

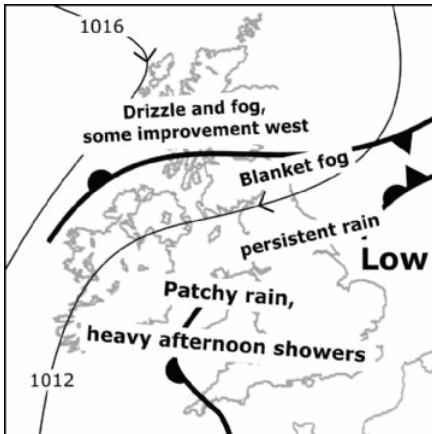
Cairngorms NP and Monadhliath

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 Sunday, 3 May, 2026



British Mountain Summary:

Based on forecast chart for noon 3 May, 2026

Fog and patchy drizzle in Scotland, cloud most persistent east highlands. Rain over southeast Scotland and English mountains most or all day, extensive low fog over the Pennines; becoming wet underfoot with fast-flowing streams. Patchy rain and fog in Wales too, a risk of heavy afternoon showers.

Headline for Cairngorms NP and Monadhliath

Extensive fog lifts to upper slopes; chilly, particularly north

Detailed Forecast for Sunday, 3 May, 2026

How windy? (On the Munros)	Easterly 10mph in the morning, easing into a lull with variable direction for most of the day.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	Little or no rain Some early fine drizzle in cloud on high terrain, this fading. The hills substantially dry, but generally a damp, murky feeling. Small risk of an odd drizzly shower.
Cloud on the hills?	Fairly extensive but bases will lift A blanket of low fog shrouds the hills in the morning, down to glen level in the east. A lifting trend with time, bases approaching 800-900m, some local higher breaks over the south Monadhliath. High Cairngorms likely in cloud all day.
Chance of cloud free Munros?	10%, rising to 50% Monadhliath
Sunshine? Air clarity (below cloud)	Overcast well into the day, a few glimpses of sun may break out later. Poor visibility to start from low fog, but becoming excellent where fog lifts.
How Cold? (at 900m)	2C at dawn, or locally 1C northern Cairngorms. Lifting to 4C, locally a degree or two milder near Drumochter.
Freezing Level	Just above the summits at dawn, lifting higher. A few light patchy frosts in some glens and corries at dawn.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 4 May	Tuesday 5 May
How windy? (On the Munros) Effect of wind on you?	Westerly 15-20mph, strongest northern hills, and perhaps an easing trend with time. Fairly small.	Variable 10mph and often less. Some gustiness around showers. Negligible.
How wet? (Precipitation and its impact)	Increasingly showery Frequently dry; although scattered showers developing middle of day. These may merge in afternoon to give an hour or two of constant rain in places. Total rainfall probably small.	Snow showers Snow showers drift from the north much of the day, some drier periods, but also at times clustering together in larger groups.
Cloud on the hills? Chance of cloud free Munros?	Cloud-free dawn, filling in afternoon Little or no cloud from dawn, perhaps just summit patches but these soon clear. Patchy cloud begins forming to tops as afternoon arrives, lowering with time, towards 600m as rain arrives. 80% lowering to 30%	Fairly extensive early, lifting to highest terrain Extensive high Cairngorms and southern slopes at dawn, locally to lower elevations; patchy northern Cairngorms. Lifting and breaking through morning, hills often clear, but caps may cling to eastern Cairngorms, more extensive banks during rain. 60%
Sunshine? Air clarity (below cloud)	Sunny morning with excellent visibility, cloud gradually covering the sky with time.	Bursts of sunshine, though cloudier south for several early hours. Very good visibility but deteriorating in showers.
How Cold? (at 900m) Freezing Level	2C, rising by mid afternoon to 4 to 6C, warmest more southern ranges. May sharply cool north as dusk approaches. Above the summits, but there may be a few patchy light valley frosts. Lowering towards 1100m late.	-2C rising to 0C, or +1C near Drumochter. 500m, lower towards Inverness, patchy frosts in glens. Lifting to 900m.

Planning Outlook

All mountain areas of Britain from Monday, 4 May, 2026

Chilly temperatures on the mountains most or all week, particularly across the Scottish Highlands where fresh snow in some areas and freezing level sometimes below 750m; some overnight frosts developing in the glens and corries, though always thawing soon after sunrise. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards or above many summits; a mix of high cloud and sun for most.

Detail uncertain into next weekend, but lowering pressure brings an increased risk of wind and rain.

Forecast issued at 16:19 on Saturday, 2 May, 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.