

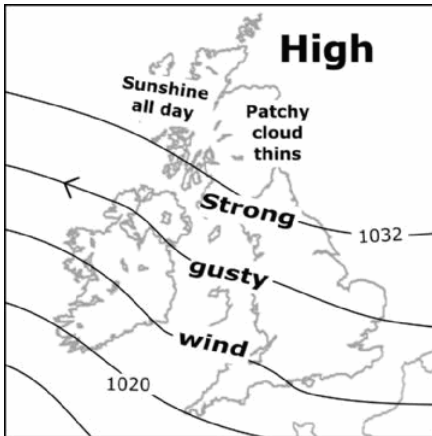
Cairngorms NP and Monadhliath

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, 22 April, 2026



**British Mountain Summary:
Based on forecast chart for noon 22 April, 2026**

Easterly winds, very gusty around higher tops and downslope to the west, strongest over England and particularly Wales, where gale-force in places. Dry overall, sunshine all day in western areas, whilst patchy cloud around eastern hills will tend to thin and retreat away to the coast.

Headline for Cairngorms NP and Monadhliath

Gusty wind. Cloud breaking to give increasing sun.

Detailed Forecast for Wednesday, 22 April, 2026

How windy? (On the Munros)	Easterly 15-20mph, but local gusty spots 25mph, typically strongest south and west of Cairngorm plateau.
Effect of wind on you?	Fairly small, but locally uncomfortable gusts, not just on higher slopes. Feeling chilly in exposure.
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Patches some mid-upper slopes Some cloud banks early in the day, mostly toward the north and east, patchier westwards; base around 600-700m, whilst tops above 1100m likely poke above the cloud. Tending to disperse.
Chance of cloud free Munros?	80% rising above 90%
Sunshine? Air clarity (below cloud)	Sunshine and broken cloud around some hills for a time; lower eastern areas may be under cloudier skies for a few hours. Visibility excellent out of cloud.
How Cold? (at 900m)	0 or 1C rising to 4C afternoon, locally warmer toward Ben Alder. Feeling sub-zero directly in the wind.
Freezing Level	Around freezing on higher slopes in the morning, also frost in glens at dawn. Rising above freezing to tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 23 April	Friday 24 April
How windy? (On the Munros)	South-southeasterly 10-15mph or less.	Variable or northerly, 10mph or less.
Effect of wind on you?	Small.	Negligible.
How wet? (Precipitation and its impact)	No precipitation expected	No rain expected
Cloud on the hills?	None expected Patchy fog some glens early morning, perhaps local patchy low cloud on lowest eastern hill slopes, fragments may drift briefly upslope, but all dispersing.	Some early low mist, otherwise clear Mist in some glens at dawn, briefly lifts upslope after sunrise, but soon largely dissipates for cloud-free hills.
Chance of cloud free Munros?	Practically certain	Practically certain
Sunshine? Air clarity (below cloud)	Mostly sunny, possibly thin high cloud. Visibility excellent.	Mostly sunny, some thin high cloud around. Very good visibility.
How Cold? (at 900m)	5C rising to 9C, locally warmer during afternoon. (Glens start cooler, then locally approach 20C near Glenmore afternoon).	8C rising to 10 to 12C. (Glens start much cooler, then approach 20C afternoon).
Freezing Level	Frost in glens and some sheltered higher areas at dawn. Otherwise above freezing to the summits.	Above the summits. At dawn, slight frost in some glens and possibly sheltered elevated hollows.

Planning Outlook

All mountain areas of Britain from Thursday, 23 April, 2026

A settled spell of weather onward through late week into the weekend, with increasingly warmer temperatures on the hills, reaching 10C+ on many tops. Valleys and some sheltered higher areas will start with a risk of frost but increasingly by the afternoons many valleys will warm up toward 20C, particularly in the west. Briefly cooler air may extend back into northeastern areas over the weekend. Strong April sunshine widely across the mountains, beware risk of sunburn. Misty starts in some valleys. After a gusty easterly during midweek, the wind will drop light for most places by late this week. A settled springtime outlook is likely for next week.

Forecast issued at 16:01 on Tuesday, 21 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.