

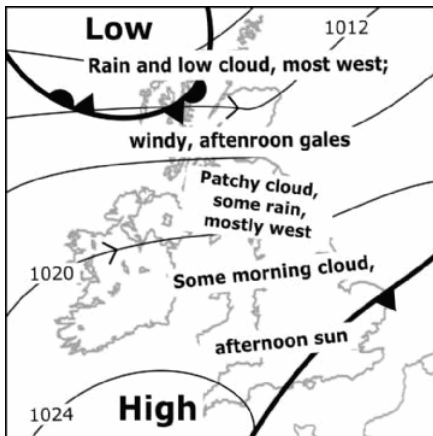
Cairngorms NP and Monadhliath

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 Friday, 29 May, 2026



British Mountain Summary:

Based on forecast chart for noon 29 May, 2026

Very windy Scottish Highlands, afternoon gales, strongest north. Extensive low cloud and rain, most west, some breaks east but little sun. Morning cloud over England and Wales, clearing Wales and S Pennines for afternoon sun. Cloud slow to clear west slopes of Lakeland and N Pennines, spotty rain and blustery here.

Headline for Cairngorms NP and Monadhliath

Windy, afternoon gales; often drizzly west, particularly afternoon

Detailed Forecast for Friday, 29 May, 2026

How windy? (On the Munros)	Southwesterly 30-40mph at dawn, strengthening to 40-50mph afternoon, strongest gusts over high Cairngorms to 60mph. A westerly shift as well. Easing overnight.
Effect of wind on you?	Challenging walking conditions, difficult high tops afternoon; frequent buffeting knocking you off balance, staying upright difficult in strongest gusts. Considerable wind chill.
How wet? (Precipitation and its impact)	Drizzly rain west, most persistent afternoon Rain on and off in western areas much of the day most persistent near Ben Alder and Drumochter and more widely drizzly over Monadhliath and west Cairngorms afternoon. Some patches drifting towards Deeside. East of Ben Macdui only sees spots of light rain in the wind.
Cloud on the hills?	Covering high terrain west, some breaks east Covering high tops fairly frequently toward western side of Cairngorms above 800-900m, some lower patches in rain. Breaks higher up more common eastward, best chance of a clear summit towards Glen Avon, but then a few afternoon hours where cloud more extensive here too.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Sunny glimpses in the east, best early in the day, but trending overcast. Visibility good below cloud, but deteriorating afternoon in central/western areas where drizzle and rain set in.
How Cold? (at 900m)	7 or 8C, rising to 9C or locally 10C northeastern Cairngorms. Wind chill feeling like -7C on high tops.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 30 May	Sunday 31 May
How windy? (On the Munros) Effect of wind on you?	South to southwesterly 20 to 35mph, notable gusts particularly early when reaching downslope to north. Strenuous walking conditions on exposed terrain, more frequent buffeting higher up. Considerable wind chill.	West-southwesterly 20-25mph, occasionally reaching 30mph over high Cairngorms. Ease of walking affected on high terrain, at times becoming strenuous over highest summits with a chilly feeling.
How wet? (Precipitation and its impact)	Rain moves in from west Largely dry start, patchy rain encroaching in from south and west as midday approaches, increasingly frequent through afternoon with patches falling more widely and some heavy bursts coming and going.	Some showers Morning showers, and perhaps a few hours of heavier, more persistent rain early. Breaking into only scattered showers, extended dry windows. Some risk of heavy rain with thunder in the far northeast Cairngorms.
Cloud on the hills?	Forming over tops from west Many mountains clear in the morning, bar odd patches. Cloud banks forming onto higher slopes from the west, filling in above 900-1000m as rain develops, lower banks towards 700m south slopes. Northeastern hills may maintain breaks.	Lifting above most summits Banks of cloud above 900-1000m in the morning; east Cairngorms clearer, particularly north slopes. Cloud largely lifts above the summits by afternoon, only passing caps on Ben Macdui and neaby high tops.
Chance of cloud free Munros?	80% dropping to 20% later	Rising to 70%
Sunshine? Air clarity (below cloud)	Occasional sun in morning mainly east before high cloud builds. Visibility very good, reducing in rain.	Early cloud breaks for often sunny conditions, some patchy high cloud around. Very good visibility.
How Cold? (at 900m) Freezing Level	7C rising to 9C afternoon, or 10C N Cairngorms; small change to summit. Feeling just around freezing on tops. Above the summits.	7C rising to 9C, or 10C northern Cairngorms. Feeling near freezing in strongest wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 30 May, 2026**

Nearer average temperatures for all into the weekend onward as changeable southwesterlies prevail. England and Wales remain fairly sunny through Saturday, only beginning to deteriorate afternoon. Sunday will see showers for all, most in the west, and more frequent with heavy bursts in Scotland. A generally unsettled theme is expected during the first ten days of June with lower pressure dominating. Frontal systems come in from the Atlantic - rain, drizzle and low cloud most common on western coastal mountains, but showery days are likely more widely at times, possibly rain more widely further south later in week. Wind speeds will vary, but reaching gale force on mountains for periods. Occasional cooler spells when the wind turns northwesterly.

Forecast issued at 15:54 on Thursday, 28 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.