

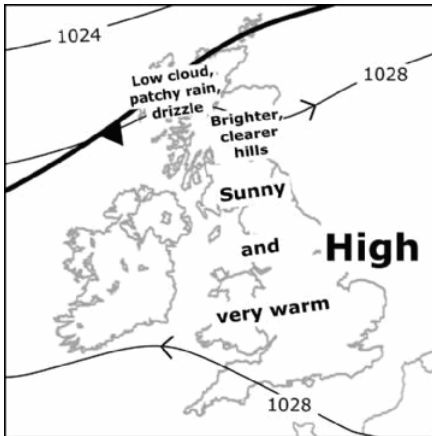
Cairngorms NP and Monadhliath

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 Monday, 25 May, 2026



British Mountain Summary: Based on forecast chart for noon 25 May, 2026

High pressure brings another extensively sunny and unseasonably hot day for England and Wales, with valley temperatures from Peak District into Wales up to 30C in afternoon. Also very warm sunshine southern and eastern Scotland, but still blustery south-westerly with low cloud and patchy drizzly rain northwest Scotland.

Headline for Cairngorms NP and Monadhliath

Blustery, mostly dry with cloud lifting off hills with warm sunshine. Best in east.

Detailed Forecast for Monday, 25 May, 2026

How windy? (On the Munros)	South-westerly 20 to 30mph, strongest across the Cairngorm Plateau in the morning.
Effect of wind on you?	Blustery and gusty, especially across northern hills in the morning with considerable buffeting.
How wet? (Precipitation and its impact)	Very likely dry Perhaps a little spill over in occasional spots in the wind in the morning. Otherwise, dry.
Cloud on the hills?	Lifting and breaking off the tops May well be patches of banks capping tops for a time in the morning, especially toward Ben Alder. By afternoon, most cloud breaking above the tops.
Chance of cloud free Munros?	Lifting to 80%
Sunshine? Air clarity (below cloud)	Cloud layers thinning and breaking to reveal spells of sunshine. Visibility very good or excellent.
How Cold? (at 900m)	10 to 12C, highest in the east where locally may reach 13C.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 26 May	Wednesday 27 May
How windy? (On the Munros) Effect of wind on you?	Westerly 10 to 20mph at first, perhaps 25mph Cairngorm Plateau, but easing to 10mph or less by afternoon. Blustery start, but soon becoming small as the winds ease out.	Varying in direction, or very weak southerly, 5 to 10mph, but perhaps flat calm for periods. Negligible
How wet? (Precipitation and its impact)	No rain expected	Most likely dry Small risk of isolated spots of drizzle where in low cloud.
Cloud on the hills? Chance of cloud free Munros?	Early cap cloud will clear by midday Patches or caps of cloud over the tops, most widely Ben Alder, but lifting off the tops by midday. Then hills clear through the rest of the day. 80%	Low cloud dispersing; hills then clear. Patches of banks of low cloud, perhaps perhaps right into the glens up to mid slopes; upper slopes clear above. Dispersing readily to leave hills clear. 70% lifting to 90%
Sunshine? Air clarity (below cloud)	Sunshine coming through widely, most extensive in the east. Visibility very good or excellent.	Sunshine at first, mainly in west and over the upper slopes, but soon expanding to all slopes by midday. Visibility good or very good.
How Cold? (at 900m) Freezing Level	4C at dawn, lifting hour by hour to 8 to 10C by mid afternoon. Above the summits	8 lifting to 10 to 14C, highest temperature Cairngorm Plateau over to Monadhliath. Well above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 26 May, 2026**

High pressure dominates this week with early patchy low cloud, mainly coastal hills dispersing to give widespread warm or very warm sunshine, still reaching into the high 20s on Tuesday Peak District into Wales with high humidity, which may spark off the odd thunderstorm, before peak daytime temperatures come down a little, when cooler for eastern hills. Chance of well scattered shower development from midweek as a gusty south-easterly develops for western hills. Pressure lowering next weekend into next week.

Forecast issued at 16:40 on Sunday, 24 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.