

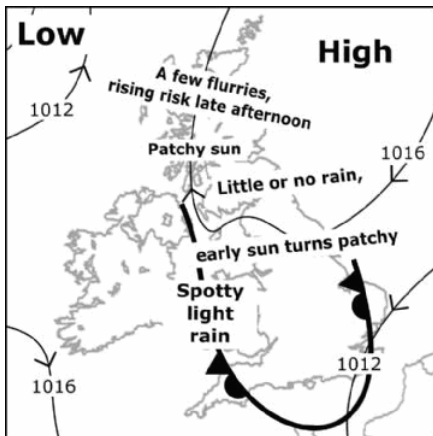
Cairngorms NP and Monadhliath

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, 6 May, 2026



British Mountain Summary:

Based on forecast chart for noon 6 May, 2026

Odd early snow flurries in north Scotland, otherwise clear Munros until late; some snow returns to the west and north Highlands near evening. Little or no rain south Scotland and England, several hours of morning sun and any hill cloud soon clearing. Spotty light rain for Wales, cloud clearing hills, but only glimpses of sun.

Headline for Cairngorms NP and Monadhliath

Mixed cloud and sun, summits largely clear until late

Detailed Forecast for Wednesday, 6 May, 2026

How windy? (On the Munros)	Variable less than 10mph much of morning. Trending southerly and strengthening afternoon, approaching 15mph evening, gusting 20mph over tops by dusk.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Little or none until late in the day A small risk of snow flurries near Drumochter and nearby southern slopes in the early morning, the hills soon dry, only a small risk of an odd fleeting flurry. Well-scattered light snow flurries return later, rain below 700m, may become more frequent Monadhliath into evening.
Cloud on the hills?	Some early and late banks on high terrain, otherwise clear Some patchy cloud on the high Cairngorm plateau in the morning, some lower banks towards Drumochter, but soon lifting and dissipating for clear summits well into the day. Some risk of banks returning to western high tops later where showers occur.
Chance of cloud free Munros?	90%
Sunshine? Air clarity (below cloud)	Best of sun in the early morning, but soon weakened by high cloud and increasingly a patchwork of cloud and sun. Visibility excellent.
How Cold? (at 900m)	-2C at first, rising to +1 or 2C afternoon, mildest central highlands where may reach 3C.
Freezing Level	600-700m from dawn, plus frost in glens. Rising to 900-1000m afternoon.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 7 May	Friday 8 May
How windy? (On the Munros)	Southerly 25-30mph, strong downslope gusts early.	Southwesterly 25-35mph, strongest north Monadhliath where gusty; shifting westerly and easing, 15-25mph.
Effect of wind on you?	Walking impeded in exposure with notable wind chill; buffeting in early gusts not just on high tops.	Walking inconvenienced, strenuous northern areas with wind chill; easing, but nuisance breeze on summits.
How wet? (Precipitation and its impact)	Periods of showery rain Showery rain affecting the hills through the day; the rain tending to come in clusters, punctuated by drier periods.	Showers, most afternoon A day of scattered showers, most likely increasing frequency and intensity in afternoon, but timing and detail is currently uncertain.
Cloud on the hills?	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.	Early cloud lifts to or above the summits Covering terrain above 1000m at dawn, lower bases south slopes, to 800m. Likely lifting through morning to clear the summits for much of the afternoon. Banks may return over the Cairngorm plateau during heaviest rain.
Chance of cloud free Munros?	Rising to 60%	Rising to 80%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine, best north. Excellent visibility, but deteriorating where showers form.	Bursts of sunshine, more often cloudy with time. Very good visibility but becoming variable as showers increase.
How Cold? (at 900m)	+1C, rising to 5 or 6C, perhaps 7C northern Cairngorms. Feeling like -3 to -5C in strongest wind.	2 or 3C, rising to 6C. Feeling as cold as -10C in early wind.
Freezing Level	1000m, with patchy frosts in southern glens and corries. Lifting to the highest tops or just above.	Lingering just around the high tops, sometimes above, but later may lower to 1200m.

Planning Outlook**All mountain areas of Britain from Thursday, 7 May, 2026**

Low pressure to the north of Scotland brings stronger wind and a greater risk of showery rain from Thursday. Cooler temperatures, high Munros staying below freezing for several days, the freezing level as low as 800-1000m. Showers affecting England and Wales, always a risk of heavier bursts afternoon, but timing and location of showers uncertain. Early varied cloud tends to lift to higher slopes, often above summits but some tops shrouded for longer.

Into the weekend, low pressure south of the British Isles, facilitating a strong easterly wind with increasingly heavy rain and showers for Wales and southern Pennines. Pressure may remain higher in Scotland for a few days, but staying cold here with freezing levels perhaps to 700m. Indications of increasingly widespread unsettled weather into next week.

Forecast issued at 16:20 on Tuesday, 5 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.