

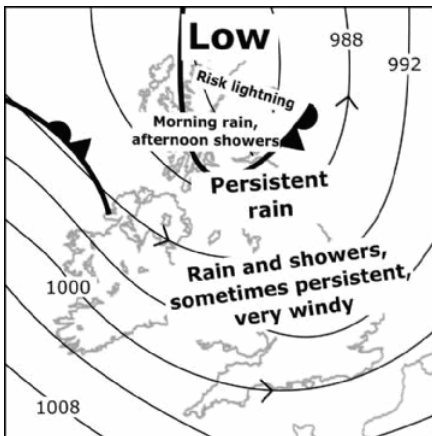
Cairngorms NP and Monadhliath

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 Thursday, 4 June, 2026



British Mountain Summary:

Based on forecast chart for noon 4 June, 2026

Rain and showers in Scotland, showers heaviest east afternoon with risk of thunder. Light wind early, increasingly blustery from south. Persistent rain and windy south Scotland and Lakeland/N Pennines. Very windy Peak District and Wales too, gales later, morning rain and afternoon showers.

Headline for Cairngorms NP and Monadhliath

Morning rain, heavy afternoon showers, risk lightning

Detailed Forecast for Thursday, 4 June, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 5-15mph dawn, easing into a lull for a few hours, but reorienting westerly afternoon and strengthening, reaching 20-30mph into evening, some stronger gusts over high tops possible.</p> <p>Small effects through morning and around several midday hours. A gradual deteriorating through afternoon, ease of walking impacted by evening, at times strenuous over high tops.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Morning rain, heavy afternoon showers with risk of lightning</p> <p>Northern slopes may be substantially dry at sunrise, but rain soon arrives from the southwest, spreading widely with local heavy falls. Rain breaks into frequent afternoon showers, heavy bursts with a risk of lightning, and may merge into longer, heavy falls.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Mostly high terrain by midday, then variably lower afternoon</p> <p>Varied patches in the morning, mostly southern slopes, and becoming mostly confined to upper slopes by later morning, some bases to 900m south and west. Beginning to break slightly as rain turns to showers, but bases lower in rain, locally to 600-700m during heaviest falls.</p> <p>30%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>A little weak sun on north slopes early hours, then some brief glimpses afternoon before showers become most frequent.</p> <p>Visibility good for a time below cloud, reduced in rain, occasionally poor.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>6 or 7C, rising to 8C, or approaching 9C Deeside.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 5 June	Saturday 6 June
How windy? (On the Munros) Effect of wind on you?	Westerly 30-40mph early, stronger gusts over tops at first. Easing, shifting southwesterly, 20-30mph later. Walking may be arduous over tops at dawn; balance challenged with significant wind chill. Easing to nuisance breeze.	S-SE'ly, high uncertainty of extent of stronger winds - likely in range 25 to 40mph, but risk 50-60mph for a time. Beware of changing conditions and monitor subsequent forecasts - risk of being difficult at least part of the day.
How wet? (Precipitation and its impact)	Patchy rain, afternoon dry window Patchy rain from before dawn passes north through early morning, most rain west. Largely dry for several afternoon hours, then scattered showery rain again returns south and west, only later to northeast slopes.	Risk of rain developing, soonest south Possibly substantially dry conditions for a good part of the day, especially more northern areas, some patchy rain may affect southern hills - uncertain, but risk becoming more persistent and widespread rain with time.
Cloud on the hills?	Lifting to high tops, regularly clearing May be fairly extensive above 1000-1100m just at dawn (and before), but soon breaking up as morning gets going and bases lifting to just the high Cairngorm plateau, the tops largely clear except for a few passing caps over the high tops.	Lowering from south to be extensive Patchy cloud banks mainly southern Cairngorms NP in the morning, clearer northwards perhaps for a few hours, but cloud drifting over high Cairngorms widely, filling and tending to lower with time.
Chance of cloud free Munros?	Rising to 70%	50% dropping to 20%
Sunshine? Air clarity (below cloud)	Patchy sunshine, perhaps sunnier for a few hours around midday. Excellent visibility.	Sun mostly weak due to high cloud, mainly north; more likely becoming overcast. Visibility very good where dry, but reducing in rain.
How Cold? (at 900m) Freezing Level	4C to start, rising to 6 or 7C, some chance milder easternmost Cairngorms. Feeling like -7C in strongest wind. Above the summits.	5C rising to 7 or 8C afternoon, then lowering into night. Feeling below freezing in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 5 June, 2026

Friday sees a slight settling trend compared to recent days with sunny spells in east Scotland as well as England and Wales, some patchy showers. Unsettled again over the weekend, as southwesterly flow draws several areas of rain across the country, best of dry slopes to the northeast. Showers affect most hills Monday and Tuesday, lowest cloud and most persistent rain along western slopes, but with some breaks as well with sunshine. Wednesday is likely more unsettled as gales spread across most tops and heavy rain drives into northwest England and Scotland. Conditions settling into the weekend as high pressure builds from the south. Low cloud will gradually dissipate for increased sun. Scotland slower to settle, some cloud and drizzly rain lingering in the west.

Forecast issued at 16:28 on Wednesday, 3 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.