

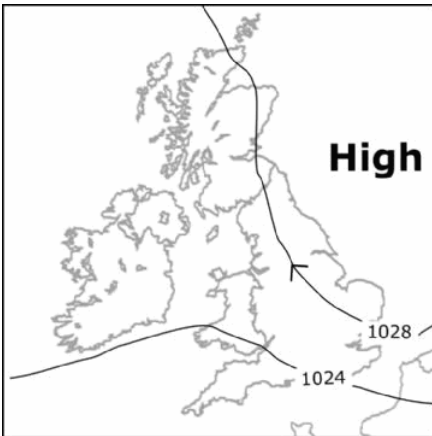
Cairngorms NP and Monadhliath

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 Monday, 22 June, 2026



**British Mountain Summary:
Based on forecast chart for noon 22 June, 2026**

Although high pressure will dominate - bringing high temperatures and sunshine to Wales and most of England, in the far north and across Scotland, high level cloud may bring rain for an hour or two, this leading to formation of low cloud that may be very slow to lift.

Headline for Cairngorms NP and Monadhliath

Light wind; rain temporarily in some areas. Low cloud mostly lifting.

Detailed Forecast for Monday, 22 June, 2026

How windy? (On the Munros)	Southerly between 15mph.
Effect of wind on you?	Mostly negligible
How wet? (Precipitation and its impact)	Risk occasional rain - probably light Moderate risk of occasional rain, ranging from showers to in some areas an hour or so of rain. The rain mostly or only light - just the odd heavier burst.
Cloud on the hills?	Low confidence: Often very little but may form southern Cairngorms NP. Varied, generally improving through the day. In morning cloud may be extensive S Cairngorms NP above 500 to 750m but the cloud mostly above 900m by evening. Elsewhere, patches mostly above 900m morning will then largely clear.
Chance of cloud free Munros?	20% rising to 40% south and to 70% north
Sunshine? Air clarity (below cloud)	Only glimpses of sun - through layers of high cloud.. Excellent visibility.
How Cold? (at 900m)	10C rising to 15C.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 23 June	Wednesday 24 June
How windy? (On the Munros) Effect of wind on you?	Southwesterly, in the range 25 to perhaps 35mph at times Cairngorm plateau., Mostly fairly small.	Southwesterly, mostly 10mph or less, but increasing to 20mph above about 900m; possibly 25mph highest tops. Mostly negligible
How wet? (Precipitation and its impact)	Rain very unlikely	Rain not expected
Cloud on the hills? Chance of cloud free Munros?	Little if any Fragments temporarily higher slopes mid morning - before lifting above the summits. 90%	Little if any 90%
Sunshine? Air clarity (below cloud)	Extensive sunshine. Excellent visibility.	Extensive sunshine. Excellent visibility.
How Cold? (at 900m) Freezing Level	14 to 17C Above the summits.	14C rising to a very warm 18 to 20C. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 23 June, 2026**

A few days of often sunny and very warm weather. Some doubt remains about daytime temperatures - these possibly exceptionally hot on Wednesday (England and Wales) and Thursday (everywhere). The range in mountain temperatures given on Wednesday's forecasts reflects the uncertainty. Gradually less hot Friday and into the weekend; the change accompanied by thunderstorms in some areas.

Forecast issued at 14:22 on Sunday, 21 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.