

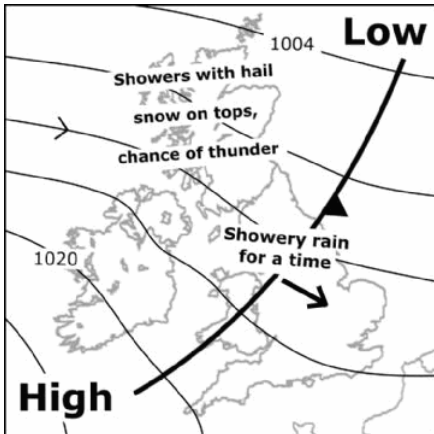
# Cairngorms NP and Monadhliath

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, 12 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 12 May, 2026**

Scotland: Feeling cold in the gusty westerly winds. Early band of rain will clear to brighter skies and scattered showers. Showers more frequent later in day with risk of hail and thunder.  
 England and Wales: Chilly with gusty westerly winds. Showery rain for a time, then brighter with a few passing showers.

### Headline for Cairngorms NP and Monadhliath

Cold for May, strong west winds. Early rain then showers, hail and hill snow.

## Detailed Forecast for Tuesday, 12 May, 2026

<b>How windy? (On the Munros)</b>	Westerly 30 to 45mph, squally gusts around showers.
<b>Effect of wind on you?</b>	<b>Frequent buffeting across the hills, challenging walking at times in exposure. Significant wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery, hail and snow on tops</b> A band of rain clears southeast at dawn, then a scattering of showers becoming more frequent toward evening, some heavy, snow falling at times to 800m, also hail to lower slopes. Risk of isolated thunder and lightning.
<b>Cloud on the hills?</b>	<b>Varied on tops, lifting with breaks to tops.</b> Cloud frequently changing, mostly above 900-1000m, and tending to rise higher in afternoon, with time only occasionally capping tops with good clearances. Lowering bases again in showers.
<b>Chance of cloud free Munros?</b>	<b>70%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sun coming through, frequently for a time. Visibility often very good or excellent, but intermittently very poor during showers.
<b>How Cold? (at 900m)</b>	1 to 3C. Feeling like -10 to -15C directly in the wind on tops..
<b>Freezing Level</b>	1000 to 1200m or slightly higher in afternoon.

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 13 May	Thursday 14 May
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	North to northwesterly 25mph, at times 30mph higher Cairngorms, tending to increase later in day. <b>Significant wind chill, blustery on high terrain, may start to affect comfortable walking in exposure, buffeting gusts.</b>	North-westerly 15 to 25mph <b>Feeling cold for mid May, with considerable chill in the north-westerly wind.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery, hail and hill snow</b> Showers focused on northern areas early morning, but becoming widespread, heavy bursts with hail, risk isolated thunder; snow often falling on the Munros, at times down to 600-700m in north.	<b>Showers, increasingly widespread.</b> A few isolated showers here and there at first, mainly in the north. Showers then developing through day widely; some hail with snow above 700-900m.
<b>Cloud on the hills?</b>	<b>Fairly extensive, then varying over tops</b>  Often capping higher northern Cairngorms above 1000m in morning, tending to rise, then frequently changing over higher tops, ragged patches to 600m, but periods where breaking to clear even highest tops.	<b>Bases varied, often banked across tops.</b>  Cloud bases varying through day, particularly in and out of showers, but banks may be fairly persistent on tops above 900-1100m. Best breaks in south.
<b>Chance of cloud free Munros?</b>	<b>40%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun and intermittently excellent visibility, but suddenly appalling where in cloud, snow or hail.	Skies often filled in with cloud limiting the sun to glimpses. Visibility very good, but lowering to become poor or very poor in showers.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	0C rising to 3C. Wind chill feeling like -10C, or nearer -15C at times on higher summits.  900m early morning, rising to 1200m or above into afternoon, but lowering slightly in showers.	Around freezing  900-1000m

**Planning Outlook****All mountain areas of Britain from Wednesday, 13 May, 2026**

Notably chilly for mid-May across the hills this week 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. Less windy and fewer showers suggested by next weekend into early next week.

**Forecast issued at 16:30 on Monday, 11 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.