

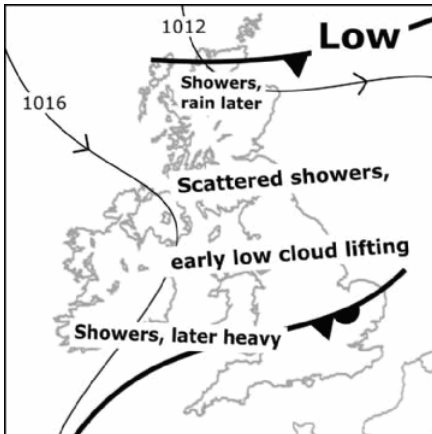
Cairngorms NP and Monadhliath

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 Monday, 4 May, 2026



British Mountain Summary:

Based on forecast chart for noon 4 May, 2026

Showers soon drifting into northwest Scotland, cloud spreading onto western high terrain, and rain later more widespread across northern Scotland. Scattered showers in southern Scotland and afternoon in England, early low cloud but many summits clearing. Some showers in Wales, mostly south with heavy bursts afternoon.

Headline for Cairngorms NP and Monadhliath

Largely clear hills early; some afternoon cloud, later rainy

Detailed Forecast for Monday, 4 May, 2026

How windy? (On the Munros)	Westerly 15-20mph, strongest northern hills, perhaps to 25mph high tops early. A general easing trend with time, towards 10-15mph and later shifting northerly.
Effect of wind on you?	Fairly small most of the day, though perhaps blustery on high tops and northern slopes for several morning hours.
How wet? (Precipitation and its impact)	Afternoon showers The morning is likely dry. Through afternoon, a rising risk of showers arriving from the northwest, increasingly frequent and perhaps setting in persistently for a few hours late in the day. Some snow flurries may be mixed in on the high tops.
Cloud on the hills?	Cloud-free dawn, filling in afternoon Little from dawn, just patches on high summits and some high south slopes but these soon clear. Patchy cloud begins forming on tops from midday, lowering with time but also with breaks, lowering towards 600m northern slopes in late showers.
Chance of cloud free Munros?	80% slowly lowering to 30%
Sunshine? Air clarity (below cloud)	Sunny morning with excellent visibility, becoming a patchwork of cloud and sun afternoon, some cloudier periods.
How Cold? (at 900m)	2C, rising by mid afternoon to 4C, a degree warmer towards Deeside and perhaps locally to 6C. sharply cool north as dusk approaches, back to freezing or below.
Freezing Level	Just touching high summits through morning, some patchy glen frost at dawn. Lowering from the north through afternoon, to 700-900m evening.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 5 May	Wednesday 6 May
How windy? (On the Munros) Effect of wind on you?	Variable 10-15mph and often less. A general northerly trend, some stronger breezes east and over high tops. Mostly small, some risk of stronger nuisance wind over the high tops.	Variable becoming south or southeasterly, 10 to 20mph, may become gustier 25mph in places during day, local 30mph in east. Fairly small, but feeling noticeably chillier if exposed to wind on higher tops, may become locally more blustery in east.
How wet? (Precipitation and its impact)	Snow showers Snow showers drift from the north much of the day, some drier periods, but also more frequent for several hours around midday. Falling as rain up to 500-600m south of Cairngorm plateau afternoon.	Scattered showers, of snow on tops Local showers forming mostly into the afternoon, snow flurries above 800-900m, possible soft hail; risk of a local cluster mainly toward the north later, but some locations staying fully dry.
Cloud on the hills?	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.	Mostly little, lifting above tops Some patchy cloud forming on mid to upper slopes in the morning, but rising to higher tops then most cloud above the hills by midday onward. Odd ragged patches may return around showers.
Chance of cloud free Munros?	60%	80%
Sunshine? Air clarity (below cloud)	Bursts of sunshine, though cloudier south for several early hours. Very good visibility but deteriorating in showers.	Patchwork of sun, thin high cloud; tending to cloud over afternoon. Visibility excellent.
How Cold? (at 900m) Freezing Level	-2C to 0C. 500m, lower towards Inverness, patchy frosts in glens. Lifting to 900m.	-2C at first, rising to +3C afternoon. 700m from dawn, plus patchy frost in glens if skies are clear. Rising to 1300m or just above during afternoon.

Planning Outlook**All mountain areas of Britain from Tuesday, 5 May, 2026**

Chilly most or all week, particularly across the Scottish Highlands where fresh snow in some areas and morning freezing level sometimes below 700m; patchy frosts developing in the glens and corries, though always thawing soon after sunrise. Wednesday is likely the chilliest day. 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 high terrain, often above summits though regions for best breaks are uncertain; often cloud with just glimpses of sun for most. Next weekend is indicated to be wet in Wales and England; detail remains uncertain in Scotland.

Forecast issued at 16:26 on Sunday, 3 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.