

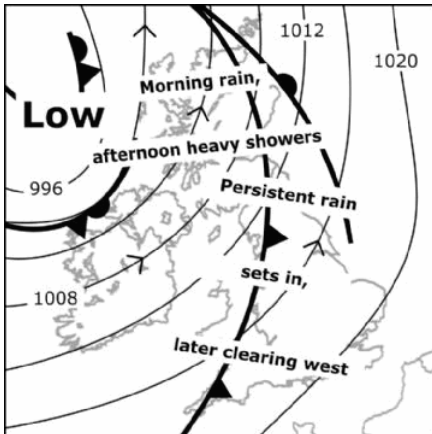
# Cairngorms NP and Monadhliath

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 Friday, 17 April, 2026



### British Mountain Summary: Based on forecast chart for noon 17 April, 2026

Strong, gusty wind all day, gales in Scotland, risk severe coastal northwest. Persistent early rain in Scotland breaks to heavy showers, frequent west, clusters spreading east. Several hours of heavy rain sweeps east across England and Wales; driest start Pennines, and dry windows later in Snowdonia and Lakeland.

### Headline for Cairngorms NP and Monadhliath

Morning rain, afternoon showers; gusty gales

## Detailed Forecast for Friday, 17 April, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southerly 40-45mph, some variability and gusty, most powerful gusts approaching 55mph over high Cairngorm plateau; may trend towards slightly lower speeds for a time afternoon, and trending southwesterly.</p> <p><b>Walking arduous in exposure likely all day, significant wind chill and maintaining stability requiring notable effort, particularly on exposed high tops where strongest gusts will make mobility difficult.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Persistent morning rain breaks to afternoon showers, often heavy</b></p> <p>Often raining/drizzly from before dawn, dry moments northern slopes. Rain gradually sets in more persistently with heavy falls for several hours, though may stay patchy to the north. Breaking into frequent afternoon showers, at times clustering together with heavy falls and hail.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Fairly extensive morning, high bases north, some afternoon breaks</b></p> <p>Terrain above 900m in cloud through morning, often lower on southern slopes, filling into middle slopes as least as rain sets in, likely to 500m or lower Drumochter to Deeside. More variable to the north, some high breaks in the morning, then a better chance of high breaks between afternoon showers.</p> <p><b>20%, rising to 40%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Overcast and often dull with poor visibility on southern slopes through morning. At times better visibility north, with increasing chance of sun glimpses.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>4 or 5C, may rise to 6C northern Cairngorm slopes. Cooling several degrees overnight. Feeling as cold as -8C in strongest wind.</p> <p>Above the summits during daylight, lowering onto the high summits overnight, towards 1200m.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Saturday 18 April</b>	<b>Sunday 19 April</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	West to southwesterly 25 to 35mph, to 40mph morning. Shifting northwesterly, easing, 20-30mph, but gusty.  <b>Blustery conditions affecting comfortable walking in exposure, some improvement. Considerable wind chill.</b>	Northwesterly 15-20mph early, shifting northerly and easing to 10-15mph or less.  <b>May feel breezy in exposure early in the day, but easing to small effects.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Increasingly showery, hail, snow tops</b> Scattered showers in the morning mostly toward and west of the A9, but developing increasingly widely, into the afternoon; some heavy with hail, also snow falling on higher Munros, later toward 800-900m.	<b>Mostly dry</b> An occasional snow flurry will drift in from the north, eastern Munros most vulnerable, but a largely dry day on most hills.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Mostly high tops with breaks</b>  Patchy cloud drifting over higher slopes in the morning, though soon widespread for several hours. More broken afternoon, cloud varying over tops, mostly above 1000m during showers.  <b>50%</b>	<b>Some banks high eastern tops with time</b>  Fog banks at various heights from dawn, only thin mist below 600-700m, some patches in glens. Bases soon lift after sunrise, all summits likely clear for several hours, but then a rising risk of cloud banks returning above 1000-1100m east of Ben Macdui.  <b>90%, reducing to 70% eastern high summits</b>
<b>Sunshine?</b> Air clarity (below cloud)	Several cloudy hours in the morning, then brief bursts of sun the rest of the day. Visibility varying, often very good, but poor during showers.	A patchwork of cloud and sun. Excellent visibility, occasionally deteriorating briefly in flurries.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	3C, starting nearer 2C west, and a slight drop toward evening. Feeling like -10C directly in the wind.  1200m or above, then by later in daytime may drop closer to 1000m.	0C rising to 2 or 3C, staying coolest north and later eastern areas too.  900m in the morning, though some local lower frosts towards central highlands. Lifting to 1200m or higher.

**Planning Outlook****All mountain areas of Britain from Saturday, 18 April, 2026**

Saturday stays showery, heavy at times with hail, most frequent and heavy in Scotland and northern England. Sun between the showers, conditions improving from the south, and then the weather more widely settled on Sunday: light or negligible wind, often sunny with chilly morning temperatures, though widely rising by at least a few degrees. High pressure north of Scotland next week facilitates east-to northeasterly winds, which may be quite blustery and gusty at times. Generally cooler temperatures too. Occasional light showers drifting from the east, notably early week, snow flurries on higher terrain. Variable freezing levels, likely lowest early in the week, and also some valley frosts at dawn. A mix of cloud and sunshine, most often sunny to the west of high hill groups where temperatures more mild.

**Forecast issued at 15:32 on Thursday, 16 April, 2026**

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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.