

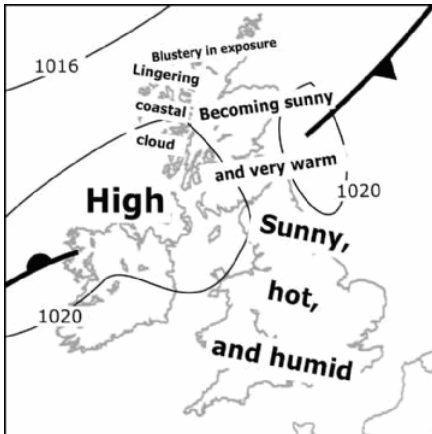
# Cairngorms NP and Monadhliath

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](http://www.tiso.com)**

## General Summary for Wednesday, 24 June, 2026



### British Mountain Summary: Based on forecast chart for noon 24 June, 2026

Extensive hot sunshine and unusually humid - beware sunburn and dehydration. England and Wales as well as east Scotland see early low patchy fog clearing; highest tops of east Scotland may be at or above the cloud layer at dawn. Some cloud clings to Scotland's west coast, breezy over far northern tops.

### Headline for Cairngorms NP and Monadhliath

Early cloud banks clear for very warm sunshine

## Detailed Forecast for Wednesday, 24 June, 2026

<b>How windy? (On the Munros)</b>	West-southwesterly, mostly 10mph and often less, but may approach 15mph high tops at times, or to 20mph in the early morning.
<b>Effect of wind on you?</b>	<b>Negligible, though may be breezy on the high tops in the early morning.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain not expected</b>
<b>Cloud on the hills?</b>	<b>Little if any</b> Varied banks of cloud from middle slopes down into the glens at dawn, mostly western hills; high Cairngorm plateau starts above cloud. After sunrise, cloud banks lift to higher terrain, then dissipate for cloud-free summits.
<b>Chance of cloud free Munros?</b>	<b>90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Mostly sunny, occasional banks of high cloud come and go. Excellent visibility.
<b>How Cold? (at 900m)</b>	11 to 13C at dawn, rising to a very warm 18 to 20C, warmest to the northeast.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 25 June	Friday 26 June
<b>How windy? (On the Munros)</b>	Southerly between 10 and 20mph; perhaps particularly gusty at times.	Generally east-northeasterly 10-20mph, variable and often gusty around showers.
<b>Effect of wind on you?</b>	<b>Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes.</b>	<b>May be often fairly small, but notable buffeting gusts around showers.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Risk thunderstorms</b> Risk scattered thunderstorms giving locally torrential rain.	<b>Thundery showers, risk prolonged later</b> A scattering of showers, heavy bursts with risk of thunderstorms too. Through afternoon, rising risk of showers clustering together into prolonged thundery downpours, greatest risk central highlands.
<b>Cloud on the hills?</b>	<b>Mountains substantially cloud free; patches forming near rain</b> Some early ragged low cloud at dawn soon dissipates for cloud-free mountains. In thunderstorms, some ragged fog patches reforming at varied heights.	<b>High terrain largely covered; variable</b> High tops probably stay in cloud most or all day, varied lower banks, some clear windows in between layers, but also moments where more extensive around rain. Through afternoon, increasingly extensive where rain sets in.
<b>Chance of cloud free Munros?</b>	<b>90%</b>	<b>40% lowering to 20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun through high level cloud. Very good visibility although some haze, notably towards Deeside.	Patchy sun through high cloud, later more overcast. Good visibility, deteriorating as rain sets in.
<b>How Cold? (at 900m)</b>	A very warm 17 to 20C, warmest towards Moray Firth where valleys may approach 25C; humid.	15 to 17C, or warmer for a time near and north of Ben Avon. Humid.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Thursday, 25 June, 2026**

Exceptionally warm and humid most mountain areas until later Friday; valley temperatures approaching the low-to-middle 30s in England and Wales, with hill temperatures approaching the high 20s at least. Scotland will be slightly cooler, though temperatures will still reach the low 20s on many slopes.

Scattered thunderstorms on Thursday and Friday, with a risk of extended torrential thunderstorms on Friday afternoon in northern areas. Over the weekend, progressively less warm as fronts begin to come in off the Atlantic, bringing a strengthening wind and bands of rain and low cloud, particularly affecting western mountains. Into the following week, Atlantic westerlies will dominate, with an indication of high pressure to the south producing dry and bright windows.

**Forecast issued at 16:23 on Tuesday, 23 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.