

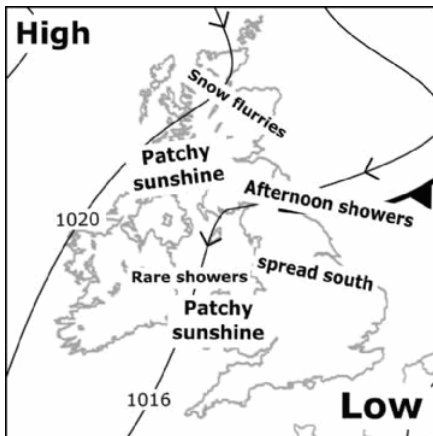
Cairngorms NP and Monadhliath

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 Tuesday, 5 May, 2026



British Mountain Summary:

Based on forecast chart for noon 5 May, 2026

Cold Scottish Highlands, high terrain stays frozen. Snow flurries north and east, more persistent later east. Well scattered showers south Scotland, afternoon showers over the Pennines, later east Lakeland; varied cloud on high northern slopes. A few odd showers north Wales with patchy cloud, dry south.

Headline for Cairngorms NP and Monadhliath

Dry, clear periods mixed with flurries, frequent for a time

Detailed Forecast for Tuesday, 5 May, 2026

How windy? (On the Munros)	Generally north-northeasterly 10-15mph, some variability. Timing uncertain, but a few hours of stronger wind likely in the morning, to 30mph high summits.
Effect of wind on you?	Mostly small, some risk of stronger nuisance wind over the high tops.
How wet? (Precipitation and its impact)	Snow showers Snow showers drift from the north much of the day, some drier periods, but also may set in for a few hours after midday, the most extensive falls in eastern areas. Falling as rain up to 500-600m south of Cairngorm plateau afternoon.
Cloud on the hills?	Banks come and go over high Cairngorms Layers of cloud come and go over the Cairngorm plateau, 700-800m at dawn but rising towards 1100m or higher, and periods of breaks above tops too. A rising risk of more persistent cloud as snow arrives, bases towards 800m northern slopes.
Chance of cloud free Munros?	50%
Sunshine? Air clarity (below cloud)	Bursts of sunshine, trending cloudier afternoon. Very good visibility but deteriorating in showers.
How Cold? (at 900m)	-2C to 0C. May approach +1C around Drumochter.
Freezing Level	600-700m, some frosts in the glens. Rising slightly, perhaps to higher south slopes for a time, but cooler air from the north maintaining the level near 700-800m.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 6 May	Thursday 7 May
How windy? (On the Munros) Effect of wind on you?	Variable trending southerly 5-15mph, strongest later, 20mph over highest tops late in the day. Mostly small, but may become blustery with a chilly feeling on high tops later in the day.	South-southwesterly 20-25mph, strengthening later, to 30mph over high tops. Walking starting to be impeded in exposure later in the day with a notable wind chill.
How wet? (Precipitation and its impact)	Scattered showers, of snow on tops Local showers forming mostly into the afternoon, snow flurries above 700-800m, possible soft hail; risk of a local cluster mainly toward the north later, but some locations staying fully dry.	Chance showery rain A risk of rain affecting the hills through the day; low confidence, but greatest chance afternoon, and likely light in nature; falling as snow flurries on summits.
Cloud on the hills? Chance of cloud free Munros?	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. 80%	Lifting to summits with breaks Fairly extensive 800m and up Drumochter to Deeside, bases nearer 1000m or higher north Cairngorms. Cloud lifting through morning, tending to break, variable banks on high tops, but then returning more broadly over high terrain around rain. Rising to 60%
Sunshine? Air clarity (below cloud)	Patchwork of sun, thin high cloud; tending to cloud over afternoon. Visibility excellent.	Few glimpses of sunshine. Excellent visibility, but deteriorating where showers form.
How Cold? (at 900m) Freezing Level	-2C at first, rising to 0 or +1C afternoon. 600-700m from dawn, plus frost in glens if skies are clear. Rising to 900-1000m afternoon.	+1C, rising to 5C, perhaps 6C northern Cairngorms. Feeling like -3 to -5C in strongest wind. 1000m, with patchy frosts in southern glens and corries. Lifting to the highest tops or just above.

Planning Outlook

All mountain areas of Britain from Wednesday, 6 May, 2026

Chilly through mid-week, particularly across the Scottish Highlands where morning freezing level sometimes below 800m; 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 sees more unsettled weather, a stronger easterly wind establishing over England and Wales with more frequent, heavy showers here.

Forecast issued at 15:54 on Monday, 4 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.