

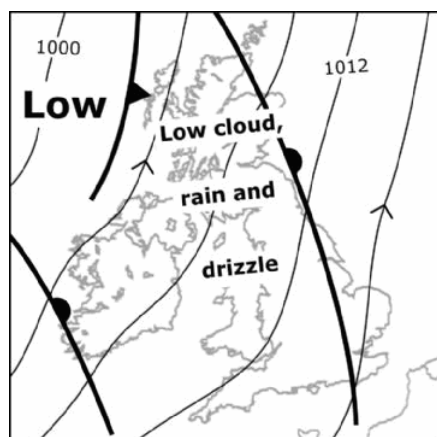
Cairngorms NP and Monadhliath

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, 12 October, 2026



British Mountain Summary:

Based on forecast chart for noon 12 October, 2026

Extensive low cloud blankets the mountains, poor visibility widely; generally damp with drizzle and some steadier rain. Best chance for drier conditions and local higher cloud breaks to the north of major hill groups. Wind speeds will vary, but often blustery around tops. Fairly mild southerly air.

Headline for Cairngorms NP and Monadhliath

Damp, lowest cloud south, locally better north; varied wind.

Detailed Forecast for Monday, 12 October, 2026

How windy? (On the Munros)	Southerly, speed varying, 30-40mph at first, easing to 20-25mph, though some stronger speeds and gusts may affect highest summits. Toward evening rising again, to 50mph, or 60mph high tops and stronger gusts after dark.
Effect of wind on you?	Variable, in places fairly small on some slopes, but prepare for blustery conditions on exposed high terrain. Deteriorating to more difficult conditions later in day, soon severe on higher Cairngorms from dusk.
How wet? (Precipitation and its impact)	Patchy rain, mostly toward south Rain and drizzle soon fairly persistent in the morning, though small amounts north toward Glenmore. A little rain may linger over southern hills, drier periods north in afternoon. After dark, steadier rain returns from the southwest.
Cloud on the hills?	Extensive, lowest cloud south Shrouding many hills all day, from mid elevations Glen Garry to Ben Alder, 700-900m Cairngorms to Monadhliath. Northeastern areas may start clearer briefly from dawn. Local higher breaks forming in afternoon away from rain toward north and east.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Overcast, mostly dull. Some brighter moments north of the Cairngorms, glimpses of sun and good visibility below cloud in afternoon.
How Cold? (at 900m)	7C rising to 10C, locally warmer north, little change with added height; slightly warmer into night. Increasingly humid. Feeling below freezing if in stronger wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 13 October	Wednesday 14 October
How windy? (On the Munros) Effect of wind on you?	West-southwesterly, overnight gales ease for a brief early lull to 25mph or less, but rise again in afternoon to 40-50mph+. A window of fairly small effects, but beware of deteriorating again during the daytime to become challenging.	South-southwesterly, in range 50 to 80mph, notable increase with height; sustained speeds strongest by afternoon. Buffeting even on lower hills, increasingly severe conditions on high terrain, mobility difficult; powerful downslope gusts.
How wet? (Precipitation and its impact)	Early rain, then showers Heavy rain up to dawn soon clears away eastwards, leaving a brief drier window, but showers soon follow from the west, these increasingly frequent and heavy with hail, particularly afternoon. Drier toward east.	A little rain, wetter later west Spots of rain in the wind, most frequent Ben Alder to Drumochter hills, substantially dry furthest north and east. Later in day, more widespread steadier rain arrives from southwest, heavier in west.
Cloud on the hills?	Breaks to tops when dry Varied cloud banks from dawn, but for a few hours then breaking well toward upper slopes with clearer spells in the east. Patches will come and go on high tops, filling in again from west in showers.	Capping many tops, breaks north & east Banks of cloud clinging to many upper slopes above 800-1000m, but north and east of the Cairngorm plateau and on Monadhliath the cloud may largely break up for periods.
Chance of cloud free Munros?	50%	30%
Sunshine? Air clarity (below cloud)	Sunshine breaking through best toward north for a few hours, but then cloudier. Visibility excellent as rain clears, then reducing around showers.	Glimpses of weak sun, more often north of Cairngorms. Visibility fairly good, but slight haze.
How Cold? (at 900m) Freezing Level	Mild 10C overnight but dropping to 7C by dawn, lowering further with time, later 3C. Feeling later like -10C as wind increases. Above the summits, but may drop toward 1300m by evening.	5C rising to 8C. Feeling like -7 to -10C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 13 October, 2026**

A very unsettled Atlantic pattern this week. Southwesterly gales strengthen to become severe on the mountains into Wednesday, moderating into Thursday. Frequently raining particularly over western hills, some bands of more extensive heavier rain passing eastwards through midweek. Milder early in the week, then cooler later, with showery conditions by Thursday into Friday on westerly winds - Scottish high summits may drop back close to freezing with some snow falling on higher tops. Indications start to favour higher pressure building into next weekend and early next week for a period of quieter weather and scope for inversion conditions on high terrain.

Forecast issued at 16:00 on Sunday, 11 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.