

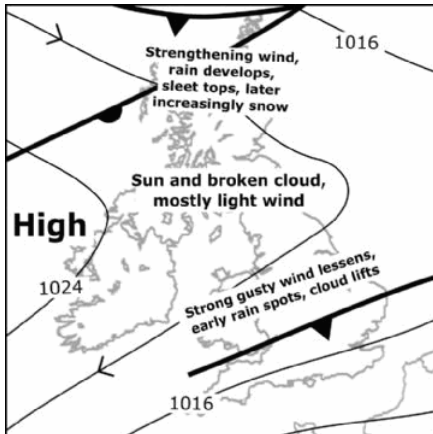
Cairngorms NP and Monadhliath

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, 10 May, 2026



British Mountain Summary: Based on forecast chart for noon 10 May, 2026

Increasingly windy across the Highlands, rain and some sleet or snow on high tops moving in from the northwest, becoming persistent. By late in the day, snow falling in northern areas to lowering elevations. Chilly NE'ly wind England & Wales tends to ease, a largely fine day, early light rain east Wales.

Headline for Cairngorms NP and Monadhliath

Wind increases, rain develops, snow on tops, later lower levels.

Detailed Forecast for Sunday, 10 May, 2026

How windy? (On the Munros)	Northwesterly 15-20mph from dawn, strengthening westerly into middle of day and afternoon, to 30-35mph, reaching 40mph, at least on higher Cairngorms, gusts 50mph later afternoon. Switching northerly from dusk 25-30mph.
Effect of wind on you?	Prepare for considerable wind chill, more significant higher tops afternoon onward. Becoming more blustery, increasingly strenuous walking, more challenging on high tops with buffeting gusts.
How wet? (Precipitation and its impact)	Dry start, rain / summit sleet develops, setting in north, snow late in day Dry in morning, well into afternoon S & E areas. Patchy rain develops from northwest to become persistent during afternoon, sleet or some snow highest tops. Constant heavier falls in northern areas toward evening, possibly a sudden drop of snow-level, turning to showers with snow falling to lower elevations dusk onward.
Cloud on the hills?	Forming increasingly on tops, most extensive from late afternoon. Many hills largely clear in the morning. Some patches forming around higher slopes, then cloud banks tending to form onto many high tops more often, soonest toward north and west, filling in above 900-1000m afternoon-evening.
Chance of cloud free Munros?	80% dropping to 30% later afternoon.
Sunshine? Air clarity (below cloud)	Mostly sunny start, but cloud building from northwest, clouding over with time. Visibility excellent, then reducing, becoming poor in rain/snow later.
How Cold? (at 900m)	-1C rising to +3C, but from sunset falling quickly from north toward -3C. Feeling much colder as wind increases, around -12C on exposed high tops later afternoon.
Freezing Level	800m plus frost in glens at dawn. Up to 1300m afternoon, but lowering into evening, from dusk a rapid drop from north to 500-600m.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 11 May	Tuesday 12 May
How windy? (On the Munros) Effect of wind on you?	North-northwesterly 15-25mph, occasionally less; turning westerly, tending to increase to 25-35mph evening. Fairly small for several hours, but distinctly chilly over the mountains. Likely becoming more blustery toward evening.	Westerly 30 to 45mph, squally gusts around showers. Frequent buffeting across the hills, challenging walking at times in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Snow flurries, later risk drizzly rain Brief snow flurries falling to some lower elevations in morning, most common northern areas, likely fading. Then later, drizzly rain moving in from west, may become persistent up to dusk.	Showery, hail and snow on tops A band of rain clears southeast at dawn, then a scattering of showers becoming more frequent, some heavy, snow falling at times to 800m, also hail to lower slopes. Risk of isolated thunder and lightning.
Cloud on the hills?	Lifting to tops, some breaks form Cloud banks over higher slopes, particularly northern Cairngorms, where may linger above 900-1000m for a few hours, gradually lifting higher with breaks to many tops. May lower from west later.	Varied on tops, lifting higher with breaks Cloud frequently changing, mostly above 900-1000m, and tending to rise higher in afternoon, with time only occasionally capping tops.
Chance of cloud free Munros?	50%, rising to 80% afternoon.	50%
Sunshine? Air clarity (below cloud)	Occasional sun mostly toward south. High cloud thickening later from west. Visibility excellent.	Brief bursts of sun. Visibility often very good, but intermittently very poor during showers.
How Cold? (at 900m) Freezing Level	-3C early morning, rising to +3C afternoon, or slightly milder by evening into night. Feeling colder as wind increases. 400-500m around dawn, soon 600m, gradually rising, toward 1200m afternoon, then late in day lifting above highest tops.	1 to 3C. Feeling like -10 to -15C directly in the wind on tops.. 1000 to 1200m or slightly higher in afternoon.

Planning Outlook**All mountain areas of Britain from Monday, 11 May, 2026**

Notably chilly across the hills for this time of year during the week ahead as air from the north-northwest prevails. Frequently near or below freezing over Scottish Munros, and at times dropping to freezing on high tops in England and Wales. Wind speed will vary, but increasing at times to gale force on hills, giving significant chill factor. Broadly showery, heavy bursts with hail and thunder in places, also often falling as snow on higher mountains, at least in Scotland, intermittently elsewhere. Some more persistent precipitation especially northwest Scotland. Also some drier windows - varying locally day-to-day - away from showers cloud will lift above hills and visibility will be very good.

Forecast issued at 16:00 on Saturday, 9 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.