

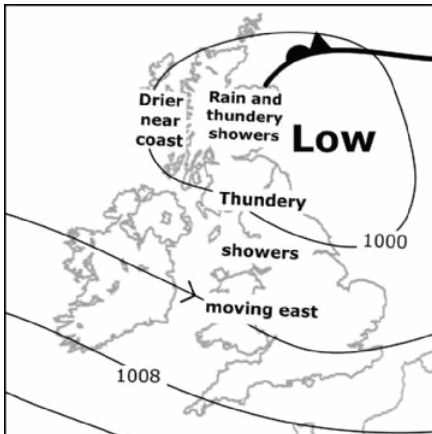
# Cairngorms NP and Monadhliath

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, 2 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 2 June, 2026**

Heavy showery bursts of rain with thunder and lightning, moving eastwards over England, Wales and south-central Scotland. A zone of more persistent rain affects the Cairngorms, heavy bursts mixed in. Drier toward west coast of Scotland, improving in western England & Wales in afternoon as the breeze freshens.

### Headline for Cairngorms NP and Monadhliath

Mostly light wind. Rain much of day, heavy bursts, risk thunder.

## Detailed Forecast for Tuesday, 2 June, 2026

<b>How windy? (On the Munros)</b>	Variable 10mph or little wind for periods, to locally northerly 15-20mph mainly in east. Later afternoon becoming northwest then westerly, 15mph, or 20mph southern areas.
<b>Effect of wind on you?</b>	<b>Mostly small much of day, local gusty spots, then late in day feeling breezier especially in south.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain and showery bursts, risk lightning</b> Areas of rain from before dawn, mostly eastern areas, some heavy, likely most persistent in north onward into morning. Rain may persist, mixed with heavy bursts which move around slowly into afternoon, risk a localised thunderstorm.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Covering many hills especially in north and east in the morning, may shroud high Cairngorms much of day. Some varied improvements afternoon with local breaks to some upper slopes, but ragged patches lower around rain.
<b>Chance of cloud free Munros?</b>	<b>30%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Rare if any sun. Visibility good for periods if dry, but poor around rain.
<b>How Cold? (at 900m)</b>	8C up to 10C afternoon.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 3 June	Thursday 4 June
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South-southeasterly 25 to 35mph, at times 40mph higher Cairngorms at least, risk stronger gusts.  <b>Blustery, strenuous walking in exposure, buffeting gusts on ridges and tops. Considerable wind chill.</b>	Southerly 15 to 25mph, locally less for a time in morning. Turning southwest then westerly 25-35mph, strongest south.  <b>Moderate to small effects early in day, but becoming more blustery, affecting comfortable walking. Marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain develops mostly south</b> Patchy rain extends in from the southwest in morning, becoming fairly persistent from Ben Alder to southern Cairngorms, patchier near Glenmore to north Monadhliath, but odd heavy bursts.	<b>Bursts of rain increasingly, risk lightning</b> Scattered showery rain in the morning, developing more widely into heavier bursts of rain into middle of day, merging into more constant falls, thundery downpours during the afternoon and into evening.
<b>Cloud on the hills?</b>	<b>Lowest southern Cairngorms NP</b>  Fairly extensive above 700-900m southern areas, but may be higher early in day. Higher cloud base northward, mostly above 900m, some higher breaks. Ragged patches lowering in rain.	<b>Most extensive in rain</b>  Varied patches in the morning, becoming mostly confined to upper slopes, brief breaks toward north and east. Lowering during and after rain, covering tops, ragged patches from forest canopies up.
<b>Chance of cloud free Munros?</b>	<b>20% south, to 40% north.</b>	<b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mainly north of Cairngorms. Visibility good below cloud, reduced around rain, becoming poor south.	A little weak sun mainly morning. Visibility good for a time below cloud, reduced in rain, occasionally poor.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, slight rise afternoon. Wind chill feeling like -5C.  Above the summits.	6 or 7C, then tending to drop into night. Feeling close to freezing in wind, then near -5C if exposed to stronger speeds.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Wednesday, 3 June, 2026**

An unsettled spell this week and next, as low pressure over the north Atlantic and west-southwesterly winds dominate. Periods of rain mixed with showery days widely - the most constant rain over western mountains with low cloud often shrouding the hills. Wind speed will vary, but up to gale-force for periods over the hills this week, then typically less windy next week. Temperatures near average, cooler at times. Briefly higher pressure by Saturday with fewer showers, but a further area of rain likely returns from the west during Sunday. Mid June onward shows signs of drier and warmer weather as higher pressure then expands northward with time.

**Forecast issued at 16:18 on Monday, 1 June, 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.