

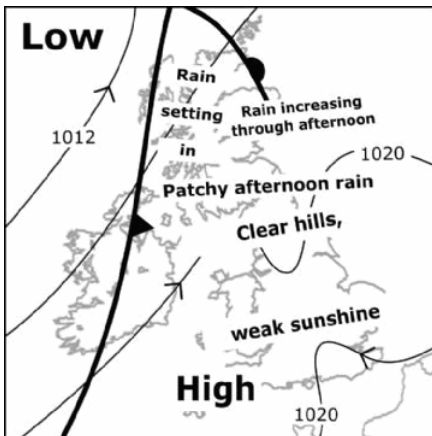
Cairngorms NP and Monadhliath

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 Saturday, 30 May, 2026



British Mountain Summary:

Based on forecast chart for noon 30 May, 2026

Early patchy rain west Scotland, east hills dry and clear of cloud. Afternoon brings more substantial rain and cloud to west Scotland, spreading east with time; becoming blustery west too. Weak sun and clear hills England and Wales, mild-to-warm, notable breezes later for Eryri NP and Lakeland.

Headline for Cairngorms NP and Monadhliath

Tops mostly clear morning, increasingly wet through afternoon

Detailed Forecast for Saturday, 30 May, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Westerly, soon shifting southwesterly, 10-15mph, some variability around this range, sometimes 20mph over Cairngorm plateau. Later afternoon, speeds rising, approaching 25mph over high tops.</p> <p>Fairly small much of the day, some nuisance wind over Cairngorm plateau, with a slight deteriorating trend through afternoon.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain moves in from west afternoon</p> <p>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. Perhaps a few hours of more persistent rain as evening approaches.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Forming over tops from west, lowering on south aspects</p> <p>Most mountains clear in the morning, bar odd patches. Cloud banks forming onto higher slopes from the west afternoon, filling in above 900-1000m as rain develops, lower banks towards 700m south slopes. Northeastern hills will maintain breaks.</p> <p>90% morning, dropping to 20% through afternoon</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Patchy sun in the morning, weakened by high cloud, this thickening through afternoon, overcast later in the day.</p> <p>Very good visibility, deteriorating where rain occurs.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>7C rising to 9C afternoon, or 10C N Cairngorms; only small drop in temperatures towards summits.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 31 May	Monday 1 June
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 15-25mph, some stronger gusts over high Cairngorms early in the day. Fairly small, ease of walking sometimes affected over the high Cairngorm plateau, notably early.	Westerly before dawn, soon shifting southerly 10-15mph, strengthening to 15-20mph afternoon. Fairly small.
How wet? (Precipitation and its impact)	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.	Some patchy rain A few spots of patchy rain drifting from the southwest as the day gets going, likely more frequent through the afternoon, but rainfall totals likely small through the day.
Cloud on the hills? Chance of cloud free Munros?	Lifting to high summits with breaks Variable banks of cloud above 700m in the morning, some lower patches south; east Cairngorms clearer, particularly north. Cloud largely lifts above the summits by afternoon, only passing caps on Ben Macdui and nearby high tops. Rising to 70%	Mostly clear morning, deteriorating afternoon Scattered patches mostly above 1000m in the morning, likely lifting off the summits for several hours. As afternoon goes, bases lower to summits, further lowering to finish near 800m southern slopes. Staying clearer north, little cloud onto Monadhliath. 80% lowering to 20%
Sunshine? Air clarity (below cloud)	Early cloud breaks in to a patchwork of cloud and sunshine. Excellent visibility away from showers.	Patchy morning sun, gradually weakened by high cloud, overcast by evening. Excellent visibility.
How Cold? (at 900m) Freezing Level	7C rising to 9C, or 10C northern Cairngorms. Above the summits.	6C rising to 9 or 10C. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 31 May, 2026

Changeable southwesterlies prevail as the weekend transitions into next week. Sunday sees showers for west hill groups, more widely and sometimes heavy in Scotland. Monday brings more widespread rain and wind into England and Wales, showers continue in Scotland.

An unsettled theme is expected during the first ten days of June. Frontal systems from the Atlantic bring periods of rain, wind, and low cloud. Wind speeds will vary, but reaching gale force on mountains for periods, England and Wales looking particularly vulnerable. A few brighter windows, but these brief and often interrupted by afternoon showers with a risk of local thunder. Sometimes chilly in Scotland when the wind turns northwesterly though staying above freezing to summits.

Forecast issued at 15:52 on Friday, 29 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.