

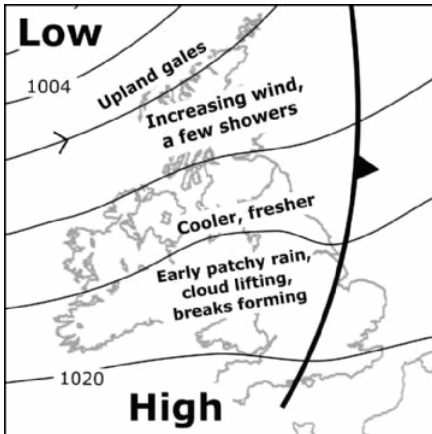
# Cairngorms NP and Monadhliath

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 Sunday, 28 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 28 June, 2026**

Strengthening southwesterly winds, reaching gale force over western Scottish mountains, soonest near Skye. Much fresher everywhere, rather chilly on tops in exposure to wind. Some early rain, improving as cloud lifts and breaks, but scattered showers move east across the Highlands into the afternoon.

### Headline for Cairngorms NP and Monadhliath

Brisk winds. Patchy rain, showers; cloud lifts, breaks to tops.

## Detailed Forecast for Sunday, 28 June, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southwesterly 20-30mph, but 40mph around and before dawn higher and eastern Cairngorms. Trending towards higher speeds again later, gusting 35-40mph over high tops into evening.</p> <p><b>Ease of walking impacted, increasingly strenuous through afternoon and feeling cool.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Morning rain mostly clears, late showers</b></p> <p>Several bands of rain drift west-to-east from before dawn into early morning, brief heavy falls and dry windows. By middle of day, just patchy rain from near Drumochter to Braemar. Often dry elsewhere, though likely later a cluster of showers spreading more widely from southwest.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Bases rise, increasingly broken</b></p> <p>Shrouding high terrain early morning, variable bases from 700-900m in and out of rain, but lifting and breaking with time. Into afternoon, rising with high breaks increasingly, and later just passing banks over high summits.</p> <p><b>30% rising to 70%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>A few glimpses of morning sunshine, then a patchwork of cloud and sun by middle of day.</p> <p>Visibility becomes excellent.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>8 to 11C, mildest northeast Cairngorms in the morning, slight cooling trend afternoon. Feeling near freezing in strongest wind.</p> <p>Above the summits.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 29 June	Tuesday 30 June
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	West-southwesterly 30-40mph at dawn, quite gusty over Cairngorm plateau. Easing to finish near 15-25mph.  <b>Walking arduous over high tops in the morning with significant wind chill and buffeting; easing to fairly small effects.</b>	Southerly 15 to 20mph, perhaps 25mph for a time, but may drop lighter and variable.  <b>Fairly small, possibly feeling more blustery for a few hours on higher terrain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Scattered patchy rain, often dry</b> Patchy rain affecting south and western slopes at dawn, soon becoming well scattered and mostly confined towards Drumochter; any rain further east amounting to little.	<b>Showery rain</b> Patchy rain spreading in from the southwest in the morning into middle of day, then slow-moving showers afternoon, some places drier, but risk heavy bursts locally, chance isolated thunder.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive towards A9, improving</b>  High terrain shrouded, lowest bases towards Drumochter where as low as 500-600m. East Cairngorms, particularly north of Ben Avon, may start (and stay) substantially clear. A lifting trend, breaks off summits to the east; banks lingering around 800-900m west hills.  <b>Rising to 60% east</b>	<b>Fairly extensive, better north</b>  Cloud varying over the hills, but often capping high tops, lowering around rain with ragged patches lower down. Breaks likely best north Cairngorms in morning.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A patchwork of cloud and sun, most extensive sun far east hills. Very good visibility.	Glimpses of sun mainly north in morning. Visibility very good where dry, but reduced to poor in rain.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 or 7C, rising to 10C, a degree warmer easternmost hills. Feeling like -2 to -5C in strongest wind. Above the summits.	8C rising to 10C afternoon.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Monday, 29 June, 2026

A westerly Atlantic pattern dominates the new week: high pressure south and low pressure north will bring alternating periods of rain punctuated by bright sunshine. Wind generally on the strong side with mild to sometimes warm temperatures, though cooler and windier spells at times produce significant wind chill on Scottish tops. Western hill groups from Lakeland northward will see the most cloud and patchy rain, while east and southern areas likely drier and sunnier. This pattern is likely to continue into next weekend.

### Forecast issued at 16:00 on Saturday, 27 June, 2026

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