

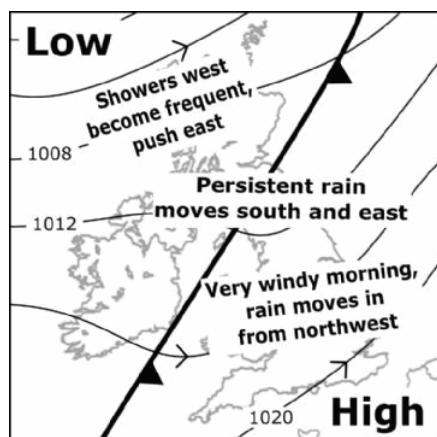
Cairngorms NP and Monadhliath

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



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General Summary for Thursday, 15 October, 2026



British Mountain Summary:

Based on forecast chart for noon 15 October, 2026

A band of rain over south Scotland moves south and east, several hours of steady rain first reach north England and gradually spreads into Wales and Pennines. Very windy and mild England and Wales before the rain arrives. Scotland is chilly with showers and sun breaks, showers increase and push east with time.

Headline for Cairngorms NP and Monadhliath

Blustery; some early and late rain, sun breaks between

Detailed Forecast for Thursday, 15 October, 2026

How windy? (On the Munros)	Southwesterly in range of 25-40mph, likely nearer the lower end of the range for several hours but unlikely below 25mph in exposure.
Effect of wind on you?	Strenuous walking in exposure, some more arduous moments but will vary; considerable wind chill.
How wet? (Precipitation and its impact)	Rain mostly early and late, good dry windows Rain from overnight breaks into patches at dawn approaches, largely clearing away as morning goes. A dry window is probable, particularly northeast Cairngorms, then scattered showers drift into western areas as afternoon goes, trending more frequent later.
Cloud on the hills?	Mostly patches over high terrain Varied cloud banks, mostly above 900m, and north Cairngorm slopes often clear of cloud, though some risk of a few lower cloud banks coming and going Drumochter to Deeside early. A few breaks off the summits likely form, but then cloud returns from the west as showers form, mostly above 800m.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine in the morning, more patchy sun breaking out. Mostly good visibility.
How Cold? (at 900m)	4 or 5C around dawn, perhaps briefly milder in easternmost areas, but tending to cool, to 3C widely later in the day. Feeling like -2 to -5C.
Freezing Level	Above the summits all of daylight, but lowering to just touch highest Cairngorm summits overnight.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 16 October	Saturday 17 October
How windy? (On the Munros)	Northwesterly 20-25mph, becoming quite gusty later, tops speeds to 30-35mph.	North-northwesterly 10-15mph, and may well lessen with direction becoming variable.
Effect of wind on you?	Quite blustery at times on the high Cairngorms, notable buffeting as gusts form, some strenuous moments.	Negligible.
How wet? (Precipitation and its impact)	Clusters of showers increasing A few showers may drift onto the hills from the north and west, though often dry. Rising risk of clusters of showers through afternoon, snow above 900m, but dry windows still likely between showers.	Any rain unlikely Small chance an odd spot of rain/sleet into the northern Cairngorms, but more likely dry.
Cloud on the hills?	Mostly high terrain, clear windows Some early ragged cloud at varied heights, this soon lifting and dissipating in the morning, to just varied banks above 1000-1100m, mostly during showers when will locally lower towards 900m north Cairngorms. Clear summits between showers.	Largely clearing Patches at varied heights to start, some mist in sheltered glens. Will lift and begin to dissipate after sunrise, a layer of cloud rolling over the high Cairngorms from the north for a few hours, but will tend to further break up for clear summits.
Chance of cloud free Munros?	70%	Gradually rising to 70%
Sunshine? Air clarity (below cloud)	Often sunny, particularly south and east Cairngorm plateau. Very good visibility, though poor in showers, very poor in snow on tops.	Sun increasingly breaking out, mostly sunny afternoon. Very good visibility.
How Cold? (at 900m)	2 or 3C. Feeling like -6 to -9C in stronger wind.	1 or 2C, rising a degree, to locally 4C on sun-exposed slopes.
Freezing Level	1200m, some chance of patchy light frosts in sheltered glens around dawn.	Poorly defined: just above high summits, though dawn frosts on sheltered low slopes/glens, thawing through morning.

Planning Outlook

All mountain areas of Britain from Friday, 16 October, 2026

Friday starts fresh with local valley frosts, freezing level onto the highest Munros. Bright for many, though showers affect west areas, particularly Scotland, and spread more widely afternoon. A window of settled weather follows over the weekend as a core of high pressure builds over Scotland. Clear night skies allow for chilly mornings with ground frosts and some valley mist. Sun breaking out, though some cloud will linger on upper slopes, only limited scope for local inversion conditions. An easterly breeze will keep the skies a touch cloudier in England and Wales, chance a little light rain for England on Sunday. Pressure remains high into next week though some areas of low pressure will try to break through. Forecast confidence reduces from mid-week with a risk of unsettled conditions returning.

Forecast issued at 16:20 on Wednesday, 14 October, 2026

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