

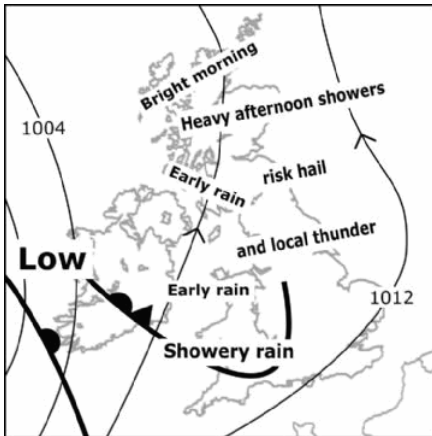
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Monday, 18 May, 2026



British Mountain Summary:

Based on forecast chart for noon 18 May, 2026

Variable hill cloud at dawn, early rain in Wales into Lakeland and south/eastern Scotland; NW Scotland starts clear. Most cloud lifts to or above summits. Heavy afternoon showers build over the Pennines northward across most of Scotland; risk hail and local thunder. Risk lingering rain south Wales.

Headline for Cairngorms NP and Monadhliath

Cloud lifts to summits, then afternoon showers, risk lightning

Detailed Forecast for Monday, 18 May, 2026

How windy? (On the Munros)	Southerly 10mph at dawn, shifting southeasterly and slowly rising to 15-20mph by evening, some strong gusts around showers too. Deteriorating overnight.
Effect of wind on you?	Fairly small, but locally varied gusty spots may affect comfortable walking at times, most notably around showers.
How wet? (Precipitation and its impact)	Afternoon heavy showers, risk thunder later A few odd spots of rain around Deeside in the morning, otherwise dry until early afternoon. Scattered showers begin forming, suddenly turning frequent and heavy afternoon with hail and rising risk of localised thunder. Later afternoon, most showers trend westward.
Cloud on the hills?	High tops and upper eastern slopes Varied patchy cloud around upper slopes in the morning, most extensive to the south and east, some patchy mist in sheltered glens too. Bases lift after sunrise, west and northern slopes will substantially clear but caps cling to high summits and upper east slopes. Bases lower again towards 900m in afternoon showers.
Chance of cloud free Munros?	60%
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun most of the day, most often cloudy around Deeside, and some early sun towards the Moray Firth. Visibility very good, but deteriorating where showers form.
How Cold? (at 900m)	2C rising to 6 or 7C, mildest towards the Moray Firth. May feel near freezing in strongest gusts around showers.
Freezing Level	1100-1200m at dawn, plus slight frost in some glens. Rising above all tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 19 May	Wednesday 20 May
How windy? (On the Munros) Effect of wind on you?	Southeasterly 40-55mph through morning; gusty early. Trending southerly and slowly easing, around 30mph evening. Arduous walking with considerable buffeting and wind chill well into the day; effects ease somewhat later.	Generally westerly 10-20mph. Fairly small.
How wet? (Precipitation and its impact)	Rain sets in, then afternoon showers Persistent rain arrives from the southwest as sunrise approaches; east Cairngorms may see a few dry dawn hours. Rain spreads through morning, breaking to showers afternoon, most frequent south and west. Slippery rock surfaces.	Patchy rain, later heavy Areas of patchy rain drift from the southwest from before dawn, at times setting in for a few hours, but a few dry spells too (though fine drizzle lingering on tops in cloud). Through afternoon, a rising risk of extended heavy falls, particularly north and east.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Cloud shrouds the hills to low slopes in the morning with patches into the glens; may be more broken northwest of Ben Macdui. A lifting trend with time, some patchy breaks, perhaps above 1000m north and west of Ben Macdui, but high tops unlikely clear. 20%	Lifting to upper terrain, chance of breaks Extensive to at least the middle slopes from dawn, bases soon lift after sunrise, mostly above 900m by afternoon with some higher breaks, perhaps fleeting breaks off summits. Cloud fills in again later in the east as rain becomes heavier here. 30%
Sunshine? Air clarity (below cloud)	A few afternoon glimpses of sun north but otherwise overcast. Largely poor visibility, some better moments out of rain in the north.	Few glimpses of weak sunshine. Variable visibility, often poor due to rain but some very good windows.
How Cold? (at 900m) Freezing Level	4 or 5C, rising to 8C, or warmer northern Cairngorms. Feeling like -5 to -10C in direct wind. May be near freezing just on the high tops at dawn, but soon lifting above the summits.	7 to 9C; may reach 10C northeast Cairngorms. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 19 May, 2026**

A mixed but milder outlook. Damp southwesterlies prevail for a few days as mid-week approaches with regular rain and showers, most on western hills where drizzly rain may persist between showers and persistent low cloud. Expect increasingly wet conditions underfoot and slippery rock surfaces. Also, a risk of isolated hail and lightning in the showers; showers may be enhanced in eastern Scotland in sea breezes. Indications of rising pressure later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will bring local periods of rain.

Forecast issued at 16:27 on Sunday, 17 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.