

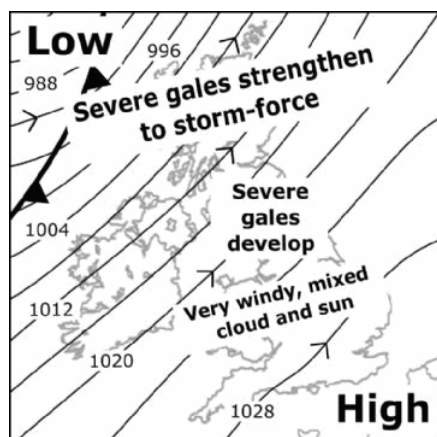
Cairngorms NP and Monadhliath

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, 14 October, 2026



British Mountain Summary:

Based on forecast chart for noon 14 October, 2026

Gales in north England and Scotland, strengthening for severe conditions, storm-force over Munros. Cloud and patchy rain, mostly west, increasing through afternoon, steady heavy rain northwest highlands later. Near-gales for south Pennines and Wales, mixed cloud and sun, some patchy rain forming.

Headline for Cairngorms NP and Monadhliath

Storm-force wind, cloud and patchy rain increase

Detailed Forecast for Wednesday, 14 October, 2026

How windy? (On the Munros)	South-southwesterly, in range 50 to 65mph to start, notable increase with height, and strengthening, sustained speeds 60-70mph, gusting up to 90mph or higher over the high Cairngorms.
Effect of wind on you?	Buffeting even on lower hills, increasingly severe conditions on high terrain, any mobility becoming difficult and strongest gusts will blow you around without bracing; powerful downslope gusts.
How wet? (Precipitation and its impact)	A little rain, gradually increasing through afternoon Spots of rain in the wind, most frequent Ben Alder to Drumochter hills, substantially dry furthest north and east, though occasionally drizzly on high Cairngorms. Areas of patchy rain form through afternoon, setting in evening into night for sustained falls widely, heaviest Drumochter to Deeside.
Cloud on the hills?	High terrain largely covered, 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 break up for periods. Some varied lower banks forming, lowest south, and will fill in more extensively evening/night.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of weak sun, more often north of Cairngorms. Visibility fairly good, particularly north Cairngorms earlier, but slight haze, and periods of poor visibility increasing through afternoon.
How Cold? (at 900m)	5C rising to 8 or 9C, mildest northern Cairngorms. Only slight drop if any into night, only later cooling again. Feeling like -7 to -10C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Thursday, 15 October, 2026

Frontal rain into south Scotland and north England on Thursday, though details of how the front will move are currently uncertain. Starting on the milder side south of the front, fresher air arrives behind the rain Thursday into Friday, sun breaking out with a few showers - Scottish high summits drop back close to freezing with some snow falling on higher tops. Higher pressure builds on Friday, easing remaining showers with plenty of sun breaking out though a gusty northerly wind will persist for a time. A window of settled weather over the weekend and scope for local inversion conditions. Clear night skies allow for chilly mornings, ground frosts likely, and may remain breezy south Pennines and Wales. Pressure remains high into the next week though a few brief unsettled moments come and go.

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.