

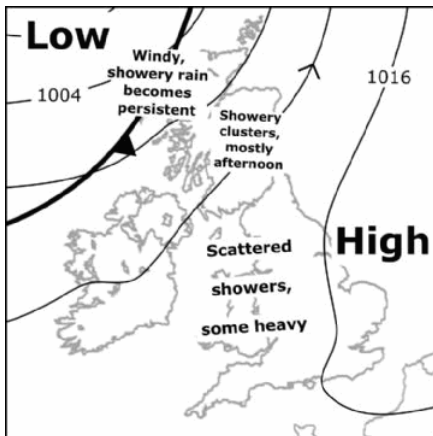
Cairngorms NP and Monadhliath

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 Thursday, 7 May, 2026



British Mountain Summary: Based on forecast chart for noon 7 May, 2026

South to southwesterly winds giving considerable chill factor over high terrain, up to gale-force over coastal northwest Highlands. Areas of showery rain, most widespread into the afternoon when some clusters of heavier rain forming. Rain generally becomes more persistent toward northwest Scotland.

Headline for Cairngorms NP and Monadhliath

Windy. Local bursts of rain moving northeast.

Detailed Forecast for Thursday, 7 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 25 to 35mph, strong downslope gusts early, local 40mph around higher Cairngorms. Speeds tending to increase a little later in day from the west, by evening gusts over 40mph Monadhliath to Cairngorms.</p> <p>Walking impeded in exposure with notable wind chill; buffeting in early gusts not just on high tops, also more widely by late in day.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Periods of showery rain by middle of day onward</p> <p>Scattered mostly light showers early in day. Then greater risk of showery rain middle of day into afternoon, local clusters moving northeastward, some heavy. Further showery rain toward west during evening.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Lifting to summits with breaks</p> <p>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.</p> <p>Rising to 60%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sunshine, best north. Excellent visibility, but deteriorating where showers form.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>+1C, rising to 5 or 6C, local 7C northern Cairngorms. Tending to lower overnight. Feeling like -3 to -5C in strongest wind during daytime.</p> <p>1000m, with patchy frost glens and corries at dawn. Lifting to the highest tops or just above. Lowering overnight toward 1000m.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 8 May	Saturday 9 May
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, strongest north Monadhliath where gusty; shifting westerly and easing, 15-25mph. Walking inconvenienced, strenuous northern areas with wind chill; easing, but nuisance breeze on summits.	North to northwesterly 15 to 20mph, perhaps often less toward Drumochter. Fairly small.
How wet? (Precipitation and its impact)	Showers, most afternoon A day of scattered showers, some snow flurries on tops in morning; tending to move eastwards during the day, some heavier bursts locally possibly, whilst some places escape more often dry all day.	Local light showers Scattered brief light showers, mostly afternoon, later toward east. Falling as a brief flurry of snow on the Munros.
Cloud on the hills?	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.	Lifting, clearing most summits Occasional patches of cloud on upper slopes in the morning, patches may come and go for a few hours northern areas, but tending to lift above most or all tops.
Chance of cloud free Munros?	Rising to 80%	80%
Sunshine? Air clarity (below cloud)	Bursts of sunshine, more often cloudy with time. Very good visibility but becoming variable as showers increase.	Patchwork of sun, tending to cloud over. Visibility excellent.
How Cold? (at 900m) Freezing Level	2 or 3C, rising to 6C. Feeling as cold as -10C in early wind. Lingering just around the high tops, sometimes above, but later may lower to 1200m.	-1C rising to +2C. 800m plus frost in glens at dawn. Lifting toward 1100-1200m afternoon.

Planning Outlook

All mountain areas of Britain from Friday, 8 May, 2026

A notably chilly outlook for May into the weekend and early next week, with higher Scottish mountains almost continuously below freezing point possibly onward through much of next week as northwesterly air prevails. After a warmer end to this week, higher tops in England and Wales also dropping intermittently to freezing point from the weekend onward. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery through mid-May, plus some fronts bringing persistent rain most common in northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

Forecast issued at 16:26 on Wednesday, 6 May, 2026

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