like -10C in direct wind.
Freezing Level	1100m in morning, lifting to 1200-1300m or at times just above highest tops afternoon.

All mountain areas of Britain from Sunday, 11 October, 2026

After a fine but cool day on Sunday, damp and mild southwesterly air moves back across the country into Monday. Southwesterly winds strengthen late Monday to widely gale-force over the hills, heavier rain likely into early Tuesday, followed by showers and a slight drop of temperature. Very unsettled west-southwesterlies continue into midweek - sustained mountain gales, possibly stormy at times and spells of heavy rain for all areas. A changeable westerly theme likely continues beyond mid-month - occasional windows of drier weather, but more often windy with rain or showers coming in from the Atlantic, sometimes cold enough to fall as snow on Scottish high tops.

Forecast issued at 16:00 on Friday, 9 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.