

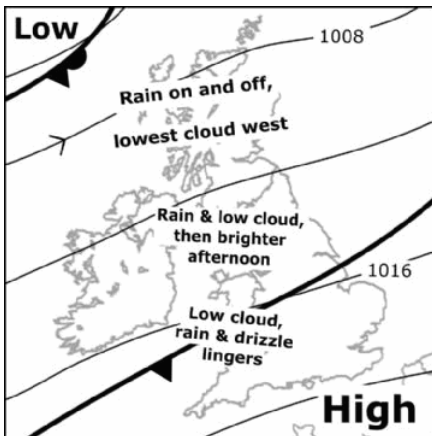
Cairngorms NP and Monadhliath

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 Wednesday, 17 June, 2026



British Mountain Summary:

Based on forecast chart for noon 17 June, 2026

Southwesterly winds will be fresh to strong over the mountains. Rain widely fairly persistent in the morning, more showery for Scotland into afternoon, fading for northern England and Wales, but patchy rain lingers in south Wales. Cloud shrouding most high terrain, lowest in west, some breaks afternoon.

Headline for Cairngorms NP and Monadhliath

Increasingly breezy. Rain then showers, cloud breaks north.

Detailed Forecast for Wednesday, 17 June, 2026

How windy? (On the Munros)	Southwesterly 20mph or less in the morning, rising in afternoon to 25-30mph; in places stronger gusts over higher Cairngorms afternoon.
Effect of wind on you?	Fairly small in morning, but increasingly some blustery slopes, may make walking more strenuous on exposed high terrain during afternoon. Feeling cool in exposure.
How wet? (Precipitation and its impact)	Rain mostly south, then scattered showers. Rain fairly widely persistent early morning, heaviest toward Drumochter for an hour or so, easing. Breaking up into middle of day, then a few showers, drier intervals afternoon, but odd heavier showers drifting northeastward through afternoon-evening.
Cloud on the hills?	Most widely morning, lowest south, breaks form north Varying on higher slopes mostly above 900-1000m, most extensive in morning rain, and lower to 700-800m around Glen Garry to Ben Alder. Base tending to rise, afternoon breaks toward upper slopes best in areas north and east.
Chance of cloud free Munros?	30%, rising to 60% north & east.
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun, mainly north and eastern areas. Visibility poor in early rain and cloud, improving to become often very good away from showers.
How Cold? (at 900m)	8C rising to 11C out of cloud in afternoon. Feeling near to freezing directly in wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 18 June	Friday 19 June
How windy? (On the Munros) Effect of wind on you?	South-southwesterly 20 to 30mph, occasional stronger gusts around tops. Starting to affect comfortable walking over higher exposed tops and ridges.	South-southwesterly, rising soon from dawn to 40-60mph, gusts 70mph high Cairngorms; lessening only by evening. Difficult conditions on high terrain, gusts may knock you over, sudden buffeting on north downslopes. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain and drizzle Periods of light rain and drizzle most common Ben Alder to Drumochter area. Occasional pulses of rain extending northwards, an odd burst of rain.	Frequent heavy or thundery rain Bursts of rain extending northwards from overnight into morning, further pulses of rain likely into afternoon; some more constant heavy falls. Risk of thunder. May start to break up only late in day.
Cloud on the hills? Chance of cloud free Munros?	Capping tops, breaks north Most persistent over southern hills, often capping areas near Drumochter above 800-1000m. Higher cloud base northward, some breaks above high tops. 30%	Varied, mostly south, widely around rain Cloud banks most persistent southern areas, may cover hills much of day. Northern areas clear for a time, widely filling in and lowering over high terrain in rain, ragged patches to lower slopes. 40%
Sunshine? Air clarity (below cloud)	Fairly cloudy, brighter northeastward with some sun breaking through. Visibility very good below cloud.	Any sun weak through high cloud, largely overcast. Visibility good where dry, but a haze likely, murkier around rain.
How Cold? (at 900m) Freezing Level	8 or 9C, rising to 11C out of cloud mainly north and eastern areas. Feeling near 0C in stronger wind. Above the summits.	Humid 12 to 14C, then toward/after dusk may drop rapidly to 6C. Feeling below freezing in wind all day. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 18 June, 2026

Humid southwesterly winds persist late this week, reaching gale-force over hills - affecting northern England and Wales on Thursday, then Scotland by Friday. Periods of rain, some heavy falls with possible thundery bursts mixed in. Low cloud most persistent in the west. Less windy, but still breezy into Saturday in Scotland, feeling less humid for most, but western Scottish hills at least stay cloud capped and with showery rain. Sunday is more uncertain, but a risk of some further rain pushing in from the southwest - warmer again over England and Wales. A mixed west-southwesterly pattern into next week, rain and low cloud most common in western Scotland, drier with higher cloud eastwards and more often dry for England & Wales. Near average temperatures, may rise late week in south.

Forecast issued at 16:30 on Tuesday, 16 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.